



*Dashama*

**3**  
STAGE

# ENERGY & DETOX DIET PROGRAM

*✓ Renew You*



*A Program Designed  
to Help You:*

- Lose Weight
- Have More Energy
- Feel Younger





# **3 STAGE ENERGY & DETOX DIET PROGRAM**

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If you want to **Lose Weight** (and KEEP IT OFF forever),  
**Have More Energy** (that is steady and consistent without the  
use of stimulants), and **Grow Younger** (feeling better each  
day you are alive, living a long happy life)...

## The 3 Stage Energy & Detox Diet will get you to these goals.

First of all I want to define what “Diet” means...

Many people view this concept as a short-term solution that will help them lose weight rapidly by changing the way they are eating for a SHORT period of time, then returning to however they were eating immediately after a set time period or goal is reached.

**THIS IS NOT CORRECT.**

*It is essential that you redefine the concept “DIET” so that it means long term, food and consumption choices that will support the continuation of your health and the maintenance of your ideal weight and other health goals.*

*“You are what you repeatedly do.  
Excellence, then, is not an act, but a habit.”  
- Aristotle*

I created this diet plan for several reasons.

**First of all:** I recognize that it is not easy to change your habits. And after working with people in this area for many years, I can safely say, it is a tremendous challenge for most people, to make changes in their eating habits as well as their habits for exercise (or lack there-of). Actually, most people I work with BELIEVE they are eating healthy. They try the best they can and wonder why their energy is low and they can't seem to lose the weight...

**The TRUTH is:** We live by default and gravitate toward the comfort zone. It's human nature. If you grew up eating Corn Bread and Gravy, you will feel very much at home eating that in your adult life as well. This is the reason its so hard for people to adopt healthier habits they will STICK to...the old programming is engrained into the subconscious mind so deeply, it feels right, it feels good, it satisfies the SOUL.



**The PROBLEM with that is:** Many people grew up in house holds that consumed very little raw leafy vegetables, very little alternative protein sources and drinking large quantities of soda, milk, and cool-aid type flavored beverages instead of pure water. This may not sound terrible, but as they say, “YOU ARE WHAT YOU EAT”. To this, I agree. When you see someone who consumes a lot of processed foods, heavily salted, overly preservative laden and lifeless, YOU SEE IT REFLECTIVE IN THEIR ENERGY!

It is not secret, just observe and report back to me what you find. (The one exception is those who consume low quality foods, but spend a great deal of time exercising or being active, which can and will often improve their energy from the additional oxygen consumption, which is BY FAR the GREATEST SOURCE OF ENERGY ON THE PLANET, next to the SUN. Breathing can change your life. It can change your energy and it can transform the constitution of your CELLS. Thus RECREATING the TOTAL make up of your BODY. Which is the TEMPLE FOR YOUR SOUL.

This is the dilemma that we face...

## DOES THIS SOUND LIKE YOU OR ANYONE YOU KNOW?

Perhaps you are a member of the minority who was raised on health food and completely ENJOY eating Raw Fruits and Veggies? If that's the case: Wonderful!

*Within this 3 Stage Dietary Ascension Plan, You will move from whatever your current diet/consumption program is, to the next level UP. We will begin to eliminate the food that is NOT SERVING YOU, that is DRAINING YOUR QI or PRANA, and begin to integrate the healthful foods that are energy and health SUPPORTIVE.* Since the Program is a 30 Day Challenge, we will move through the stages a week at a time. The FINAL week will be a TOTAL VEGAN/ Detox Diet and Cleanse. **Get Ready to EXPERIENCE the BEST ENERGY YOU HAVE FELT in YOUR LIFE.** (and more radiance and light emanating from within you than you will even know what to do with!)

**This is an exciting time.** You will begin to see yourself and your life as a miracle, as you start to see how every thing you consume affects you either positively or negatively.

## STAGE 1

In the first stage you are encouraged to substitute whole grains and natural sugars for processed grains and starches. You learn the concept, ‘eat to live don't life to eat’. Moderation and discipline are introduced into your lifestyle. You begin to gain an appreciation for the colors of foods and what they have to offer. Additionally you will be introduced to the nutritional content that various foods contain that sustain and enhance

your energy. You learn the basic and fundamental workings of the digestive system and begin to integrate food combining strategies into your daily diet. You get acquainted and in touch with your internal system that may have been a stranger to you for your entire life. You replace harmful substances like high fructose corn syrup and trans-fatty acids that have been linked to cancer, obesity and heart disease. You finally make time for those 8 to 10 glasses of water you've known you needed to drink each day since childhood.

*The recipes and meal suggestions I will offer will include some of what you are familiar to, to allow for easy transition to your new lifestyle. In this stage meat eating is still common and splurging on "unhealthy foods" is considered acceptable and even essential to the process. This is the perfect place for you to start if you are trying to lose a little weight and implement anti-aging principles into your life. This is the diet that most personal trainers will be on and encouraging their clients to follow.*

## STAGE 2

In the second stage you are introduced to the concept of SUPER FOODS. The highly nutrient dense powerful foods that will fortify your body and create an environment for health and longevity. In this second stage, we begin to enjoy the taste of water and prefer it over other toxic beverages. We see its inherent purpose and value in our lives and look forward to its cleansing and renewing affects. We begin to enjoy the flavor of vegetables and look forward to trying new foods. When we eat out, we choose the restaurants that offer the highest quality foods, with a wide variety of health enhancing options. We begin to enjoy home cooked meals even more, since we are able to see the ingredients and feel comfort in knowing we are consuming only the highest life enhancing foods to nourish the body. This is a wonderful diet for people interested in attaining the highest state of health and balance, but need to remain grounded in this material world. If you have obligations and family this will require some discipline, but it is manageable and highly rewarding on all levels.

## STAGE 3

The final level in this dietary process we are introduced to cleansing and detoxification. You learn that, just like your car, you must maintain your body in the same way. Your internal organs are like the parts of your car. They must be cleansed and replenished regularly to keep the whole process running smoothly with no problems. When you begin to understand how the liver affects your energy, and how over consuming alcohol and certain foods destroy the functionality of this vital organ, you start to make better consumption choices.. This is when the magic happens. You see yourself as in control of yourself. And the more you know, the better you feel. The better you feel, the more you attract good things to yourself. In this way, you are consciously creating the life of your

dreams. When we understand cleansing and detoxification, we can start to integrate the right foods into our diet that take care of this process for us naturally and continually. We begin by eating at least 1 green leafy colorful salad per day and consuming plenty of fresh fruits, seeds, nuts, raw and steamed vegetables, whole grains, and high nutrient density deliciousness. We crave foods that are alive and life enhancing. We feel revitalized by our meals and snacks. We become very stabilized in our bodies, so we can detect when we are out of harmony immediately and implement specific strategies to rebalance ourselves. We consume moderately and when we are consuming, we focus completely on the process of chewing, swallowing, absorption, digestion, elimination. We see each meal as a gift of nourishment and a blessing from the Divine. We give thanks for each bite every time. To each glass of water we offer a blessing, knowing that our bodies are comprised of over 70% water and the quality of our life is dramatically enhanced and improved when we raise the frequency of the water we consume. The diet is wonderful for healers, spiritual teachers and leaders, and those people who spend a great deal of time each day either in meditation or spiritual sadhana. At times you may feel incredibly “high” and almost as if you could fly! This allows for a transformative state of consciousness, yet can at times feel a bit ungrounded. This can easily be remedied by consuming a several items for the “Grounding Foods” list.

## **\*\*OPTIONAL STAGE 4**

Week 4 is a detox/cleanse week with a whole plethora of options for you to choose from. Everything from the very simple juice and herbal cleanses that allow you to continue to eat food to the most advanced cleansing like the Master Cleanse and everything in between.

# GENERAL LIST OF FOODS TO AVOID

**Refined Foods/Processed White Flour and Sugar:** (found in crackers, cookies, cakes, pastries, pasta, breads, tortillas, soda, juices, candy, etc.) These are often disguised by the following names: white wheat flour, bleached white flour, wheat flour (doesn't say 100% whole wheat, so it is processed), high fructose corn syrup, corn syrup, sugar, sucrose, maltodextrose, sucralose, etc. They are empty calories, add no nutritional value and can turn to fat almost immediately when eaten.



**Preserved/Processed Foods:** (anything canned or ready made, for example TV dinners and lunch meat) Contains a lot of sodium which makes you retain water and appear/feel bloated.

**Alcoholic Beverages:** Since alcohol is just a variation of sugar, it turns to fat almost immediately (if you must have something, drink no more than 1-2 glasses of wine or light beer). Avoid sugary or creamy beverages, which have the highest caloric content full of sugar and fat.



**Fried/Sautéed/Breaded Foods:** High in fat, turn to fat when eaten (ex. fried calamari), clogs arteries, contributes to high cholesterol, cellulite, heart disease, cancers, etc.

**Starchy Foods:** (ex. potatoes, white rice, bagels, etc.) Turn to fat.

**Dressings/Sauces commonly sold in stores:** (blue cheese dressing, ranch, alfredo sauce, gravy, etc.) Tend to be high fat/calories/sodium. Use in moderation or avoid altogether.

**Saturated Fats from Animal Products:** Clog arteries and not beneficial for any part of the body. (ex. The fats that are solid at room temperature: butter, cream cheese, cheeses, chicken skin etc.)

**Sodium/Salt:** Found in almost every food, makes the body retain water and appear bloated (ex. canned foods, cereals, deli meats, cheeses, V8 juice, soy sauce, etc.) Replace with high quality versions like Pink Sea Salt or Bragg's Liquid Amino Spray.

**Red Meat, Pork, Shell Fish:** High in saturated fat, cholesterol and/or calories. If you are going to consume animal meats, then it is important that you select only the highest

quality available to you. Lamb, organic farm raised chicken and buffalo meats are the best. Wild Alaskan Salmon is high on the list of healthy fish options.

**IMPORTANT TIP:** Additionally, eating just before bed and skipping breakfast are both not advisable. Breakfast jump-starts the metabolism and eating before bed simply adds unnecessary calories. You won't starve to death before morning and chances are you will sleep better if you don't eat right before bed.

## WHAT TO CONSUME PLENTY OF

**Water:** Drinking 8-10 glasses each day cleanses, detoxifies, purifies all systems, quenches hunger, energizes, etc. (For variety you can drink herbal tea or eat fresh veggies and fruit that contains high water levels.)

**Vegetables:** Any and all varieties. Raw is best for you, because the cooking process destroys many of the nutrients and enzymes. If possible eat one salad per day minimum (minimize: avocados, potatoes, beets, and vegetable that are starchy and/or fatty). Create delicious flavorful dressings and sauces from organic virgin expeller pressed olive oil, flax, hemp or coconut oils that are wonderful "healthy fats" and satisfy your hunger very effectively.

**Fruits:** All are good, in moderation. Berries are the best due to their high fiber content, low calorie content, high nutrient density and delicious flavor; second is pomegranates, and third best are citrus fruits like grape fruit. Bananas, apples, pears, watermelon and pineapples have the highest sugar content.



**Whole Grains:** (quinoa, millet, kasha/bulgur wheat, brown rice, 100% whole wheat, oats, soy, etc.) Provide essential nutrients and fiber necessary for digestion and elimination of waste.

**Seeds/Nuts/Dried Fruit/Super Foods:** These all contain very high concentrations of nutrients, fiber, good fats, and proteins. Some of the best in this category are pumpkin seeds (great for parasitic elimination), almonds (especially when raw, blanched, sprouted or soaked), super foods like goji, pomegranate, acai, noni and raw organic cacao.

**Hemp:** This is a wonderful natural alternative source of protein, good omega 3, 6, and 9 fatty acids, fiber, low carbohydrates and has a delicious nutty flavor. They now make many



foods and supplements from hemp such as protein powder, seeds, sprouted hemp bread, power bars etc. In addition to being wonderfully healthy, it is also incredibly sustainable and renewable as a resource, which makes it a blessing to our planet. The more crops like hemp that we support globally, the more rapidly we can heal the global environmental crisis and conserve water usage as well. Hemp can also be used for non edible purposes such as making fibers for clothing, paper to write on, and so many other items from rope to furniture. With more support, resources like this will become more main stream and will begin to replace crops that are contributing to the destruction of our natural environment.

***IMPORTANT TIP: Eat small meals frequently instead of large meals a few times throughout each day.*** You may have heard this before, and you're going to hear it from me too. The reason is that it works and if you are still not following these rules, you will continue to see the same results you've been getting in the attainment of your health goals. The definition of insanity is doing the same thing over and over and expecting a different result. **You have got to change some of your habitual patterns and habits in order to see real, lasting and measurable changes in your life.**

***IMPORTANT TIP:*** Eat breakfast daily.

***IMPORTANT TIP: Eat moderately.*** What does this mean? It means eat until you are no longer hungry. It means don't eat until you're stuffed and can't fit another bite in your belly.

***IMPORTANT TIP:*** Most of the time, we aren't even hungry when we START eating, so this rule is often lost from first bite. Before you begin eating ask yourself, "Am I hungry?" If yes, how hungry? If you're only a little hungry, only eat a little bit. And even if you are very hungry, you should still not consume massive amounts of food. It takes your body much too long and takes too much energy to digest overconsumption. Medically speaking, over consumption is directly correlated to many of the life threatening health concerns of our time. It has been linked to everything from obesity, heart disease, cancer, stroke, and organ failure. It is mentally, physically, spiritually, financially, and emotionally draining. On the basic and immediately effective levels, often times it creates the desire for a nap. This is because the body needs time and energy to perform the miracle of digestion, with the assistance of digestive enzymes and gastric juices. You can help your body do its job more efficiently by consuming moderately and ingesting additional pro-biotic enzymes, as well as chewing each bite until the food becomes soft and almost liquefied. The digestion process does begin in the mouth, and if we skip this step and swallow our food only partially chewed, we create more work for our digestive system and this often leads to indigestion and the resultant intestinal gases that ensue.

**IMPORTANT TIP:** Get on a regular and continual eating schedule that supports your needs and fits into your lifestyle. It may take a bit of preparation to begin, to have the best foods available for snacking and meals. Additionally, you will feel like you're eating too much at first, if you are used to the traditional 3 square meals a day approach. Most people these days aren't even following the traditional meal schedule. Eating has become very imbalanced and erratic. The concept of community and family unity has been lost in much of our society. It is ideal to eat with family, friends and loved ones when we can. This maintains a sense of community and connectedness that was and should still be an integral aspect to the balance and harmony we experience in our lives.

**Example Eating Schedule:** 4-5 small meals 3-4 hours apart – 8am, 11:30am, 3pm, 6:30pm or 7am, 10:30am, 2pm, 5pm, 8pm. When you eat this way, you allow your body to burn the “fuel” quickly and efficiently and you never allow your “internal furnace” to grow cold. It is important that you consume the right foods during these small meals as well. This is the key to maintaining a healthy metabolism and to losing excess fat.

