

# FOODMATTERS™



## Detox & Rejuvenation Guide



New Revised 2012 Edition

# Welcome...

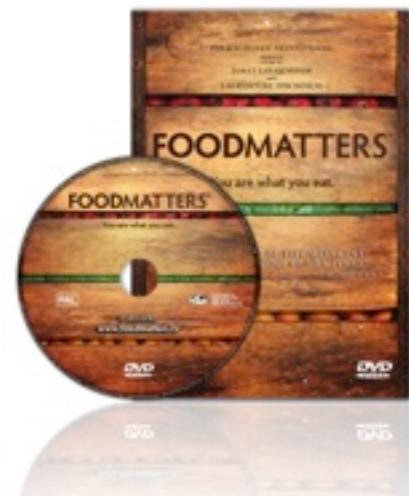
"We here at Food Matters are committed to helping you help yourself. We believe that your body is worthy of good care and that no one is more suitably qualified to care for it than yourself."

We live in a chemicalized age where many of us are suffering from the effects of poor dietary and lifestyle choices which are contributing to the proliferation of chronic illness. Additionally many people unknowingly suffer from food sensitivities and allergies which are preventing them from reaching optimal health and their ideal body weight. The Food Matters '**Detox and Rejuvenation Guide'** will help you find better alternatives for the foods your body might not agree with, and give you the tools and skills necessary to prepare more nutritious meals. The recipes we have chosen avoid using common allergy causing foods like red meat, chicken, eggs, refined sugar, dairy products, wheat, gluten and shellfish. In their place we have used a vast abundance of grains, nuts, seeds, beans and fresh produce.

Our team has collaborated to make this program pleasurable and fulfilling on every level. You will find tastes, textures, colors, and fragrances to satisfy all of your senses. In addition, and this is what makes this program so unique, you will discover the specific health properties of the foods used and their effect on the body as a whole. So relax and enjoy in your exploration of this exciting new world of delightful health-giving cuisine and along the way think of how you can incorporate these foods into your own diet.



Laurentine ten Bosch and James Colquhoun  
Food Matters Founders



To learn more please visit: [www.foodmatters.tv](http://www.foodmatters.tv)

# Disclaimer

This program is not designed to cure or heal, instead it is focused on helping you introduce more foods into your diet which have been shown to activate and assist your bodies own healing mechanism.

The intent of this publication is to offer health related information to assist you in working with any health specialist you may choose, now and in the future, recognizing that within the health, medical, dietary and exercise fields there are widely divergent viewpoints and opinions.

The authors and publishers do not prescribe any of the materials, techniques or concepts presented in this book or during Food Matters presentations as a form of treatment for any illness or medical condition nor is it the intent of the authors and presenters to diagnose or prescribe. Before beginning any practice related to health, diet or exercise, it is highly recommended that you first obtain the consent and advice of a licensed medical professional.

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“It starts with a single cell, the first cell splits to become two, and the two become four and so on. After just forty-seven doublings you are ready to spring forth as a human being. Everyone of those cells knows exactly what to do to preserve and nurture you from the moment of conception to your last breath.”

- **Bill Bryson** (from A Short History of Nearly Everything)

# The Principles of Cellular Health

The principals of the Food Matters ‘Detox and Rejuvenation Guide’ lie in understanding the very make up of our bodies and what exactly constitutes health.

## **What is health?**

We’ve come to accept that health is simply the “state of being free from illness or injury” (Oxford American Dictionary). But it is not difficult to see that you can be free from illness and injury and far from healthy, would you agree?

## **Health is indeed much more, but what exactly is it then?**

Health is the ultimate force in the universe, it is energy. In fact “the body is an energy system. Organs are simply collections of cells with identical vibrational patterns and it is a disruption in cellular energy that we label disease.” (Taub, M.D., F.A.A.P.) This is exactly what most ancient healing systems in the world have based their philosophy towards wellbeing on, and if we’re looking at track record here then we’ve got thousands of years to go by. So if a lack or disruption of energy causes disease, and to be free of disease is health then health is energy.