**For Fat and Weight Loss:** Follow the 3 stages of the P10L dietary ascension plan. This will ensure that your weight loss will not only be gradual, which is the healthiest way to lose weight, but will be permanent. This is due to the fact that your new consumption habits will be a reflection of your new lifestyle and not part of a fad diet or weight loss plan. When you begin to clean up your consumption and become more conscious in all aspects of your life, you will see the weight melting off of you. You won't need to get on a scale ever again, since you will be able to see the weight you have lost when you look at yourself in the mirror!



**Organic Foods:** It is best to consume foods labeled organic whenever possible. Organic foods are grown in nutrient dense soil without the use of pesticides and other insect killing poisons. These foods are not genetically modified either. Many foods that are sold in the stores today have been genetically modified in some way or another. Although the process of genetic modification has not been around long enough for extensive studies to have been conducted, there are negative repercussions to consuming these foods. Foods that have had their genes altered tend to have longer shelf lives, while at the same time having a reduced nutrient content.

There are even some types of vegetables and fruits that have been genetically modified to be an insect repellent. Thus, the beautiful, red, plump juicy looking tomato that we see in the produce section has the ability to kill various insects when they take a bite from it. Just imagine what this “product” is able to do to our bodies!

Additionally, if you choose to eat meat, try to eat meat that has been raised on an organic farm, fed with nutrient dense grains and grasses. Most of the meats sold in the grocery stores have come from animals raised on factory farms that were fed hormones and

steroids to make them grow faster and larger to gain greater profits for the meat industry. Still others are being injected with antibiotics to sustain the animals' lives despite their diseases and illnesses. There have been studies conducted that link human consumption of these hormones, etc. to various types of cancer and other life threatening diseases.

If you wish to read more about the evolution of our food in America, I strongly suggest you read the book, "The Food Revolution" by John Robbins. It is a very well written and detailed account of our current dietary state and where our society is heading if we continue in the direction we have been thus far.

The physical body and the material aspect of your life is very complex and could encompass volumes and novels. This information is not meant in any way to be finite or conclusive. Your body and physicality are very important and I encourage you to become very interested in exploring ever deeper into this aspect of your existence.

# SUCCESS STORIES

## Shannon Hill



Before

After

“My name is Shannon and I am a 35 year old mother of 3. When my youngest son, Baylor, was about 5 months old I signed up for the 30 day challenge. At 156 lbs of untuned muscle, slowly recovering from a c-section as my beautiful baby boy did not want to enter the world well into 10 months of pregnancy, my body was tired and worn out. I had suffered from lyme disease several years before, and know what a healthy diet and nutrition are all about, but I could not get back on track and my energy levels were low. I had headaches, muscles cramps, and joints ached. It was a very hard time physically as well as mentally, emotionally, and spiritually!

Upon starting the 30 day challenge I thought of Yoga as an easy way to strengthen the core without high impact cardio. How incredibly wrong I was, it is SO MUCH

MORE! In the first month I learned so much about where my body was at, where I wanted it to be, what it could and could not do, what it should be able to do, as well as why I was not feeling well. The pounds shed off of me, every day was an amazing renewal of body, mind, and spirit. I woke up feeling refreshed and excited. My body was sore one week and limber the next! Asanas that I could not conquer one day were becoming more and more a part of my every day actions. My hair began to grow out long and lush. My skin began to clear up and glow. My muscles began to tone and even my self confidence and mental well being heightened! I then began to practice mediation and yoga every day. I learned about breathing, how it starts and ends each and every day, and where it can take and keep you!

I purchased your amazing DVDs and Journey to Joyful book and 30 days has now turned into an amazing and beautiful 7 months and new lifestyle! My peace and patience were restored. I was reminded of why we are here. And embrace each day! I am now a healthy happy and slim 128 pounds of lean muscle, my entire family is eating healthy and practicing yoga every day. I am teaching them all the 10 Golden Rules of Pranashama Yoga in hopes they chose to carry this through their lives as well.

Thank you so much for an amazing time through grace and love, as well as the Yoga fitness! Not only has this transformed my body, given me a much more joyous mind set in all things, it gives me great pleasure and is something any person at any age can join in!”



### Pete Smith



“Hi there. My name is Pete. I started watching your videos about a year ago. I also completely changed my diet and lifestyle. Thanks to you and a few other sources, I’ve lost 115 lbs and feel better than I’ve ever felt! You are a wonderfully beautiful person and I am honored to be your friend. Anyways, I’m not even sure if you’ll get this, I’m sure you get tons of messages. Thank you for all you do.”

### Amy Davidson



“After practicing the 30DYC system, I have lost weight (14 lbs), increased my energy (I no longer feel the need to turn to caffeine to help me get through my day), and I’m sleeping better (I used to suffer from insomnia and I’ve been taking melatonin/valerian to help remedy that, but during the challenge I didn’t even need to rely on these supplements). My goal was to get through the challenge and I did it! The breakthroughs that I’ve made are that I want to incorporate both yoga and meditation into my daily life. I also want to open my heart more and give more to others than I have in the past. So far, I have tried both the raw organic detox salad and the breakfast protein shake (I really like both of them and I try to have a protein shake in the morning now every few days). Thank you so much for this experience Dashama! You are always full of light and love!”

### Chris Alldredge

“I have lost a total of 70 lbs in the past 6 months. I am now a firm believer in the lifestyle that comes with yoga and the challenges that are presented through this system. Just in the first 3 months of doing yoga, I lost 40 pounds. In this program, you write everything you eat down to count calories, and more importantly, you write what you are feeling and thinking about during the day. My new life mission is: love in our hearts, fit bodies, and peaceful minds. Thank you Dashama for this amazing and powerful diet plan and lifestyle program.”

### Sherry Osborne



“Before connecting with Dashama I suffered from high levels of anxiety and was prone to panic attacks, even under normal everyday situations. Thanks to Dashama’s help with yoga, meditation, pranayama, and her tips on leading the most joyful life possible I have re-discovered myself. While I’m not completely ‘cured’ yet, I am able to stand strong against panic attacks and have been able to participate more fully in my own life again. I am so grateful to her.”

**Matiu Julian**



“I am now a converted yoga enthusiast since my commitment to do the 30 day challenge, it has and is indeed changing my life for the better. “nga mihi” (from my native language of Maori in New Zealand which means love and light to who you are and the acknowledgment of the gifts you have and share.)”

**Lauri McClain**



“Dashama...thank you is not enough! I started reading the Journey to Joyful this week and doing the DVD. I feel lighter, healthier and happier already. Doing yoga with you has helped me return to teaching ballet after many years. And I’m enjoying getting my flexibility back!”

**Maggie Cheang**



“Thank you so much. I feel more relaxed and confident. I’m improving and increasing in my energy level. I feel more flexible in both body and mind. Some of the teaching I could not follow because some postures are difficult for me. I now set another 30day yoga challenge. I want to get through another level. One difficult challenge for me is “diet”. I know I have to change my lifestyle to get higher level. \*love you\*”

**Juan C.**



“Hi. I just wanted to say that I got your book last night and it goes beyond to what I expect. So much useful information and at the same time so personal. You feel as if Dashama was writing directly to you. Thanks.”

# STAGE 1

***It is important that you integrate new health habits into your daily life PERMANENTLY, in order to achieve the results you are seeking.***

In the first Stage of your 3 Stage Energy Ascension Diet you will work on refining your current diet.

We eliminate the foods and drinks that are currently:

1. Adding additional and non-essential calories that you do not need
2. Weighing you down and robbing you of your energy
3. Causing constipation, toxicity and poor digestion
4. Making you gain excess fat and cellulite.

**Note:** For Every Food I suggest you Eliminate or Release from Your current diet, I will give you an ALTERNATE food that tastes great and is equally satisfying, while being nutritionally supportive for your goals and life. This way you don't feel deprived or that you are missing anything.

## FOOD TO ELIMINATE DURING STAGE 1

**1. Bread and Flour Based Foods:** These food can lead to health complications such as a weakened immune system, a slower metabolism and poor thyroid function. Individuals with endocrine issues should complete eliminate foods containing flour. We recommend that healthy people save bread and flour based foods for only special occasions. Need another reason to remove flour



from your diet? You can learn from the ancient Egyptians who would mix flour and water under heat to make glue. Think about ingesting glue on a daily basis and the effects that would have on your body. Also, you should be aware that of all the kinds of flour on the market wheat is the most commonly used. Wheat is also a common allergen. A symptom of a wheat allergy is experiencing a lack of energy after eating wheat based products.

### ***Note: Thyroid and Endocrine Problems***

Thyroid related issues are on the rise in the USA, a direct correlation to the 60% obesity rate in the country. The majority of bread products with the exception of sprouted flourless breads, a few varieties sold in health food stores and raw food bread products, use bromide which is almost identical to iodine at the molecular level. Because their structure is so similar bromide can occupy the receptor sites in the thyroid used for

iodine. Iodine is the primary fuel for the thyroid and an essential compound for our bodies to sustain life. When bromide replaced iodine in the thyroid an adequate amount of Iodine can not be absorbed which I personally believe lead to the hyperthyroidism I experience as a young person. Daily bread consumption causes unnecessary suffering. Just let it go. There are so many more delicious foods to eat!

*Alternative:* Sprouted bread has no bromide or yeast. The “sprouted wheat berries” provided additional nutritious content and it won’t form the same sticky glue inside that flour based breads have. As for taste...I actually prefer sprouted bread over regular bread :) There are other wonderful breads available in the health food stores now as well. Some of my favorite include sprouted hemp bread, flax bread and bread made with almond flour. Keep in mind, restaurants won’t be offering you sprouted bread and lots of foods in restaurants are made with flour.

**2. Hydrogenated Oils:** You’ll find this right on the label but do you know what it is? It’s used to enhance shelf life. Margarine is made from oil which has been hydrogenated. This means hydrogen gas has been infused into natural oils. When this occurs the oil becomes solid like a stick of butter (think Crisco), preventing it from going rancid easily. Longer shelf life means higher profits for manufacturers. For the consumer these oils are the worst kind for the body! Saturated fat is necessary for the body to function properly and occurs naturally in many foods such as avocados and coconuts. On the other hand, man-made saturated fats from the “artificial hydrogenation process” will clog arteries faster than almost anything else. This should be banned from food, and I hope one day it will be.

*Alternative:* flaxseed, hempseed, olive oil and coconut oil :)

**3. Canola/Rapeseed Oil:** Many people assume canola oil is related to corn, but this is not true. It is genetically engineered (GMO) rapeseed oil. Unfortunately, people are unaware of how toxic it is so it is contained in many health foods. It is derived from the mustard family and the plant is a poisonous weed. Growing it is very inexpensive because even insects won’t eat it! It can become rancid very quickly after it is processed, so check your labels.

**Note:** *Canola is the single most toxic of all plant oils.* It is the source of mustard gas, which blisters when in contact with the skin. Farmers love to grow it because it is a natural insecticide, keeping bugs away all on its own. When canola oil was tested on rats they developed fatty degeneration of heart, kidneys, adrenal and thyroid gland. When the canola oil was withdrawn from their diets these fatty deposits disappeared. Humans have been know to have increased incidence of heart disease and cancer. Read labels and avoid canola oil like the plague!

**4. Processed Deli Meats:** Another common part of the American diet that has been linked to causing cancer are nitrates. These are mostly found in cold processed meats (lunch meat). You should avoid meat that has been processed or was not cook to order.



Processed meat is also known to contain hormones and antibiotics, so they are a bad choice all around.

**5. Non Organic or Free Range Chicken:** Regular poultry are housed in warehouses with up to 80,000 birds together. Because of these conditions the birds require commercial feed that contains antibiotics and drugs used to fight diseases commonly caught when animals are packed together. “Natural chickens” can still legally be fed commercial feed, which is really bad. Only “organic” means chicken is free of antibiotics and other drugs that can cause hormone imbalances in people. When dining in restaurants I recommend only ordering vegetarian or seafood. *If you have ANY of the diseases listed in this book you should avoid chicken and beef entirely until your body has healed itself. The acid produced by these foods require more energy from your body to digest and can be extra taxing when you have a health condition.*

**6. Non Organic Red Meat:** Animals are being pumped full of cancer and disease causing hormones including androgen and estrogen. Farmers are able to increase profits using these drugs because they fatten the animals up more quickly. Consuming these toxins will result in an assortment of illnesses and diseases. Eat organic meat or none at all.

**Note: CHILDREN are the BIGGEST Victims.** In some cases, young girls are entering puberty early and starting their periods at age 7. More common is little boys who actually have formed breasts. Hormones and antibiotics in our meat are causing growth abnormalities in our children and unbalancing their natural hormones. If you are going to serve meat at home, buy only “organic” meats and be aware that if a product is labeled “natural” antibiotics and hormones may still have been used. Blackwing and Bell and Evans are good brands of organic meat. Also be aware of what your children are eating at school and hang out places.

**7. Cheese:** Aluminum is legally allowed to be used in the production of most cheese in the US. McDonalds recently requested the FDA to increase the amount of permissible by law to include in its cheese production. MOST CHEESE, unless its labeled organic, made in the US contains aluminum, the affect is a creamier taste.

Many Europeans love the creamy flavor of American cheese and favor it over their own. Aluminum has been connected to chronic diseases such as Alzheimer’s and Autism. For this reason, if you choose to eat cheese we recommend only European produced cheese. However, cheese in general is not very healthy – it causes mucus build up allowing illness and disease to remain in your body longer, allergies, respiratory issues and has been linked to the progression of some cancers. It is also has a high saturated fat content that clogs arteries and contributes to weight gain.



**8. Milk:** The leading cause of cancer and other disease?! (courtesy of The China Study by T. Colin Powell). WE can attribute cow's milk to nearly every disease. Lets say you have fresh raw milk organic, straight from the farm. Still I say to use cows milk in moderation. In China, the women NEVER get hot flashes, because they don't have milk. In Africa, the women NEVER get osteoporosis, because they don't have milk. Want more reasons? Allergies, insulin-dependant diabetes, endocrine, thyroid issues, digestive problems and many other diseases can be attributed to cow's milk. If you want a healthy alternative, GOAT'S MILK is exceptionally similar to human milk and has health benefits. However, all milk should be had in moderation and isn't recommended if people have a disease indicating it is contradicted. If you are presently in good health, goat's milk is the only milk worth drinking. If you want to drink milk, it MUST BE ORGANIC, because teenage girls developing black haired mustaches is unacceptable. Many young boys have "breasts" caused by estrogen the farmers slowly inject into the cow's ear. As for yogurt, the same is true. Make sure it is clean of hormones. I personally AVOID ALL DAIRY products.

**9. Soy:** The bean of deception. Soybeans are the third largest crop on America's soil, supplying more than 50% of the world's demand. A major marketing force is committed to branding soy as a "health" food. But this is not the case because soy contains several dangerous substances including phytic acid, which is present in the hulls of seeds and legumes. Soybeans have the highest levels of phytate and block the body's uptake of essential minerals like calcium, magnesium, iron and especially zinc. Soybeans are very resistant to phytic reducing techniques, such as long slow cooking. Only after a long period of fermentation (as in the manufacture of miso or tempeh) are the phytic acid and "anti-nutrient" levels of soybeans reduced making their nourishment available to the human digestive system.



Soy and soy bean oil are believed to be healthy, but in fact they are highly destructive to the thyroid and endocrine system. Pubmed.gov reported that when healthy people without any previous thyroid disease were fed 30 grams of pickled soybeans per day for one month, they experienced goiters and elevated individual thyroid stimulating hormone (TSH) levels in 37 healthy adults. One month after stopping soy consumption, individual TSH values decreased to the original levels and goiters reduced in size. Hypothyroidism is become an epidemic in Western culture so I recommend avoiding soy, except Tempeh and Miso.

**Alternative:** Hemp seeds, hemp protein and other sources that are beginning to catch on in health food stores and restaurants.

**Note: Soy Estrogen, Allergies and Babies.** Babies should not be drinking soy and the reason is obvious. Soy acts like a hormone in the body. When a small child begins taking in large amounts of phyto-estrogens (there is a large quantity in just 1 cup of soy

milk) we risk the chance of upsetting their delicate endocrine system balance. In fact, men should not take soy milk or other soy-rich products in their regular diet. Many studies promote the value of soy as a health food, but this only applies to people needing more estrogen such as a menopausal woman. But even women should be wary of soy. It has been known to cause allergies, heart palpitations and indigestion (probably because of the enzyme inhibitors). If you choose to consume soy, do it in MODERATION.

#### 10. White Rice, Sugars and Other Refined Foods:

White rice is the left over product of the natural rice bran when it is stripped of all the nutrients, or polished. This practice of polishing grains did not exist until modern times when the wealthy class desired these softer and more refined grains. They were viewed as a luxury and were originally very expensive because polishing required additional labor. However, today brown rice is more expensive because it the “whole” rice bran and the better choice nutritionally. I know that sushi does not taste as good on brown rice, and if you are disease free it is not so bad for special occasions. If you have a choice we recommend selecting brown rice. *However, not everyone is allowed rice on this food system. For people with some digestive problems rice can cause constipation. People with diabetes or cancer are forbidden all rice. Others with any serious health problems should save it for special occasions.*



**Note: Processed/Refined Sugar and Carbohydrates.** Processed white sugar has no remaining nutritional value. White sugar has been distilled from brown sugar which was distilled from molasses. The molasses came from sugar cane or sugar beets (Whitney, Cataldo, & Rolfes, 1991). Processed white sugar is an addictive chemical (Sheppard, 1993). Processed sugars such as white, powdered, brown, molasses and even honey have had some or all of their chemical bonds broken down between their basic components due to the amount of processing. Processed sugars present as a simple potent sugar which is easily and quickly absorbed by the body.

Processed sugars and carbohydrates, which turn into sugar, cause a rise in the insulin level of the blood. This also raises the endorphins level, a natural mood upper in the brain. These sugars causes the body to have a chemical high, mentally, which results in a lift in mood. Continuous large doses of sugar and/or carbohydrates, overtime, usually cause the brain's endorphins sites to slow production or close sites to regulate the amount of endorphins in the brain. When the body cuts back on endorphin production it reduces the amount of endorphins available in the body at any given time. The lack of enough endorphin in the brain causes slight to deep depression. To maintain a normal level of endorphins in the brain the individual must eat more sugar and/or carbohydrates to get out of depression and maintain a normal mood level. This causes a vicious cycle of addiction, physiologically (Nay, 1996). This is also directly comparable to the cycle that is developed after excessive endorphins are released into the body from the use of alcohol.

Excessive alcohol usage causes many of the endorphin sites to shut down. To get the natural high given by endorphins the alcoholic must drink more alcohol to get the same effect (Shkurkin, 1994; Sheppard 1993). *Courtesy of Annette Nay PhD.*

**11. Potatoes:** They are all starch – don't eat them. Americans eat more potato than any other vegetable! That is not surprising given such a large percentage of the population is developing diabetes. White potatoes are like white sugar and white bread, they cause a spike in the blood sugar and are a "high-glycemic-index" food. Such foods raise bad triglycerides and depress good HDL cholesterol, increasing the risk of heart attack. This is especially true in people with insulin resistance, which studies show is up to 25% of the population. Two Harvard studies found high potato consumption increased the chances of developing type 2 diabetes. Unlike other vegetables, potatoes don't have high phytochemicals. *View potatoes like candy, cookies and processed desserts. They are not part of our diet program. However, sweet potato is highly nutritious and tremendously healing.*

**12. Bottled Juice:** Juice has sparse nutrients and elevate blood sugar. It is not a complete food and commercial juices like orange, apple, grape and others have all been pasteurized and processed, stripping them of their nutritional value. Aside from very special juices that have medicinal value such as goji or acai, which are not sweet, all commercially produced juice is forbidden in this program. Why? Because God does not intend for your blood sugar to surge like a rocket into outer space. When you drink a glass of commercially processed juice your blood sugar sky rockets. And even though juice is healthier than soda (like that's difficult) it still isn't good stuff. It leads to diabetes big time. Occasionally you can have some juice on special occasions if you are without a healing crisis, but having it in your fridge all the time should end right now. Juice is not part of any legitimate healing diet program where the emphasis is on restoring the body's healing power. In the long run juice will create health problems so we ask you to give it up, except on special occasions.

**Note: Juicing is good only for special purposes.** Since a vast majority of the phytochemicals dwell in the fiber, skin, seeds, rinds and stems of all fruits and veggies it is best to blend your fruits instead of losing all the good stuff in the juicer.

**13. Soda and Diet Soda:** Soda is a toxic chemical that erodes your stomach and depletes bone density! The average American drinks more than 53 gallons of carbonated soft drinks each year – more than any other beverage, including milk, beer, coffee and water! Phosphoric and carbonic acids are the active ingredients in cola beverages and together they make a "rust cleaning" pH of 2.8. It takes 32 glasses of water (pH 7.0) to neutralize one glass of cola. Diet cola is no better. Soda is full of empty calories which make your believe it is starving. Your body's response is to hold the calories and convert more fat to compensate which leads to weight gain. Disease thrive in an acidic environment, actually what soda creates in your body.



**Note: Your pH must remain at 7.4, if not you will die in a few minutes.** So why haven't all the diet soda drinkers passed on? The body robs the calcium, which is alkaline, right out of your bones and teeth to correct a too acidic condition. This leads to osteoporosis!

**14. BBQ and Grilled Foods:** The carcinogen load from BBQ and grilled foods is astounding! Many Americans who don't smoke or drink alcohol are getting lung cancer and its from BBQ. It doesn't matter whether you use a gas or charcoal grill – it is the burnt edges of meat and veggies that are highly toxic. Scientific studies show the same amount of carcinogens can be found in 600 cigarettes as one BBQ steak! IT SHOULD BE AVOIDED COMPLETELY.

**15. Fired Foods:** “Fire or Hot Metal” directly touching or near your foods without the presence of water (broth and sauces count but oil by itself doesn't) leads to all the cancers we are seeing in epidemic proportions. Baking foods in the oven, stir frying on top of the stove and the Foreman grill have become a standard in American kitchens. These cooking methods generate free radicals in abundance, but not all cooked foods have this issue. Steam, poach or saute food. An even better solution is eating foods RAW. This way no free radicals are created. This makes stews and soups the best method of cooking, hands down. Always cook food in a pot with water.

Part of this list is courtesy of the book “Conquering Any Disease” written by Jeff Primack. For more information visit his website at: <http://www.qigong.com/>

# STAGE 2 – INTEGRATE SUPER FOODS!

*The 2nd Stage of the 3 Stage Energy Diet is geared toward INTEGRATING health and energy enhancing SUPER-foods into your diet that will provide a noticeable difference in your day to day experience in your body.*

**Following this simple diet will help you:**

1. Feel a higher energy level naturally
2. Improve digestion
3. Sleep better
4. Feel lighter and more comfortable in your body
5. Become more flexible with improved circulation
6. Feel younger as time progresses
7. Alleviate the symptoms of illness and disease
8. Improve digestion
9. Add years to your life
10. Shed excess weight and much, much more!

**One KEY to great health and reversing the aging process is the frequent consumption of SUPER FOODS.**

There are many foods in the world, I am going to introduce (or perhaps just remind you of) some of the highest frequency, most nutrient dense foods on the planet and you will find recipes and various options for preparation in the videos.

## SUPER FOODS!

Foods that will heal your body, enhance your life and raise your vibration. Below you will find a full list of the super foods I highly recommend you try...

**1. Acai Berries:** Pronounced “ah-sigh-ee” these berries have the highest antioxidant food-value currently known. Native to Brazil, these berries have been studied and observed to destroy human cancer cells according to a study performed in April 2006 in Gainesville, Florida. Also noteworthy is that in January 2006 the Journal of Agricultural and Food Chemistry, published a study that showed extracts from Acai Berries triggered a self destruct response in up to 86% of leukemia cells tested, said Stephen Talcott, an assistant professor with the University of Florida’s Institute of Food



and Agricultural Sciences. Everyone on this Food-Healing program is advised to take Acai berry into their daily plan, even Diabetics and Cancer patients, because Acai berries have zero sugar content. Acai berries have 10x the antioxidants as grapes and 2x the blueberry. It is said that they help lower cholesterol because of their fatty acid profile, but research is still not conclusive as of now. I highly recommend “100% Pure Organic Acai”, either in powder form or frozen pulp. Sambazon makes a 100% Acai powder that you can mix into a smoothie, though my favorite is their “frozen pulp”, which is the closest thing to fresh Acai.

**2. Almonds:** I recommend you soak them first, this softens them, makes them more easily digestible and reduces half the fat. Raw almonds are very beneficial for people suffering from any lung disease. We recommend that anyone with emphysema, asthma, lung cancer or simply weak lungs take almonds into their diet. However, people with constipation should ONLY have almond butter, not whole almonds. Almond Nut milk is extremely high in calcium and manganese. Almonds are very high in vitamin E, which makes them good for your skin complexion. *All raw nuts are healthy, but it is best to eat them in moderation.* Raw Organic Almond Butter will replace your need for peanut butter (if you are like me, you once had a serious dependency on peanut butter). I remember that when I learned that ALL peanut butter has Aflatoxin cancer-causing fungus in startlingly high quantities I was sad, but Almond Butter tastes even better!

**3. Aloe Vera Juice:** Known as the “Queen of all Herbs”, Aloe Vera is an exceptionally useful healing plant. The active healing agents are polysaccharides, which contain the ability to heal many things. It is especially useful for people with dry stools or difficult bowel movements and also irritable bowel syndrome. Aloe in general is a YIN tonic and will cool the body and lower the blood pressure, similar to how Wheat Grass does. For digestive problems of any kind, I recommend Aloe for 2 weeks on and 1 week off. Your digestion should heal itself by following this program. Nature’s Way Aloe Vera is available in most health food stores (I get mine at Whole Foods) for about \$8 a bottle. I like the Wild Berry flavor (pictured).



**4. Apple with Skin:** Apple skin and seeds contain the 385 different kinds of phytochemicals that are in each apple. Buy organic apples only, since they are not that expensive and worth every penny. Apple pectin is a very good fiber for cleansing the colon and is used in a “Liver/Gallbladder Flush” for easy flushing of Gall Stones. The crisper the apple, the better. I like Fuji Apples, Gala and Golden Delicious the most. Apple seeds contain a “Blast of Phytochemicals” with a friendly dose of cyanide that doesn’t hurt you, but kills the cancer cells in your body. Apples are also great fat burning fruit, so eat your apple a day! *Only people with Diabetes Type 1 or 2 are not able to have apples while following this program. Diabetics can not naturally reverse Diabetes while continuing to intake fructose.*

**5. Asparagus:** Loves your kidneys. This is the master cleanser for the kidneys. Have you ever noticed that your urine may take on a funny odor after eating it? That is the power of asparagus to cleanse your kidneys! If you have kidney stones, you will want to be careful to avoid asparagus for a while. *Only* in cases where the fresh food is not available, like with Acai Berry, should you buy the powder. We enjoy the asparagus lightly steamed with sea salt, raw or lightly grilled. They are very easy to overcook, which will ruin the healing powers that they contain.

**6. Avocado:** Known globally for their healing power. Hass avocados are 20% fat, but they won't make you fat – that is for sure. In fact, the avocado is the one for anyone trying to lose weight. Think about it, if you deny your body fat then it holds tightly to the fat you've already got. Avocados are one of the highest in Glutathione, your liver's most potent detoxifier. Want more reasons? The avocado is great for lowering cholesterol. Makes delicious raw chocolate mouse pie as a substitute for cream and dairy!



**7. Basil:** A healing herb that you can eat raw-picked off the plant. If you don't already know, basil is the easiest stuff in the world to grow and since it grows like a weed, it will actually take over your garden if you are not careful. It's especially good for digestion and just about every other body system. We ask that you put it in most of your smoothies, cooked foods, and everything you make from now on. Raw is optimal. It's loaded with phytochemicals to the max! There are more phytochemicals in the stem than in the leaves. Basil is also highly effective on stomach problems.

**8. Bee Pollen:** More protein than any other food, with 32% of it's weight in pure, usable protein. The only caution is to start with a few granules and slowly working up to more. Some people may have an allergic reaction to bee pollen, but actually, it's capable of helping allergies. Just start out in small of you've never had it before. When I am working hard during a seminar and I'm too busy to eat, a handful of bee pollen is a huge provider of energy. The bee collects this special energetic substance from flowers, which contains polyphenols, enzymes, beneficial fatty acids, free amino acids, vitamins, minerals, and phytonutrients. I love to make raw food snacks with it, sprinkle it on fruit salads or add to smoothies. Yummy!

**9. Beets:** This is especially true for people with heart disease. *Beets contain betaine, which is scientifically proven to help the body cleanse out excess homocysteine. Homocysteine is proven to be a factor in all forms of heart disease.* Beets also purify the blood, which is the core of healing any disease. Cirrhosis of the liver is considered to be a totally incurable disease, but it has been reversed in special cases where the patient was advised to blend and consume 4lbs of beets daily! For regular healthy people, one beet per day is good. Add lots of mint with beet to balance the taste. Watch out though, it is high in sugar.



**10. Bitter Melon:** The Insulin-Like Substance – Bitter Melon has THE MOST of the insulin-like phytochemicals that bring sugar down. This vegetable (available at oriental grocery stores) naturally lowers sugar. *Type 1 & 2 diabetics will want to use this bitter melon on a daily basis.* For normal healthy people, I recommend having it once a week at least, because it is so high in phytochemicals. This is a great food to eat if you've been cheating on the program (but you'd never do that). Bitter melon is good for nearly all people except those with severe hypoglycemia.