## **So if health is energy, where does this energy come from?**

Energy comes from the little powerhouses in the body called cells of which there are over 75 trillion, right now all working together to produce the living breathing you (Hendler, 1990).

In these cells all the nutrients from our food are processed, the waste eliminated and energy is produced. So in looking at health and what constitutes the best food for us to eat we need to look at exactly what it is that causes our cells not only to survive, but more importantly, to thrive. To find the ultimate recipe for health we need to break down what it is that every cell in our body needs to thrive.

The recipe for healthy cells

1. **Oxygen**
2. **Nutrients**
3. **The ability to detoxify**

It makes sense then that to maximize our overall health, maintain our optimal weight and assist in reversing or preventing aging and disease we must maximize the functioning and efficiency of each of the cells in our body. One of the easiest and most efficient ways to positively impact your health is through the food choices you make. And the founding premise and question for all the foods and dishes that you will be learning about in the program is:

**What is the most natural and efficient way to bathe the cells of my body with the nutrients they need to thrive and allow them the room they need to detoxify?**

# Healing Foods

Based on the premise of cellular health, there are particular foods and dietary approaches which are known to be exceptionally effective in activating the bodies own healing system, regardless of the disease or illness. It is these particular methodologies which have not only been verified by modern science but also proven their worth over the long term with some of the healthiest cultures in the world such as the Hunzans, Okinawans, Abkhasians to name but a few. (See studies in the great book [\*\*Healthy at 100\*\*](#) by John Robbins)

The Food Matters 'Detox and Rejuvenation Guide' is designed to unite the power of these healing foods in a way that makes it fun and practical to apply to your everyday life. Food is our most potent medicine. Various clinical studies have concluded that proper nutrition plays a central role in disease prevention and the restoration of health. Studies on the naturally occurring pharmacological properties in food (nutraceuticals and phytonutrients) show a wealth of evidence to support the fact that our diets can nourish as well as heal us. Whole food nutrition allows the body to use its built-in restorative ability and will assist the body's capacity to heal itself.

There is an abundance of documented evidence and research on people the world over healing themselves using nutritional therapies. Cancer, arthritis, diabetes, heart disease and other chronic illnesses have been successfully treated by allowing the cells to detoxify and subsequently delivering nutrients to the cells of the body with wholesome life giving foods. **If poor nutrition and an accumulation of toxins initiates disease in the body. Then the reverse must also be true. And in understanding that the body works both ways, it makes sense to conclude that the prevention is the same as the cure ([Andrew Saul, Phd](#)).**

We believe that awareness and education are the first steps in addressing our health problems as grave or simple as they may be. Improving how we eat and our lifestyle habits is one of the most critical things we can do in improving the quality of our life immediately and into the future as we age.

## Part 1 - Detoxification



In much the same way you need a holiday from work, your body needs a break from time to time, especially when you are feeling tired, sick, heavy or just plain run down.

Detoxification is a normal process within the body as it neutralizes and eliminates toxins through the major organs such as our colon, liver, kidney, lungs, lymph and skin. Our bodies do it naturally every day, in fact it is one of our most basic automatic functions. But what if our self-cleaning system is overloaded by our unhealthy lifestyle and exposure to environmental toxins?

According to many healing experts, detoxification through special cleansing programs may be the missing link to disease prevention, especially for immune-deficiency diseases like cancer, arthritis, diabetes, chronic fatigue syndrome and candida. Our chemicalized diet, with an overabundance of animal protein, too much saturated fat and too much caffeine and alcohol radically alters our internal ecosystem. But even if your diet is good, a cleanse can restore your immune system and protect yourself against environmental toxins that pave the way for disease bearing bacteria, viruses and parasites.