**11. Blueberry:** We all know that blueberries are packed with antioxidants that prevent aging and cell degeneration. Blueberries also contain proanthocyanidins (notice the word cyanide is in there). These are the compounds that everyone is making a fuss about in the nutrition world right now. Aside from being anti-aging and anti-cancer...*blueberries are excellent way to improve eyesight and vision problems.* They also have a tremendous amount of fiber and low sugar content compared to other fruits.

**12. Blackberries:** Inside each blackberry is about 50 small, hard seeds packed with phytochemicals, fiber and antioxidants. Blackberries are so good for your health, especially the kidneys.

**13. Broccoli:** Especially the nutrients in the stem. All vegetables from the cruciferous family contain a class of phytochemicals known as Indol-3-Carbinol or I3C for short. I3C changes the way estrogen is metabolized and is good for fighting against estrogen-driven cancers. However, the I3C class of phytochemicals are potent cancer-fighting agents for ALL CANCER. Aside from I3C, cruciferous vegetables contain sulforaphane, which will inhibit the growth of cancer cells. The stem has the majority of the phytochemicals, which is funny because that's the part most people throw away! The stem of a broccoli is white inside. By no means is it true in all foods, but with many vegetables – the white color is an indication of intense phytochemical content. We lightly steam the tops of the broccoli, rather than put them in a smoothie. Be forewarned...broccoli is one of the single worst tasting ingredients to put in a smoothie, but if you know the ratios with other ingredients (smoothie formulas), it can be done with class.



**14. Brussel Sprouts:** They are helpful for a variety of conditions. Like most cruciferous vegetables, brussels sprouts contain sulforaphane, which is formed when cruciferous vegetables, such as brussels sprouts, are blended or chewed. Sulforaphane is already known to trigger the liver to produce enzymes that detoxify cancer-causing chemicals, inhibit chemically-induced breast cancer in animal studies, and induce colon cancer cells to commit suicide. Another great use for brussels sprouts is for ovarian diseases. This is actually their specialty.

**15. Cabbage:** The amazing cabbage is overflowing with phytochemicals and it is the single most popular vegetable on the planet. Cabbage has special phytochemicals for healing ulcers, stomach aches, and even stomach cancer. It is the mighty stomach healer. They sell pills with concentrated DIM, but then you miss out on the other zillion phytochemicals in the cabbage that accompany the DIM. Cabbage goes far beyond one disease and is very beneficial for everybody, especially those with breast cancer. The only caution about cabbage, brussels sprouts & broccoli is that they contain thyroid inhibitors known as “goitrogens”. People with under-active thyroid should not eat the cruciferous vegetables, except for ‘fermented’ cabbage, like Kim Chi. Kim Chi is especially good – for all people.

**16. Camu Berry:** Highest Vitamin C Food – this large grape-sized berry is grown in the Amazon and is the subject of growing interest in the naturopathic food healing circles. Camu berry contains 30-60 times the vitamin C by weight! They also have a full spectrum of minerals and amino acids that can aid in the absorption of vitamin C. Because of its food form, with bio-flavanoids and other phytochemicals, clinical evidence suggests Camu Berries are far more effective, milligram for milligram, than taking a synthetic Vitamin C or Ester C.

**17. Carrots:** Carrots are good for virtually every body system. Heart-Disease, Lung disorders, eye and vision, cancer prevention, colon and everything in between. Carrot is one of the foundations to a healthy diet. The Vitamin A and carotenoid content of carrots makes them especially beneficial for the Lungs. Worth mentioning is that juicing carrots is NOT the most beneficial way to consume them. Juicing eliminates the fiber and separates the carrots from their phytochemicals which aid in digestion and absorption of nutrients. Juice sparingly to reduce sugar consumption.



**18. Cayenne Pepper:** Cayenne Pepper has many therapeutic healing powers. You can cook with it to add “internal heat” into your body or you can alternatively take the extract drops. You can use it when fighting a cold or flu, since it is an excellent immune stimulant. Too much can create an imbalance. Cayenne can contribute to stomach ulcers if abused long term. Many people who get migraines get activated by spicy foods. Also, sometimes it is advised to consume aloe vera juice to soothe the effects of this ‘burning’ fire that can irritate the inner walls of the stomach and digestive system. Use sparingly.

**19. Celery:** Relaxation medicine at its best. Excellent for lowering blood pressure, contains active compounds called pthalides, which can help relax muscles around arteries and allow those vessels to dilate. They also reduce the stress hormones and help you relax. Be sure to buy organic, as the residue is not easy to wash off.

**20. Cilantro:** This wonder herb will draw excess and toxic metals out of your body like mercury, which weighs you down and can lead to diseases like Alzheimer’s and Autism,

etc. We get many toxic heavy metals in our diet from canned food, vaccines, coal burning power plants and dental fillings. I also suggest doing a heavy metal detox cleanse at least once a year.

**21. Cinnamon:** This wonderful delicious seasoning is great for anti inflammation, anti-blood clotting and sugar balancing. It also helps stop the growth of microbial fungus and bacteria, such as Candida (ladies take note). It also helps regulate our blood sugar and insulin, maintaining a steady flow of energy even after a big meal. Cinnamon helps people with Type 2 Diabetes improve their bodies response to Insulin :) You can use it to season meals, deserts or just mix with a beverage after meals to regulate blood sugar.

**22. Chocolate:** Super Food of the Gods. This super food is often mistaken for junk food, since that is how it is often prepared and sold in stores. When eaten in its purest form Cocoa (at least 80%) is one of the highest sources of antioxidants of any consumable food source! Eat it raw, dark and unprocessed. It is high in polyphenols, which reduces oxidation of low density lipoproteins and protects against heart disease. There are innumerable studies of people living over 100+ years and consuming pounds of raw dark chocolate weekly :) Don't hold back. But, please moderation is important when considering weight loss programs...



**23. Coconut:** Metabolic Life Enhancing Deliciousness- studies show the high lauric acid content of coconut oil is very beneficial in attacking viruses, bacteria and other pathogens. Virgin Coconut Oil is best for stir frying foods, since saturated are the only fats that can sustain the high heat during cooking without becoming toxic trans fat. People with hypothyroidism have been known to have symptomatic relief from consuming Coconut Oil and other derivatives of this super food. The list of benefits is very long and extensive. Everything from digestive issues like Crohn's Disease, Irritable Bowel Syndrome to Thyroid issues has been linked to the regular consumption of Raw Coconut Oil. Try to get the cold pressed and organic. You will grow to love it!

**24. Co Enzyme Q-10:** If you haven't heard of this super nutrient yet, you will be excited to learn it has been linked to the improvement of all cellular functioning in the body. Although we do produce this naturally in our system, we can always use more. It has been linked to lowering breast cancer symptoms and regression of the disease altogether! It should be taken in its ready to ingest ubiquinol form (capsules available in stores). \*\*Studies indicate that this super enzyme is the key nutrient for generating 95% of the total energy required by the human body!

**25. Cucumber:** Regulate Blood Sugar & Detoxify - similar to the benefits of cinnamon regarding lowering blood sugar. It is also very high in Silica, which is the mineral for

combating Osteoporosis. This will help any joint or ligament issues. They are also known to draw out toxins thus the image of cucumber slices on your eyes to reduce puffiness, and the use in many skin care products and masks. You will benefit from adding it to your salads, juicing it or just eating fresh and raw. The essential thing to remember is they **MUST BE ORGANIC**. They contain such a high water content, which they draw up from the ground. When they are farmed in conventional farming methods, there is so much pesticides and toxic chemicals begin dumped onto the soil and they are like sponges sucking and soaking these into them. It's best not to consume them then to consume the non organic varieties!

**26. Digestive Enzymes:** Everyone can benefit from consuming additional digestive enzymes. The body needs all the help it can get to help process the foods in our over diluted stomachs. One thing you can also do is not drink anything during meals, which dilutes digestive enzymes even further. Drink 30 minutes before or an hour after eating. Eat additional enzymes when consuming higher quantities of protein especially. I recommend the liquid versions. My favorite is "Good Belly" but most any of the varieties in the store are good. The most powerful varieties are suggested to be refrigerated to maintain the life of the active enzymes. I love powered probiotic greens as well, like Billy's Infinity Greens or E3 Live. Which ever brand you choose, be sure you can store it to maintain freshness and consume daily. You will feel a difference in your digestive system and over all energy levels. Also, note some people report constipation when first integrating enzymes into their diet, which is the opposite of the usual effect. If this happens to you, please do a colon and intestinal cleanse to flush out the blockages and toxins, thus allowing for the full effect, absorption and benefits of this and all other recommended foods and supplements.

**27. Echinacea:** This is great especially taken with Golden Seal Root (powdered in a tincture for best results). The increase in immune system is noticeable and immediate. This should be taken only at the onset of any symptoms of a cold or flu. If you take it too regularly, it will lose its efficiency. Just when you feel a tingle or a sneeze coming on, start consuming it a few times a day and notice you probably won't get the full illness at all! :) At the first sign of a snuffle or tickle in my throat, I usually take a few drops of Echinacea in a glass of water, mixed with Oregon Oil, another amazing immune booster, mentioned below...usually with some Good Belly or other Probiotic and Super Greens drink :)



**28. Eggplant:** This purple super food has a powerful ability to absorb oil from the colon and lower cholesterol. It also contains tons of phytochemicals for releasing fat from the arteries. It is like a sponge in your body, absorbing the unwanted fats and excess iron. It is

said that people with Arthritis should avoid consuming eggplant, however, so be aware of this.

**29. Garlic:** This super powerful medicinal herb is known to be anti-viral, anti-biotic, anti-fungal amongst other benefits. It will help eliminate the bad but won't destroy the good bacteria in you:) Garlic has been said to destroy viruses and so many books and studies have been released touting its miraculous and powerful effects, it should definitely be included in your daily diet. It lowers blood pressure and cholesterol, things the blood, improves the release of Nitrous Oxide which helps dilate blood vessels, boosts endocrine function and sexual hormones. It can also be linked to increased sperm count for those working on creating a family :) It can be eaten raw, fresh, cooked or roasted. Watch out for its powerful flavor! It may ruin the taste of your food if you add too much..

**30. Ginger:** Reduces inflammation for the internal organs and blood vessels. Studies link pain and symptom relief of osteoarthritis and rheumatoid arthritis patients from the consumption of this miraculous herb :) Its also touted as an anti-carcenigen and total immune booster. It is delicious to include in foods, cooked, raw, in smoothies, fresh juices and eaten every day for optimal health.



**31. Ginkgo:** Extract is also popularly used as a diet supplement and/or ginkgo biloba herbal remedy/medicine for the brain, legs, eyes, heart and ears. Scientific studies have shown several health benefits of ginkgo biloba – good extracts of the plant may prevent blood clotting and damage by free radicals as well as give an improved sense of well-being; it can also be used for many other disorders. In addition, the leaves are used to make ginkgo tea for a variety of ailments.

**32. Green vs. White Tea:** White Tea is the winner! A 2004 study at Pace University concluded that white tea can help your body's immune system fight off viruses and dangerous infection causing bacteria (<http://www.asm.org/Media/index.asp?bid=27462>). The same study concluded that fluoride-rich white tea helps prevent the growth of dental plaque, the chief cause of tooth decay. A 2003 study conducted by Oregon State University found that white tea is highly potent in treating colon cancer in mice, may be helpful to people suffering from yeast infections, may slow down aging skin conditions such as wrinkles and pigmentation and many more powerful health benefits.

**37. Ginseng:** The most powerful longevity herb. In many clinical studies of the herb's effects, those taking regular ginseng supplements were able to withstand higher levels of emotional and physical stress than those who had never taken the herb. In addition to its traditional role as stress fighter, ginseng has shown great promise at reducing fatigue, increasing memory and even fighting off colds, flu and other infections.



**38. Goji Berry:** Research shows that eating berries offers some definite health benefits. Berries like the goji berry are filled with powerful antioxidants and other compounds that may help prevent cancer and other illnesses, including heart disease. Eating foods high in antioxidants may slow the aging process. It does this by minimizing damage to your cells from free radicals that injure cells and damage DNA. When a cell's DNA changes, the cell grows abnormally. Antioxidants can take away the destructive power of free radicals. By doing so, antioxidants help reduce the risk of some serious diseases. Goji berries also have compounds rich in vitamin A that may have anti aging benefits. These special compounds help boost immune function, protect vision, and may help prevent heart disease. Some research suggests that goji berry extracts may boost brain health and may protect against age-related diseases such as Alzheimer's.



**39. Grapefruit:** The rich pink and red colors of grapefruit are due to lycopene, a carotenoid phytonutrient. Lycopene appears to have anti-tumor activity. Among the common dietary carotenoids, lycopene has the highest capacity to help fight oxygen free radicals, which are compounds that can damage cells. Choosing to regularly eat lycopene-rich foods, such as pink grapefruit, and drink green tea may greatly reduce a man's risk of developing prostate cancer, suggests research published the Asia Pacific Journal of Clinical Nutrition (Jian L, Lee AH, et al.)

**40. Hemp Oil (cold pressed is best):** Contains Omega's 3, 6 & 9, all essential to the optimal functioning of the human body. The symptoms of Omega 3-LNA-deficiency include: growth retardation, weakness, impairment of vision and learning ability, motor incoordination, tingling in arms and legs, behavioral changes, high triglycerides, high blood pressure, sticky platelets, tissue inflammation, edema, dry skin, mental deterioration, low metabolic rate and some kinds of immune dysfunction. The symptoms of Omega 6-LA-deficiency include: eczema-like skin eruptions, loss of hair, liver degeneration, behavioral disturbances, kidney degeneration, excessive water loss through the skin accompanied by thirst, drying up of glands, susceptibility to infections, failure of wound healing, sterility in males, miscarriage in females, arthritis-like conditions, heart and circulatory problems and growth retardation. Prolonged absence of LA from the diet is fatal. Adding LA back into the diet from which it is missing can reverse all of the deficiency symptoms. In 1955 the Czechoslovakian Tubercular Nutrition Study concluded that hemp seed was the "Only food that can successfully treat the consumptive disease tuberculosis, in which the nutritive processes are impaired and the body wastes away"(Robinson 1996).

**41. Hemp Seeds:** Seeds of the plant *cannabis sativa*, hemp seed, contain all the essential amino acids and essential fatty acids necessary to maintain healthy human life. No other single plant source has the essential amino acids in such an easily digestible form, nor has the essential fatty acids in as perfect a



ratio to meet human nutritional needs. The best way to insure the body has enough amino acid material is to eat foods high in globulin proteins. Since hemp seed protein is 65% globulin edistin, and also includes quantities of albumin, its protein is readily available in a form quite similar to that found in blood plasma. Eating hemp seeds gives the body all the essential amino acids required to maintain health, and provides the necessary kinds and amounts of amino acids the body needs to make human serum albumin and serum globulins like the immune enhancing gamma globulins. Eating hemp seeds could aid, if not heal, people suffering from immune deficiency diseases. [Czechoslovakia Tubercular Nutritional Study, 1955]

**42. Muscadine Grapes:** Unlike other grapes, which are bred seedless, muscadines contain both seeds and thick skins. This is great, because 90% of the nutritional health benefits of grapes are in the skin and seeds. Better yet muscadines naturally contain an extra set of chromosomes that other grapes don't have. This is beneficial because these extra chromosomes contain genes that help supply a broader range of health-supporting components than other grapes.

**43. Kim Chi and Fermented Veggies:** Prevents obesity through its fermentation process and the ingredients used to help it ferment. According to several studies, the fermentation process allows lactic acid to penetrate the food, allowing healthy bacteria to form, called *Lactobacillus kimchii*. This bacteria promotes lactic acid. According to the National Center for Biotechnology Information, lactic acid prolongs endurance, regulates the digestion system, and promotes healthy metabolic functioning in men. It naturally boosts the metabolism and allows you to exercise longer, naturally fuelling your workout. Instead of gulping down a chocolate shake, eat Korean food rich with this Korean condiment. Kimchi's ingredients also make this a healthy and low calorie Korean food. Its main ingredients, fish paste, dried chili peppers, and garlic, all have powerful nutritional properties and are packed with antioxidants.

**44. Kiwi:** Phytochemical Powerhouse – prevents Asthma, wheezing and coughing (especially in children), protects our DNA from mutations, and provides a healthy amount of antioxidants and vitamins. The high content in dietary fiber helps improving diseases such as diabetes, by controlling sugar levels, and colon cancer, since fiber binds to toxic compounds in the colon and helps us expel them.

**45. Lime:** Don't leave home without it. The health benefits of lime include scurvy, digestion, constipation, eye care, piles, peptic ulcer, respiratory disorders, gout, gums, weight loss, skin care, urinary disorders, etc. It truly is a staple you should consume regularly.

**46. Maca Root:** Endocrine enhancer – as an adaptogen, maca works broadly to contribute to overall well being. It nourishes and calms the nerves with calcium, phosphorus, vitamins B1 and B12, and fatty acids, all of which work beneficially on the nervous system. It stimulates the appetite and aids in digestion with calcium, vitamins B1 and B2, B12, and fatty acids. Its phosphorus is a primary building block in the cell fuels Adenosine Triphosphate (ATP) and glucose-6-phosphate (G6P). At the same time it supports the adrenal glands so they don't have to rely on damaging cortisol to fuel the body. Its sterols, calcium, and vitamin C help build muscle mass and its starches aid in physical endurance. Its alkaloids help the body assimilate all these nutrients just where they are required. Recent studies also suggest:

- Its fiber as well as glucosinolate content show promise in helping combat some cancers.
- Bio-available calcium, in conjunction with its alkaloids, make it an effective bone builder, thus reducing osteomalacia and rickets.
- Some of its fatty acids function as fungicides and local antiseptics, which may aid in overall immunity enhancement.
- Tannins bind and precipitate proteins, which improves the nutritional value of maca.
- Saponins and terpenoids may aid as a sedative, expectorant, pain reliever, anti-tumoral and analgesic.
- Effects general and not localized to a specific organ.
- Normalizing action irrespective of the pathological state.

**47. Mushrooms:** Have Incredible Healing Power!

Especially the fresh button mushrooms, possess substances that inhibit the activity of aromatase (an enzyme involved in estrogen production), and 5-alpha-reductase (an enzyme that converts testosterone to DHT). The latest findings show that white button mushrooms can reduce the risk of breast cancer and



prostate cancer. An extract of white button mushrooms decreased cell proliferation and decreased tumor size in a dose-dependent manner. Shiitake mushrooms have been used for centuries by the Chinese and Japanese to treat colds and flu. Lentinan, a beta-glucan isolated from the fruiting body of shiitake mushrooms, appears to stimulate the immune system, help fight infection, and demonstrates anti-tumor activity. Mushrooms contain about 80 to 90 percent water, and are very low in calories (only 100 cal/oz). They have very

little sodium and fat, and 8 to 10 percent of the dry weight is fiber. Hence, they are an ideal food for persons following a weight management program or a diet for hypertensives. There are many varieties of mushrooms, especially ones from Asia, that have tremendous health benefits! Enjoy!

**48. Manuka Honey:** Destroyer of MSRA and H. Pylori Bacteria – the unparalleled antibacterial properties of Manuka honey have the ability to combat antibiotic-resistant bacterium. It is a safer alternative medicine effective in treating bacterial and fungal infections. After certain clinical trials, Dr. Molan came to a conclusion that a direct application of this rare type of honey can heal cuts, burns and sores effectively. The trials also revealed its ability to fight MRSA or methicillin-resistant staphylococcus aureus, an antibiotic-resistant bacterium responsible for causing Staph infections. According to Dr. Molan's discovery, manuka honey contains an additional antibacterial component ("non-hydrogen peroxide") which allows it to remain effective and helps it go deeper into skin tissues. He and his colleagues have also suggested its potential effectiveness in treating sore throats and stomach ulcers, if taken orally. Manuka honey is also used to treat heartburn, stomach aches and gastritis. There are many companies selling it as an alternative method of skin care as it has the potential to reduce wrinkles and make the skin glow.

**49. Nutritional Yeast:** Nutritional yeast contains 18 amino acids (forming the complete protein) and 15 minerals. Being rich in the B-complex vitamins, it is vital in many ways and particularly good for stress reduction. The B-complex vitamins help make nutritional yeast such a valuable supplement, especially to vegetarians. Some varieties are fortified with B12, a nutrient generally found only in animal sources. One element of yeast is the trace mineral chromium, also known as Glucose Tolerance Factor (GFT). This is necessary to regulate blood sugar and is important for diabetics and people with a tendency toward low blood sugar.

**50. Onions:** and other Allium species, are highly valued herbs possessing culinary and medicinal value. Some of their beneficial properties are seen after long-term usage. Onion may be a useful herb for the prevention of cardiovascular disease, especially since they diminish the risk of blood clots. Onion also protects against stomach and other cancers, as well as protecting against certain infections. Onion can improve lung function, especially in asthmatics. The more pungent varieties of onion appear to possess the greatest concentration of health-promoting phytochemicals. Courtesy: Winston Craig, MPH, PhD, RD.

**51. Olives:** are a fruit containing a wealth of health benefits and nutrients. Some of which include: Lutein, a strong antioxidant and carotenoid; Destroys free radicals, Protects cells from premature aging, Strengthens retina and improves eye sight. Polyphenols (flavonoids), antioxidant agents; Prevent the oxidation of lipoproteins, thus protecting

from cholesterol deposits in blood vessels, Reduce the risk of heart and blood vessels disorders, Stop cancer cells from growing. Beta-carotene (provitamin A), strong antioxidant:

- Reduces harmful influences of carcinogens, preventing the risk of many forms of cancer, from bowel, gullet, throat cancer to stomach and prostate gland cancer.
- Protects smokers from lung tumors.
- Is essential for robust eye sight, the growth and regeneration of tissues.
- Nourishes epithelium, smooths out wrinkles and rejuvenate the skin.
- Strengthens teeth and bones.

**52. Olive Oil:** The Great Lubricator. Olive oil is the only oil from a fruit that can be consumed as it is freshly pressed from the fruit. Studies have shown that olive oil offers protection against heart disease by controlling LDL (“bad”) cholesterol levels while raising HDL (the “good” cholesterol) levels. It has been known to help people with colon cancer and heart disease.

#### *Types of Olive Oil*

Extra Virgin: Considered the best, least processed, comprising the oil from the first pressing of the olives.

Virgin: From the second pressing.

Pure: Undergoes some processing, such as filtering and refining.

Extra Light: Undergoes considerable processing and only retains a very mild olive flavour.

**53. Okra:** Besides being low in calories it is aplenty with vitamins of the category A, Thiamin, B6, C, folic acid, riboflavin, calcium, zinc and dietary fiber.

Eating okra is much recommended for pregnant woman besides other for it is rich in folic acid which is essential in the neural tube formation of the fetus during 4-12 weeks of gestation period in the mother’s womb. Okra facilitates the propagation of good bacteria referred to as probiotics. These are similar to the ones proliferate by the yoghurt in the small intestine and helps biosynthesis of Vitamin B complex. Okra is an excellent laxative treats irritable bowels, heals ulcers and sooths the gastrointestinal track, amongst many other health benefits.



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**54. Papaya:** The papaya is an amazingly rich source of the proteolytic enzymes. These are the chemicals that enable the digestion of protein. Papain, which is the most important of these enzymes in the papaya, is extracted and dried as a powder for use to aid the



digestion, and it is often used as a meat tenderizer, the enzyme partially breaking down the meat fibres - digesting them in fact. Many experts, such as Dr. Lytton-Bernard, have claimed rejuvenating properties for papaya, especially for the control of premature ageing. It may be that it works simply because a poor digestion leaves the body without the correct nutrients. Those who find it almost impossible to digest anything frequently find that papaya used regularly, either in tablet or juice form, marks the turning point in the climb back to vitality and good health.

**55. Peppermint:** Peppermint oil has been used in civilizations dating back to ancient Greece. The oral form is acknowledged for improving the symptoms of gas, bloating and pain from irritable bowel syndrome (IBS). It has also been used to dissolve gallbladder stones and shown benefit in combating dyspepsia, a cause of upset stomach and heartburn. Simply applied to the skin, peppermint oil can help relieve tension headaches and pain from muscle tightness.

**56. Pineapple:** The obvious benefits of pineapple are all the vitamins and minerals the fruit is loaded with. Its nutrients include calcium, potassium, fiber, and vitamin C. In addition it is low in fat and cholesterol. One of the benefits of pineapple is that it helps to build healthy bones. Pineapples are rich in manganese, a trace mineral that is needed for your body to build bone and connective tissues. Just one cup of pineapple provides 73% of the daily recommended amount of manganese. Bromelain, which is found in pineapples, has been found to help suppress coughs and loosen mucus.

#### **57. Plums:**

Nutrition benefits include:

- Plums, even their dried form known as 'prunes', are high in unique phytonutrients called neochlorogenic and chlorogenic acid. Their function is that of an antioxidant and is of much benefit to the body.
- Since plums are rich in antioxidants, they provide protection from superoxide anion radical and also prevent damage to our neurons and fats that form a part of our cell membranes.
- Consumption of plums helps in the production and absorption of iron in the body, thus leading to better blood circulation, which further leads to the growth of healthy tissues.
- Regular consumption of plums can prevent macular degeneration and any other infection of the eye, in the long run. Your eyes will be healthy and strong for long time and you can also retain a sharp eyesight.
- Researchers have found that plums have anti-cancer agents that may help prevent the growth of cancerous cells and tumors in the body.

- Eating plums also reduces your chances of contracting a heart disease in the long run. Plums have certain cleansing agents that keep the blood pure and prevent implications of the heart.
- Plums have high content of Vitamin C, which means that they help protect the body against health conditions like asthma, colon cancer, osteoarthritis and rheumatoid arthritis.
- Plum juice concentrate is effective in preventing and reducing human influenza A.

**58. Pomegranate:** Researchers report that they are rich in antioxidants that can keep bad LDL cholesterol from oxidizing (American Journal of Clinical Nutrition, May 2000). This degradation of LDL seems to be an initial step in the development of atherosclerosis. In addition, pomegranate juice, like aspirin, can help keep blood platelets from clumping together to form unwanted clots. More



recent research has found that eight ounces of pomegranate juice daily for three months improved the amount of oxygen getting to the heart muscle of patients with coronary heart disease (American Journal of the College of Cardiology, Sept. 2005). Other researchers report that long-term consumption of pomegranate juice may help combat erectile dysfunction (Journal of Urology, July 2005). Investigators are also excited about the possibility that pomegranate compounds might prevent prostate cancer or slow its growth. In mice, treatment with pomegranate extract delayed the development of tumors and improved survival (Proceedings of the National Academy of Sciences, Sept. 26, 2005). Other research reports suggest that pomegranate juice might help reduce the risk of breast cancer.

**59. Probiotics:** (Good Belly is one of my favorites)- Bacteria have a reputation for causing disease, so the idea of tossing down a few billion a day for your health might seem — literally and figuratively — hard to swallow. But a growing body of scientific evidence suggests that you can treat and even prevent some illnesses with foods and supplements containing certain kinds of live bacteria. Northern Europeans consume a lot of these beneficial microorganisms, called probiotics (from pro and biota, meaning “for life”), because of their tradition of eating foods fermented with bacteria, such as yogurt. Probiotic-laced beverages are also big business in Japan. Since the mid 1990s, clinical studies have established that probiotic therapy can help treat several gastrointestinal ills, delay the development of allergies in children, and treat and prevent vaginal and urinary infections in women. The best case for probiotic therapy has been in the treatment of diarrhea. Probiotic therapy may also help people with Crohn’s disease and irritable bowel syndrome. (Research courtesy of Harvard Medical School Family Health Guide).

**60. Pumpkin Seed:** Pumpkin seeds have benefits for the whole body including:

- **Prostate Protection:** They promote overall prostate health and alleviate the difficult urination associated with an enlarged prostate.
- **Improved Bladder Function:** In some studies, pumpkin seed extracts improved bladder function in animals.
- **Depression Treatment:** They contain L-tryptophan, a compound naturally effective against depression.
- **Prevention of Osteoporosis:** Because they are high in zinc, pumpkin seeds are a natural protector against osteoporosis. Low intake of zinc is linked to higher rates of osteoporosis.
- **Natural Anti-Inflammatory:** Pumpkin seeds effectively reduce inflammation without the side effects of anti-inflammatory drugs.
- **Prevention of Kidney Stones:** They prevent calcium oxalate kidney stone formation, according to studies.
- **Treatment of Parasites:** They are used in many cultures as a natural treatment for tapeworms and other parasites. Studies also show them to be effective against acute schistosomiasis, a parasite contracted from snails.
- **Great Source of Magnesium:** 1/2 cup of pumpkin seeds contains 92% of your daily value of magnesium, a mineral in which most Americans are deficient.
- **Lower Cholesterol:** Pumpkin seeds contain phytosterols, compounds that have been shown to reduce levels of LDL cholesterol.
- **Cancer Prevention:** The same phytosterols that lower cholesterol also protect against many cancers.



**61. Raspberry:** High in ellagic acid, a phenolic compound that may help prevent cancer, inhibit the growth of cancer cells and stop the growth of some cancers. Its seed oil has a natural sun protection factor. It contains high amounts of polyphenolic compounds known for their anti-cancer properties. It contains strong antioxidants such as Vitamin C, quercetin and gallic acid. This fruit is packed with fiber and manganese. Fiber helps slow the digestive process so you feel full longer. Manganese is a trace mineral that helps keep your metabolic rate high, which in turn burns fat

**62. Reishi Medicinal Mushroom:** (*Ganoderma lucidum*) (Reishi mushrooms) Tea made from reishi mushrooms is the premiere tonic herb in Traditional Chinese Medicine (TCM). Reishi Gano 161 is a powerful preventative, liver tonic, and immune tonic. Reishi extracts can also prevent altitude sickness.

**62. Rosemary:** However, beyond being a flavouring-enhancer for certain foods and its use in cosmetics, you may not be aware that rosemary extract has a long history of medicinal uses too. It has been used to treat a wide range of ailments, including stomach upsets, digestive disorders and headaches. Recent research is now revealing even more benefits attached to this remarkable herb, including its ability to help prevent cancer and age related skin damage, boost the functioning of the liver and act as a mild diuretic to help reduce swelling.



**63. Royal Jelly:** Royal Jelly is a milk like secretion made by worker bees in the hive. It is named this because it serves as the sole food for the queen bee. It supplies all the B-vitamins, vitamins A, C, D, E and K, more than a dozen key minerals, 18 amino acids, and other important constituents including nucleic acids (DNA and RNA).

**64. Sea Vegetables:** Seaweeds have curative powers for tuberculosis, arthritis, colds and influenza, worm infestations. Some sea plants produces an effective vermifugal agent (kainic acid). Carrageenans have been patented as anti-viral agents. The electrolytic magnetic action of the sea plants releases excess body fluids from congested cells and dissolves fatty wastes through the skin, replacing them with depleted minerals, particularly potassium and iodine. As the natural iodine boosts thyroid activity, food fuels are used before they can turn into fatty deposits. Vitamin K, a fat soluble vitamin in seaweeds, aids adrenal regulation, so a seaweed bath also helps maintain hormone balance for a more youthful body. Sea Vegetables (Spirulina - kelp - Chlorella) have been acknowledged as a detoxifier, a balanced nourishment and a miraculous healing plant. Ocean/Sea algae are the richest natural source of minerals, trace minerals and rare earth elements.

**65. Seafood:** If you must eat an animal source of protein, seafood is amongst the best choices. Eating it sparingly is the key and selecting the variety that is least likely to carry mercury or other toxicity are the most important factors to consider. According to ([www.seafoodwatch.org](http://www.seafoodwatch.org)) the following list should help you in making the best selections to eat, if you feel you must consume animal protein: Ask these 3 questions: 1). Where is the seafood from? 2). Is it farmed or wild-caught 3). How was it caught?

**BEST CHOICES:** are abundant, well managed and caught or farmed in environmentally friendly ways. Barramundi (US farmed), Catfish (farmed), Clams, Mussels, Oysters (farmed), Cod: Pacific (Alaska Longline), Crab: Dungeness, Stone, Crayfish (US farmed), Halibut: Pacific, Herring: Atlantic/Sardines, Lobster: Spiny (US), Mahi Mahi (US Atlantic troll/pole), Mullet: Striped, Pollock (Alaska wild), Salmon (Alaska wild), Scallops: Bay

(farmed), Sturgeon, Caviar (farmed), Tilapia (US farmed), Trout: rainbow (farmed), Tuna (Albacore (US, BC troll/pole), Tuna: skipjack (troll/pole), Wreckfish

**Good Alternatives:** are options but there are concerns with how they're caught or farmed- or with the health of their habitat due to other human impacts. Basa, Swai (farmed), Cod: Pacific (trawled), Crab: Imitation/Surimi, Lobster: American/Maine, Scallops: Sea, Shrimp (US farmed or wild), Squid, Tilefish, Tuna (big eye or yellowfin)

**AVOID:** These items listed below are caught or farmed in ways that harm the marine life or the environment: Chilean Seabass/Toothfish, Cod: Atlantic, Conch: Queen, Crab: King (imported), Flounders, Soles (Atlantic), Groupers, Halibut: Atlantic, Lobsters: Spiny (Caribbean imported), Mahi Mahi/Dolphinfish (imported), Orange Roughy, Pompano: Florida, Salmon (farm, including Atlantic), Scallops: Sea (mid Atlantic), Sharks, Shrimp (imported farmed or wild), Snapper: Red, Vermillion (US or imported), Sturgeon, Caviar (imported or wild), Swordfish (imported), Tilefish (southeast), Tuna: Albacore, Bigeye, Yellowfin, Tuna (Bluefin)

**SUPER AVOID:** The following are known to contain toxic levels of mercury and other contaminants: Croaker: Atlantic, Mackerel: King, Spanish, Striped Bass (farmed or wild), Clams, Oysters (wild), Crab (Blue, King or Snow), Snapper: Gray, Lane Mutton), Swordfish (US longline), Tuna: canned light, canned white/albacore), Chilean seabass/toothfish, Groupers, Orange Roughy, Salmon (farmed, including Atlantic), Sharks, Sturgeon, Swordfish (imported), Tilefish (southeast), Tuna (albacore, bigeye, yellowfin (longline), Tuna: Bluefin

**65. Sesame Seeds:** High in these minerals: copper, manganese, tryptophan, calcium, magnesium. Sesame seeds also provide iron, phosphorus, and zinc, vitamin B1 (thiamin) and vitamin E. The minerals found in sesame seeds play a crucial role in health.

**66. Spinach:** Spinach nutrition is amazing. The calcium content in spinach and the other dark leafy greens mentioned above strengthens bones. The A and C vitamins in spinach plus the fiber, folic acid, magnesium and other nutrients help control cancer, especially colon, lung and breast cancers. Folate also lowers the blood levels of something called homocysteine, a protein that damages arteries. So spinach also helps protect against heart disease. The flavonoids in spinach help protect against age related memory loss. Spinach's secret weapon, lutein, makes it one of the best foods in the world to prevent cataracts, as well as age related macular degeneration, the leading cause of preventable blindness in the elderly. Foods rich in lutein are also thought to help prevent cancer.

**67. Spring Onion:** Chives have similar properties to other allium vegetables, except that chives are milder, since they have fewer sulfur compounds. While garlic or onions are well documented to possess anticancer, anticlotting,





hypolipidemic, antibacterial, antiviral, and decongestant properties, chives could be expected to possess similar, but substantially attenuated, characteristics. Population studies have shown that a higher intake of allium vegetables is associated with a reduced risk of several types of cancers. The organosulfur compounds they contain inhibit tumor growth and cell proliferation, and arrest the cell cycle in tumor cells. Allium vegetables, including chives, especially have a protective effect against both esophageal and stomach cancer as well as prostate cancer. The highest antioxidant activity in chives is observed in the leaves, which are also rich in flavonoids. Courtesy of: Winston Craig, MPH, PhD, RD.

**68. Squash Family:** Studies have shown that, due to their carotene properties, winter squash exert a protective effect against many cancers, particularly lung cancer. Diets that are rich in carotenes (especially pumpkins) offer protection against cancer, heart disease, and type 2 diabetes. Studies have also shown that pumpkin seeds are helpful in reducing symptoms of benign prostatic hyperplasia (BPH). Since summer squash have a high water content, they are not as nutrient-dense as the winter varieties. Summer squash still provide several nutritional benefits. They are low in calories and provide a decent amount of vitamin C, potassium, and carotenes.

**69. Organic Strawberry:** The health benefits of strawberry include eye care, proper brain function, and relief from high blood pressure, arthritis, gout and heart diseases. This is highly rated as skin cleansing food, even though the skin eruptions may appear at first in some cases. It is also known to clean or rid the blood of harmful toxins. It has been reported to help cases of syphilis. The strawberry, when cut in half and rubbed on the teeth and gums, removes tartar from the teeth and strengthens and heals the gums.

**70. Sweet Potato:** Rich in Vitamin A (betacarotene) and Vitamin C. Both Vitamins A and C are powerful antioxidants that work in the body to remove free radicals, this free radicals are chemicals that damage cells. Sweet potato is good for stomach ulcers and inflamed conditions of the colon. It is beneficial for low blood pressure. May be helpful for hemorrhoid because of its high fiber content. It is good food for people involved in heavy muscular work, since this food is high in vitamins and minerals. Sweet potato may help prevent cancer in glands and organs with epithelial tissue due to its high Vitamin A levels.

**71. Swiss Chard:** The combination of traditional nutrients, phytonutrients (particularly anthocyanins), plus fiber in this food seems particularly effective in preventing digestive tract cancers. Several research studies on chard focus specifically on colon cancer, where the incidence of precancerous lesions in animals has been found to be significantly reduced following dietary intake of Swiss chard extracts or fibers. Preliminary animal research also suggests that Swiss chard may confer a protective effect on the kidneys of those with diabetes through reducing serum urea



and creatinine levels. If vegetables got grades for traditional nutrients alone, Swiss chard would be one of the vegetable valedictorians. The vitamin and mineral profile of this leafy green vegetable contains enough “excellents” to ensure its place at the head of the vegetable Dean’s List. Our rating system awards Swiss chard with excellent marks for its concentrations of vitamin K, vitamin A, vitamin C, magnesium, manganese, potassium, iron, vitamin E, and dietary fiber. Swiss chard also emerges as a very good or good source of copper, calcium, vitamin B2, vitamin B6, protein, phosphorus, vitamin B1, zinc, folate, biotin, niacin and pantothenic acid. Wood, Rebecca. ~Reference: The Whole Foods Encyclopedia. New York, NY: Prentice-Hall Press; 1988 1988. PMID:15220.

**72. Tomato:** Prostate Healer – in the area of food and phytonutrient research, nothing has been hotter in the last several years than studies on the lycopene in tomatoes. This carotenoid found in tomatoes (and everything made from them) has been extensively studied for its antioxidant and cancer preventing properties. The antioxidant function of lycopene-its ability to help protect cells and other structures in the body from oxygen damage-has been linked in human research to the protection of DNA (our genetic material) inside of white blood cells. Prevention of heart disease has been shown to be another antioxidant role played by lycopene. In contrast to many other food phytonutrients, whose effects have only been studied in animals, lycopene from tomatoes has been repeatedly studied in humans and found to be protective against a growing list of cancers. These cancers now include colorectal, prostate, breast, endometrial, lung, and pancreatic cancers. While lycopene may play an important role in tomatoes’ health benefits, it seems that it is not the only nutritional star integral for giving this food a red-hot reputation for health promotion; recent research discussed below in the section “Protection Due to Synergy of Tomato’s Nutrients, Not Just Lycopene” describes how scientists are finding out that it is the array of nutrients included in tomatoes, including, but not limited to lycopene, that confers it with so much health value. All the while, it’s still important to understand the many benefits that lycopene provides. ~Reference: The Whole Foods Encyclopedia. New York, NY: Prentice-Hall Press; 1988 1988. PMID:15220.

**73. Tumeric Curry:** Turmeric (*Curcuma longa*), the bright yellow of the spice rainbow, is a powerful medicine that has long been used in the Chinese and Indian systems of medicine as an anti-inflammatory agent to treat a wide variety of conditions, including flatulence, jaundice, menstrual difficulties, bloody urine, hemorrhage, toothache, bruises, chest pain, and colic. The volatile oil fraction of turmeric has demonstrated significant anti-inflammatory activity in a variety of experimental models. Curcumin may provide an inexpensive, well-tolerated, and effective treatment for inflammatory bowel disease (IBD) such as Crohn’s and ulcerative colitis, recent research suggests. Turmeric’s combination of antioxidant and anti-inflammatory effects explains why many people with joint disease find relief when they use the spice regularly.



Curcumin, the major constituent of turmeric that gives the spice its yellow color, can correct the most common expression of the genetic defect that is responsible for cystic fibrosis, suggests an animal study published in the Science (April 2004). ~Reference: The Whole Foods Encyclopedia. New York, NY: Prentice-Hall Press; 1988 1988. PMID:15220.

**74. Wormwood and Black Walnut:** These herbs have been used historically to help rid the body of a wide range of worms, parasites and their eggs. Black Walnut is a wonderful natural alternative for promoting healthy regularity while nourishing the entire body. A fantastic source of soluble fiber, Black Walnut hulls are both safe and gentle. Additionally, this herb is used extensively as a vermifuge to expel internal parasites. Wormwood is perhaps best known because of the use of its oil to prepare certain alcoholic beverages, most notably vermouth and absinthe. Wormwood was used by traditional herbalists as a bitter to improve digestion, stimulate menstruation and fight worm infestations.



**75. Zeolite Mineral Drops:** Powerful natural free radical scavengers and Antioxidant, Alkalinizer, Detoxifier, Heavy metal chelator, Energy enhancer. One of the most powerful, natural electrolytes known, fulvic acid restores electrical balance to damaged cells, neutralizes toxins and can eliminate food poisoning within minutes. Has been known to have the following effects: Removes carcinogens, toxins, and heavy metals from your body. Helps nutrients to flow throughout the body easier. NCD and Zeolite's high antioxidants allowing your body to remove free radicals before doing potential damage. Balances your bodies pH levels. Blood sugar lowers by absorbing glucose. Helps fight common viruses and traps and removes them naturally from the body. Acid reflux can be reduced. Helps fight Asthma, migraines, allergies with cellular zeolite.

***Always consult your doctor before making dietary changes.***

# STAGE 3 – VEGAN DETOX DIET

Throughout the 30 Day Yoga Challenge, we will be sending out information, recipes, tips and suggestions for meal, snack and healthy options for you. Please read over the list below to see what is going to be the best foods/ingredients for you to consume during the challenge and know that everything else is NOT to be eaten during the final week of the challenge.

The Detox Diet is going to take place the last week of the Challenge. IF you wish to follow the Detox Diet all 4 weeks, that is ok too. If not, we will be following the 3 Stage Energy Ascension Diet, which will gradually work you up from your current diet to the Detox/Vegan/partially raw food diet.

## WHAT IS OK TO EAT?

The following list is all natural foods that you can consume during the Detox Diet. You will notice an emphasis on plant based foods, which are the source closest to the sun and offer the highest vibration foods for us to consume.

Get creative and have fun with creating recipes.

Please feel free to steam, bake poach, boil, or lightly sauté foods. Do not: fry, bread, batter, or sauté in too much oil. This will kill the nutrients and provide adverse health effects.

### OILS

Olive oil  
Flax seed oil  
Hemp seed oil  
Coconut oil (raw)

### NUTS

Almonds: raw  
Almond Butter  
Coconut (raw)  
Walnuts (raw)

### GRAINS

Quinoa  
Millet

### BEANS

Sugar Snap Peas  
Snow Peas  
Pomegranates

Green Peas  
Green Beans  
Edamame (Soy Beans)

### FRUIT\*

Apples  
Apricots  
Bananas  
Blackberries  
Blueberries  
Boysenberries  
Cherries  
Cranberries  
Currants  
Dates  
Elderberries  
Figs  
Gooseberries

Guava  
Grapes  
Kumquat  
Kiwi  
Kumquat  
Lemons  
Limes  
Loganberries  
Mangos  
Nectarines  
Papaya  
Passion Fruit  
Peaches  
Pears  
Persimmon  
Pineapple  
Plums

Prunes  
Raisins  
Raspberries  
Strawberries  
Watermelon

#### **VEGETABLES**

Alfalfa Sprouts  
Arugula  
Asparagus  
Artichokes  
Avocados  
Beets and Beet Leaves\*\*  
Bok Choy  
Broccoli  
Broccoli Rabe  
Brussel Sprouts  
Cabbage  
Carrots  
Cauliflower  
Celery  
Chard  
Collard Greens  
Cucumbers  
Dandelion Greens  
Endive  
Escarole  
Fennel  
Kale  
Kelp  
Kohlrabi  
Leeks  
Lettuce: Bibb, Boston,  
Mesclun, Romaine  
Mushrooms: Shitake,  
Portabella, Tree Oyster  
Okra  
Olives (green)  
Onions  
Parsnips  
Pumpkin  
Radicchio

Radish  
Scallion  
Seaweed (all)  
Shallots  
Spinach  
Squash (all)  
Swiss Chard  
Turnips  
Zucchini

#### **JUICES & FLUIDS**

Any juiceable fruits and  
vegetables from this list  
Coconut  
Water  
Herbal Teas  
Water  
Wheatgrass

#### **HERBS & SPICES**

Basil  
Bay Leaf  
Bergamot  
Caraway  
Cardamom  
Carob Powder  
Cayenne Pepper  
Celtic Sea Salt  
Chervil  
Chives  
Cilantro  
Cinnamon  
Clove  
Coriander  
Cream of Tartar  
Cumin  
Curry  
Dill  
Dulse  
Garlic  
Ginger  
Himalayan Sea Salt

Horseradish  
Marjoram  
Mint  
Mustard (dry)  
Mustard Seeds  
Nutmeg  
Oregano  
Paprika  
Parsley  
Rosemary  
Saffron  
Sage  
Savory  
Stevia  
Tamarind  
Tarragon  
Thyme  
Turmeric  
Vanilla Bean

#### **CONDIMENTS**

Black Strap  
Molasses  
Bragg  
Liquid Aminos  
Brown Rice Syrup  
Dark Amber (raw)  
Organic Agave Nectar  
Nutritional Yeast  
Honey (raw)  
Maple Syrup (grade B)  
Umeboshi  
Plum Vinegar  
Wasabi



# RECIPES

## BREAKFAST MEAL OPTIONS AND RECIPES

### Low Fat Veggie Omelette

3 Egg whites and 1 yolk. Stir in a bowl and pour into skillet (spray with olive oil Pam cooking spray first). Cook on a medium temp for a few moments until the eggs start becoming white and appearing cooked.

Add spinach, sea salt, tomatoes or any other veggies you love. With a spatula, flip over one side and make an omelette. Cook thoroughly allowing all liquid to cook away. When golden brown, place on your plate and top with salsa if you desire.



### Are you a cereal lover?

I have always loved cereal, and am so excited that Kashi makes such a wonderful choice for us to enjoy and stay healthy! The Go Lean cereal has an incredible amount of fiber, protein, whole grain carbs and very low sugar. This is optimal for people to both lose weight and maintain a healthy physique. The fiber and protein will keep you full longer and the whole grains are great for you. There are a few other varieties that I like, including the Go Lean Crunch, which is slightly higher in carbs, sugar and fat, but has a delicious cinnamon flavor, healthy and satisfying on all levels. I recommend you enjoy this with low sugar vanilla almond milk. I love this one by Almond Breeze, with just 40 calories, its the next best thing to making your own raw almond milk at home!



Try to stick to a single serving of both per meal. Enjoy up to 300 calories worth if you are feeling extra hungry and craving some carbs.

### Vegan Protein Health Shake

- 1 scoop hemp protein powder
- 1 T cinnamon
- 1 T stevia sugar replacement
- 1 cup almond, hemp or rice milk low sugar variety
- 1 cup ice

Blend until liquid and frothy. You can also substitute raw cacao powder for the cinnamon or add in addition to create a delicious chocolate shake! Yummy. Other options to include maca powder, chia seeds or ginger powder.



## GREEN POWER SMOOTHIE OPTIONS

### Creamy Protein Green Smoothie

1 scoop Alive brand protein energy powder (cinnamon or vanilla – rice and pea protein) or your favorite protein powder choice. I also like egg protein & hemp. I avoid whey, casien, and soy, for reasons outlined in the diet plan.

1 cup water or vegan milk of your choice (almond, rice or hemp)

Stevia or added cinnamon to taste (optional)

1/2 cup ice

1/2 cup spinach for added fiber (optional)

Blend till frothy. Enjoy!



### Alternative Veggie Green Smoothie

1 medium organic cucumber

1 stalk of celery

1 medium green apple

1 cup water

1 cup ice

1 T stevia for no impact sweetener

1 tsp sea salt

1 T mint

1/2 medium lemon

1 scoop greens powder

OPTIONAL: 1 scoop hemp protein (can make it a little grainy, but adds significant protein)



### Detox Green Smoothie #2

1/2 green apple

1 medium organic cucumber

1 cup purified water

1 thumb sized chunk of fresh ginger root

1 serving liquid aloe juice – expeller pressed is best

1 serving probiotics liquid (good belly is my fav brand)

1 organic lemon, peeled and whole or just the juice

OPTIONAL: 1 scoop or 1 serving CHIA seeds and/or 1 scoop or 1 serving of green tea energy powder or matcha powder (japanese green tea)



### Fat Flush Green & Purple Smoothie for Boosting Energy

- 1 Green Apple
- 1 Pink Grapefruit
- 3 Stalks of Celery
- 1/2 Cucumber
- 1/4 cup hemp protein powder plain
- 1/4 cup chia ground or whole
- 1 packet stevia sweetened acai energy powder with green tea caffeine
- 1 cup water
- 1 cup spinach
- 1 lemon peeled
- 1/4 cup expeller pressed pomegranate aloe (or plain if you can't get flavored)
- 1/ 8 cup fresh ginger
- 1/2 cup acai- frozen



## LUNCH MEAL OPTIONS AND RECIPES

### Chinese Medicine Dressing Recipe

This salad dressings contains the 'secret ingredient' I was prescribed by my Chinese Doctor, to help restore my adrenal glands in the event of adrenal fatigue. I did it and it works! There are some signs and symptoms of adrenal fatigue, the most common are excessive tiredness, pain or soreness in the back of the thoracic area of the upper back, between the shoulder blades. Mental fog, dizziness or excessive thirst are also possible symptoms. You can get tested by a Chinese Doctor and they will tell you the same thing. You can use this ingredient "Shou Wu Chih" which is a Chinese Medicinal Cooking Wine created from herbs and powerful healing ingredients. You just need one small serving per day. I put it in this salad dressing recipe and it tastes really yummy! Sort of like a spicy balsamic vinegar. Try it different ways too, or just drink it alone as a cordial. Be careful if you are sensitive to alcohol, as I am, and I drank 3 servings one day and ended up very drunk! It is a strong wine with relatively high alcohol content.

### Simple Medicine Dressing Recipe

- 1/4 cup Shou Wu Chih
- 1/2 cup oil (extra virgin olive, flax or hemp seed are the 3 best) *If you can get one with Borage and/or Primerose, those are great for women to balance hormones as well.*
- 1/2 cup water (optional- will dilute the strong flavor)
- 1 T dried basal or oregano (or both) for Italian flavor
- 1/8 cup liquid aminos (Bragg's soy sauce replacement)



### **Kale, Spinach, Arugula Salad with Hemp Seeds**

1 cup kale, cut in bite sized pieces  
1/2 cup organic baby spinach  
1/2 organic arugula  
1/2 cup broccoli sprouts (or sprouts of your choice)  
1/2 small tomato cut bite sized  
1/2 small cucumber, but into bite sized pieces  
1/2 medium ripe avocado  
1/4 cup raw organic hemp seeds  
1 T Raw Pumpkin seeds  
1 T Raw Pine Nuts  
1 T organic expeller pressed olive or help oil  
1/4 cup apple cider, balsamic or red wine vinegar  
1 T pink himalayan sea salt  
Tumeric or flavor with your favorite spices to taste



OPTIONAL: Boiled Eggs (2 just the whites or 1/2 cup tuna fish or salmon)

### **Raw or Low Carb Mediterranean Wraps**

Use a large leaf of swiss chard or kale as the wrap  
(make 2-3 per person).

In the middle combine:

1/2 medium avocado in each wrap  
1/2 cucumber  
1/2 medium tomato  
1/2 cup sprouts  
1/2 cup red peppers or sun dried tomatoes  
Tahini Goddess Dressing



OPTIONAL: add tuna, salmon or light fish, can be in a sprouted grain tortilla as a second alternative or add hummus to taste

### **Veggie or Tuna Sandwich on Sprouted Grain Bread**

2 slices sprouted grain bread (I love Alvarado Street Bakery in the Refrigerated Section at Whole Foods or online)  
1-2 T Veganese or low fat ranch  
1/4 cup chopped celery  
1/3 sliced cucumber (organic)  
3 slices tomato  
1/4 cup sprouts any kind (I love broccoli and pea sprouts best, most nutrients)



Optional: 1/4 cup tuna fish or tempeh (mix with veganes or low fat ranch dressing)



Add pepper and pink himalyan sea salt to taste. Add nutritional yeast to taste for additional B Vitamins.

## SNACK OPTIONS BETWEEN MEALS

**1/2 cup Carrots with Hummus**  
(this has high starch so eat in moderation)

**1 cup Sliced Cucumbers with Guacamole Dip**

**A Protein Shake or Green Smoothie**

**Organic Gluten Free Brown Rice Crackers**

**Rice Cakes with Sugar Free Preserves**  
(Smuckers makes a great strawberry or apricot one with only 10 calories)

**Raw Coconut Hemp Pudding Snack**

1/2 cup raw coconut flakes  
1 scoop hemp protein powder  
1/2 cup almond milk or vegan milk option of choice  
1 T stevia for sweetener  
1 T cinnamon

Optional: 1/2 cup chia seeds (makes like rice pudding consistency)

Top with 1/4 cup goji berries. Stir and enjoy! This is a filling snack that tastes great and is very quick and simple to prepare.



## DINNER OR LARGER MEAL OPTIONS

**Quinoa and Red Lentils with Mixed Veggies**

Prepare quinoa as directed (red quinoa is best and most flavorful). Prepare lentils with sea salt and some tumeric or masala spice. Steam veggies with sea salt and a bit of your favorite spice (my favorites are curry, garlic, ginger, masala or tumeric).

Veggies can also be lightly sauteed in 1 T olive oil or coconut oil for a more savory flavor. Enjoy the simplicity of health!





### **Baked, Broiled or Poached Salmon with Broccoli and Red Lentils**

This delicious dish is very satisfying and nutritious. Each serving should be 4-6 ounces of fish. Bake, broil or poach until cooked. Top with sea salt, 1 tsp olive or coconut oil and lemon, garlic or ginger. Prepare the red lentils as directed on the bag with 1 tsp sea salt, season to taste. Steam organic broccoli, asparagus and/or cauliflower season to taste.



### **Thai Curry Stir Fry (Veggie and Fish Options)**

2 cups fresh or frozen broccoli – organic  
2 large red, yellow or orange bell peppers  
1 lb Wild Alaskan Salmon, White Fish, Tofu or Tempeh  
1/2 lb chopped carrots (sliced cook most quickly)  
1 cup low fat no sugar coconut milk canned or fresh  
1/2 cup water  
1/8 cup curry power – (more or less to your taste preference)  
1 tsp red pepper flakes or cayenne powder (more or less to your taste)  
1-4 tsp Bragg's liquid aminos soy sauce or pink himalyan sea salt to taste  
1/4 cup nutritional yeast (for added nutrients) to taste or add as topping after



Optional: 1/2 red onion chopped, bamboo shoots, water cress or eggplant

In large skillet or wok, combine liquids and seasoning with all veggie ingredients and protein options. Allow to simmer on medium to low heat for 10-15 minutes until all desired cooking tenderness (cook less time for crunchier veggies; more for softer melt in your mouth consistency). Serve with Brown Rice or Quinoa or enjoy by itself with no starchy side.

This is an ayurvedic, low calorie, high nutrient dense meal option that can be enjoyed often and will lead to great health!

### **Fat Flush & Healing Veggie Seaweed Stew**

1 head cauliflower  
3 cups chopped kale  
1 cup chopped or shredded carrots  
1/2 cup dried seaweed (wakame is my favorite)  
2-3 cups water  
1 T pink sea salt or Bragg's liquid aminos to flavor  
1/2 elephant ear of garlic, peeled and chopped  
1/4 cup ginger chipped and peeled  
Feel free to add your favorite veggies! (broccoli, tomatoes, shitake mushrooms, etc)



Optional: 1 cup red or white cooked quinoa (in soup or serve on the side)

# STAGE 4 (OPTIONAL) – DETOX & CLEANSE WEEK

Wow! If you've made it this far, great job!

First of all, take a moment to acknowledge yourself for all of the hard work and discipline that you have put forth in order to improve your health. For every ounce of effort you put in this direction, you affect the entire world around you.

When we choose to eat organic foods, practice yoga and meditation – we are sending the message to the universe (and that includes Planet Earth!) that we acknowledge her infinite wisdom and we wish to make every conscious effort to raise the vibration on our planet. This in turn will raise our individual vibration or energy – naturally!

In this day and age, we are already vibrating at a much faster frequency than in the past, due to the technology that we have become so reliant upon.

It is easy for us to become toxic from the 'pollution' that has become such a common aspect to our human existence. Pollution is everywhere. It is in our water, on the land and in the air. We can't possibly avoid it. What we CAN DO is Detoxify our body periodically to cleanse it out and create a healthy environment for our cells to THRIVE and FLORISH.

*The idea for this DETOX CLEANSE WEEK is this: for a full week, you are EATING minimally, and giving your body a nutritional gift. All that we take into the body this week is SUPER NOURISHING, and can be very DELICIOUS! It just takes some practice with combinations and portions and you will be creating yummy concoctions before you know it.*

## SOME WAYS WE DO THIS DURING THE FINAL WEEK OF THE 4 WEEK PROGRAM ARE:

1. **Spend one day of this week FASTING.** This means NO FOOD or BEVERAGES. You may drink water, however, according to my rules (different teachers will object to water consumption, however I do not, since I believe we need water to function optimally and since our body is made of 70% + water, we must honor. Not to mention, drinking water helps to flush the toxins out of the system during the cleanse or fasting). Fasting is a spiritual practice. It is an experience in which we move beyond our desires and truly get right into the heart of the matter. What is your mind asking you to do? Eat when you're not really hungry? Munch mindlessly? Eat even beyond the point which you are no longer hungry? etc. The day of fasting will certainly "RESET" your mental program a bit. During this time, whenever it is time for a meal, take that time to MEDITATE and BREATHE.

These 2 are GIFTS that will NOURISH you exponentially beyond the nourishment from food. We nourish the body with the energy from the SUPREME SOURCE.

**2. The MASTER CLEANSE.** This is available for you on PDF by [CLICKING HERE](#). This is a variation on fasting, where you drink a simple, all natural concoction of lemon, water, cayenne pepper and molasses. The full description is in the PDF document. Try it for a day, 3 days or a week. I strongly suggest you start with just one day, max 3 days and see how your body responds. You should avoid strenuous exercise during fasts and cleansing periods, to allow the energy of the body to go toward the healing process within

**3. Juice Fasting/Cleansing.** This can be done for a day, a few days or the whole week. I suggest you stick with freshly juiced veggies, fruits and herb combinations that will alkalize your body and nourish you. Try to avoid including too much: apple, carrot and beet. These 3 should be used in moderation, as they are high in sugar content. A great detox blend is watermelon, lemon, ginger. Try it, you may just get hooked!

**4. Smoothies.** This is a great way to cleanse. Get a high powered blender and a load of fresh veggies, fruits and herbs. Then combine some of your favorites and blend them all together. More recipes will be included here on this site soon. When we blend our food like this, it makes it INFINITELY more digestible, so our internal system gets a break, and can focus itself on the ABSORPTION of the nutrients, and not on breaking the food down. You can do a straight smoothie cleanse, or mix it with the juicing or in combination with other options here on this page.

**5. Herbal Cleansing** (for internal organs and digestive system). This is a must. You should do an herbal cleanse at least once a year, if not twice to 3 times per year. What does it do? It moves all of the 'stuck' decaying matter out of your colon. This is a primary cause for much of the fatigue and illness in our society. Backed up colons and inability to digest foods, as well as inability to absorb the nutrients from the food, due to damaged cellular lining of the digestive organs. This can all be remedied. We simply need to consume the right 'healing herbs, foods, and enzymes'. This is not an over night process, however. Like the Ayurvedic Doctor told me when I got the fever in India, you can get better quickly, but suffer side effects, or slowly the natural way. I chose the natural remedy back then and I am suggesting you do the same. Western medicine is actually created from duplicating the herbal and natural products in a synthetic laboratory and then amping up the dosage to such a powerful measure that it will give you a noticeable result quickly. This is very pleasing to us in the Western world, who want immediate gratification. The problem with this is, however, that when we take western medicine to 'remedy' our ailments, it is a sign that we have not been taking care of our bodies all along the way and are now in need of a quick fix. The TRUE PATH to LASTING HEALTH, LONGEVITY and VITALITY is to 'KEEP THE HOUSE CLEAN all the time. This means we cleanse periodically and consume the right foods to keep the digestive system flowing smoothly with no 'blockages'

in the flow. You should be experiencing a BM at least 1-3 times per day. If you regularly go less than this, there is a good reason to believe you may have toxic waste accumulating within your digestive track. This is causing more damage than you may even begin to imagine! The moment you notice a blockage in the flow – get on it right away. This means come back to this program: WEEK 4 and choose whichever method you feel most drawn to, and incorporate it into your life until you are running smoothly again.

**And last but not least on the list:**

**6. EXERCISE, SWEAT, DRINK LOTS OF WATER.** These 3 components are the other key to your ultimate health and longevity, well being and total Energy Ascension. You can not have the pot of gold without incorporating these 3 into your life. When you exercise, you move energy within you. Creating heat, all of your internal systems can operate more efficiently when the muscles, tissues and joints are being utilized regularly. When you sweat, you release toxins, cleansing the largest organ in the body, the SKIN. This helps shed fat as well, and decreases your likelihood of carrying cellulite. Finally, WATER is the most essential component to life, next to AIR/PRANA. So, drink a minimum of 8-12 cups per day. This should increase if you are either very physically active or if you are larger than 140 lbs. Remember, your body is in proportion with the water that you carry. The water you need to flush out the toxins, to hydrate all of your cells and organs as well as to provide the oxygen to maintain cellular youth and vitality is directly proportionate to your size and weight. Also, the type of water you drink is very important. I suggest ionized, alkaline, reverse osmosis or distilled. Spring water is not good. They have very little regulations on the filtration process. But, in the end, if you have to drink it, it's better than nothing.

# RAPID FAT LOSS SECRETS REVEALED...

*Are you looking for a safe and enjoyable way to lose weight and tone your muscles?*

*Discover the secrets to turn your body into a fat burning machine...*

How to safely and effectively melt the fat off of your body without dangerous fat burning pills, running for hours on a tread mill, or going on the Atkins Diet!

You probably think you've tried everything to lose weight, right? You may have bought the ab lounge hoping it would sculpt your midsection to have a "six-pack" like the models in the infomercial. Perhaps you've joined Curves or a similar workout group, or put yourself through the turmoil of cutting out all of your favorite foods like bread, fruit and Starbucks Latte's. Does it seem like no matter what you try, nothing seems to take the weight off and keep it off?

By now, you may be thinking you must have a thyroid disease or something that is preventing you from dropping those inches and pounds. Don't worry. More than likely there's nothing wrong with your hormone production.

*It's not what you think.*

## THE MISSING COMPONENT...

Your metabolism is the fat burning control center of your body. It determines how quickly your stored fat (the stuff you see hanging over your pants when you look in the mirror) is released and converts into energy. When your metabolism is running slow, no matter how hard you workout, and how few calories you eat, you will not lose the weight. That is the reason why you may see people in the gym on the elliptical machine for hours at a time, year after year and their body has not changed at all. This cycle is very frustrating. I'm always amazed at their persistence. Despite the fact that these poor souls are not getting any results, not losing any weight, their body shape isn't changing at all and they look the same in their clothes, they continue to come back week after week to keep doing their same ineffective workout program they've been doing.

All you really need is to jump start your metabolism correctly...So, you may be wondering, how do I get my metabolism to speed up? There are 3 secrets that will most effectively and quickly ignite your metabolism, sending it into fat burning mode.



### **Secret #1 – Build lean muscle mass.**

Muscles are the only site in your body where fat is actually “burned”. I will try to explain this to you in the simplest, least technical terms possible...

The fat that you think of when we talk about “burning or losing fat” is actually located within “fat cells”. These cells have a thin cell wall that keeps the gooey stuff (stored energy) inside. When you perform aerobic exercises of various forms, you raise your body’s core temperature (from its stable 98.6 degrees). When you raise the temperature, in the presence of oxygen, the fat is “released” from the fat cell (picture the door opening in a round room) and it is able to “exit the fat cell”. Then the fat finds its way to the muscle and is converted into energy your body can use to power your workout (or just give you the energy you need for your life).

### **End result: the fat is incinerated like wood burning in a campfire!**

Sounds great right? There are many effective methods to build lean muscle. The style of yoga I developed, Pranashama Vinyasa Yoga, uses resistance training, (your own body weight against gravity), endurance training (your consistent ujjai breathing while moving from pose to pose in a fluid vinyasa), and isometric training (engaging your muscles and holding positions for a duration of time to build strong, lean muscle fibers).

### **Secret #2 – Your current habits are keeping you fat.**

Human beings are habitual creatures. Habits provide us with stability and comfort that keep doing what we have been doing. Most of your habits were created at a very young age and have stuck with us throughout the years.

Ask yourself the following questions:

- Do I usually circle around a parking lot to find the closest spot instead of parking farther away and walking?
- Do I typically take elevators instead of stairs?
- Do I always use a shopping cart even when I only have to get a few items in the grocery store?
- If I were given the choice to go for a walk or watch a movie, which one am I more inclined to choose?
- Do I cringe when you think about sweating or working out?

All of these are habits that are keeping you from your weight loss goals.

### **Activity has to become part of our daily routine, just like brushing our teeth and eating.**

The first step to being active is to integrate movement into your daily living. Movement can take place in many forms: walking, swimming, biking, canoeing, hiking, skiing, snowboarding, cleaning, moving furniture, running, taking the dog for a walk, playing

with your children or grandchildren, playing sports, working out in a gym, yoga, martial arts, Pilates, etc. It doesn't have to be torture in order for it to be beneficial.

**Daily movement and exercise will lead to a long, happy and healthy time on this earth.** Your physical activity should be enjoyable and not feel like "work". If what you are doing feels like work, perhaps it is time to find a new activity to participate in. It is also important to switch the routine/program up from time to time to alleviate boredom and to integrate new muscle groups as well. The more movement you incorporate into your life on a regular basis, the faster your metabolism will be. If you don't currently have many activities you participate in, I can teach you some that you will love! It's important to make it fun, because I know the more enjoyable it is for you, the more likely you will stick to it. And if you stick with it, you will get results.

### **Secret #3 – What, when, and how you are eating are all making you fat!**

There are a few important points I need to clarify here:

**Calories in/ calories out.** A calorie is a basic unit of energy used to measure food energy. Many people believe that if you eat a certain amount of calories each day, and burn the same amount or more, you will lose weight. This is not necessarily true. The quality of the foods you are eating and the quantity you are eating, in combination with the frequency which you are consuming these foods all play an essential role in whether you are burning fat (which is the goal) or losing muscle mass (which will inevitably lead to your metabolism slowing down and you gaining even more weight in the long run).

**What are you eating?** Are you eating whatever is laying around? Do you find yourself in the fast food line frequently? Are you the type of person who skips meals, goes long times between meals, and then over eats when you finally do get a chance to have a meal? These are all very common mistakes. To know how to eat for fat loss is a science. It is simple, for people like me, who study it, who live it and who talk about it all the time. That is why I'm in business. If everyone already knew everything about what to eat for maximum fat loss, there would be no need for personal trainers, nutritionists, or any of the other professionals that are in such high demand right now. The truth is, you don't have time to research all of these things. You are great at what you do for a living, and so am I. Hiring an expert to guide you on this weight loss journey will get you there much faster.

### ***Continue to fuel the fire to keep the fat melting away!***

**When are you eating?** You should be eating regularly. Every 3-4 hours is optimal for maximum fat loss. The problem is, most people tell me, I just don't have time to be eating all day! And my response to them is: if I can show you a way to incorporate more meals into your day in a simple and quick way, that will lead to you losing fat and inches from your body, would you be interested in knowing how that could work for you?

**How much are you eating?** One of the most common mistakes people make is to ignore their body. Your body will tell you if you have eaten too much, too little, or just enough. The problem is if you ignore it for too long, your metabolism becomes extinct and stops telling you when you're hungry. Then people don't get hunger feelings anymore and they believe they are actually not hungry, when in reality they should be eating much more frequently, but their body is just confused.

In order to remedy a confused body, we must start from ground zero and reteach your metabolism how to operate. Don't worry, it doesn't take long, (it catches on pretty quickly when we start feeding it the right foods, with the right frequency and at the proper times throughout the day). I work with my clients on an individual basis to determine where their current metabolism is, and to work on getting it back up to a level that will start to burn fat at an accelerated rate.

**\*\*\*Cardio to Burn Fat:** This is very important. You can eat healthy and workout in a variety of ways, but if you are not integrating any cardiovascular exercise that raises your heart rate above 100-120 bpm (beats per minute) you will not see the results you are looking for. (bpm target zones vary depending on several factors including age, height, etc). This chart represents the Target Heart Rate Zones. You should get your heart rate into at least the Weight Management Zone and/or Aerobic Zones 3-4 times per week to optimize a health and fitness program and lose weight. Anaerobic zone is more for competitive athletes and Red Line zone should be avoided.

**\*\*\*Cut the SUGAR and Simple CARBS to LOSE the FAT- PERIOD.** Although there are many books written on the topic of why sugar is toxic poison for your system, Sugar Busters was one of the first and remains to be one of the best on the market. I read this book when I was 14 when I was doing a science report on the toxic effect of sugar on the human body. I highly recommend you read it.

**\*\*\*CLA (conjugated linoic acid-) used to be found in food. Now days, it is not, so it may benefit you to take this supplement to release excess fat. It can be found in vegan sources from safflower oil, among other varieties of liquid gel capsules.**

CLA has been the subject of a variety of research in the past several years, and findings also suggest that some of the other benefits of CLA include the following:

- **Increases Metabolic Rate** – This would obviously be a positive benefit for thyroid conditions, such as hyperthyroidism (even when treated) can reduce the metabolic rate in some people.
- **Decreases Abdominal Fat** – Adrenal imbalances and hormonal shifts that are common in thyroid patients frequently cause rapid accumulation of abdominal fat, so this benefit could be quite helpful.
- **Enhances Muscle Growth** – Muscle burns fat, which also contributes to increased metabolism, which is useful in weight loss and management.

- **Lowers Cholesterol and Triglycerides** – Since many thyroid patients have elevated cholesterol and triglyceride levels, even with treatment, this benefit can have an impact on a thyroid patient's health.
- **Lowers Insulin Resistance** – Insulin resistance is a risk for some hypothyroid patients, and lowering it can also help prevent adult-onset diabetes and make it easier to control weight.
- **Reduces Food-Induced Allergic Reactions** – Since food allergies can be at play when weight loss becomes difficult, this can be of help to thyroid patients.
- **Enhances Immune System** – Since most cases of thyroid disease are autoimmune in nature, enhancing the immune system's ability to function properly is a positive benefit.

If you're interested in taking CLA to help with weight loss, keep in mind that it's not a magic pill, and you will need to start a program of diet and exercise in order to successfully lose weight and keep it off.

### ***There you have it – the most crucial aspects to fat loss.***

My clients and students who follow my guidance with discipline, see results very quickly.

In fact, one of my clients lost 38 lbs in 4 months! When he originally came to me he was eating once a day and exercising minimally. I asked him if he felt hungry throughout the day when he wasn't eating. He said no. I wasn't surprised... His metabolism was basically on life support and near dead. We worked together to develop an eating plan that worked for him, with foods that he would enjoy and that would be convenient for him. Then we set up a schedule for me to work with him doing yoga at his office, several times a week. He began to feel more energized within the first week, he was sleeping better at night, and felt more alert when he was awake.

You see, when you feed the body what it needs, it operates at a heightened level. You think more clearly, you can make better decisions and everything else starts to fall into place. Within a few weeks he was dropping pounds and inches like you wouldn't believe. By the end of the fourth month, he went from a size 44 waist in his pants to a 36! (If you would have told him that was going to happen, he would have thought you were crazy).

### ***It can happen for you too.***

Your body is your TEMPLE. It's the only vessel you will have in this lifetime. The more care, attention and love you offer to it, the better you will feel. Beneath extra pounds of fat, you are STUNNINGLY GORGEOUS, JAW DROPPINGS HANDSOME and RADIANT AS THE SUN. Isn't it time you allowed that to be the face and body you allow others to see?

PLEASE NOTE: (Disclaimer) If you are currently taking any prescription medication and even if you are not taking prescription medication, please consult with your doctor before eating any of the foods recommended in this program. Some foods may cause an adverse effect for people taking certain prescription drugs. An example of this is citrus fruits speed up the absorption of medication and can amplify the effects if consumed in close proximity. By registering for this challenge, you release all liability and agree to hold no claim to Dashama nor any of the members of perfect 10 lifestyle llc and 30DYC Global.

Best wishes to your success.

Blessings and Love All Ways,



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