In the animal kingdom and in traditional cultures, routine fasting which allows the body time to clean itself out has been normal practice. Just think how many showers you take in a year to clean the outside of your body and then how many cleanses you do in a year to clean the inside of your body?

# Do You Need to Detox?

Here is a little checklist we like to use to see if you're in need of a detox:

- Do you feel bloated, constipated and congested?
- Have you gained unwanted pounds even though you are not eating more food?
- Do you feel tired and low in energy? (a sign of an acidic diet)
- Has your digestion worsened? (a sign your body isn't absorbing nutrients well)
- Is your hair and skin looking not as healthy as it used to?
- Do you frequently get mouth sores, yeast infections, urinary tract infections, unusual allergies?
- Do you feel foggy and out of sorts?
- Do you feel like you need to clear the cobwebs from your brain?

If you have ticked yes to three or more of the above then a detox might be just what your body needs to regain balance.

# The 3 Day Detox

Although 7 to 10 days allows the most time for your body to really begin the detoxification process properly we've found that most people can only manage up to 3 days if they have a busy lifestyle. If you can do 7 days that's great, if you can do 10 days that's even better. If you can only do 1 day, then that is better than none. However, we recommend that if you at least commit to 3 days you will begin to see the real value in detoxification.

## **So what are the benefits?**

- ✓ You eliminate stored wastes and for some that means they will lose weight
- ✓ Improved vitality and energy levels right away
- ✓ Improved circulation through purifying the liver, kidney and blood
- ✓ Enhanced mental clarity
- ✓ You will transform bad eating habits and your stomach will have the chance to reduce to a normal size for weight control
- ✓ People with heart problems notice a more regular heartbeat
- ✓ A fiber rich cleansing diet with sea vegetables, that eliminates meat and dairy protein, almost invariably reduces the risk of cardiovascular disease (the single largest cause of death)

There are many different detoxification products and programs on the market however we believe that a program that is not too extreme and one that does not leave you starving is one which is most achievable and easiest to commit to.

## **At the end of the day, a program which is easy and effective is better than a program which is difficult and ineffective.**

Incorporating the principals of a macrobiotic brown rice cleanse and a vegetable juice cleanse results in a fiber rich cleansing detox which leaves you feeling clean and satisfied. This 3 day cleanse is a great way to assist the transition from an unhealthy diet to a healthy one. The cleanse uses brown rice as a nutrient building food, and vegetable juices as concentrated cleansers. Brown rice is high in potassium, natural iodine and other minerals, so most people notice an improvement in their hair, skin texture and nail growth. Brown rice is also high in fiber which helps to sweep accumulated wastes from the bowels. Sea greens help to boost weight loss and deter cellulite build up and help to balance thyroid function, which in turn helps in metabolizing fat. Vegetable juices help to deliver concentrated enzymes and nutrients directly to the cells of the body which assist in the detoxification process.

# The Program

## **On Rising**

Take a large glass and add the juice of 1 lemon and slice a thumbnail size amount of fresh ginger. Fill the rest of the glass with filtered water at room temperature.

## **Before breakfast**

**Prepare a Green Drink:** Mix wheatgrass or barley grass powder and filtered water to make a green drink to alkalize and energize the cells of your body and accelerate the cleansing process. It will taste a little different to start with but as your bloodstream PH levels balance out your taste buds will adjust to the flavor. Follow the recommended serving size on the label.

## **Breakfast**

'Break your Fast' with a fresh vegetable juice of 4 medium size carrots, 1 beetroot, 1 cucumber, 1 handful of baby spinach, ¼ cup parsley. Take 1000 mg of Vitamin C and 2 x 1000 mg flax seed oil capsules.

## **Between Breakfast and Lunch**

Have a caffeine-free detoxifying tea of peppermint, ginseng, licorice root, ginger or chamomile or a special natural laxative tea. Drink additional green drinks as needed!

## **Lunch**

Have a small to medium serving of brown rice with a mixture of raw and steamed vegetables (choose from broccoli, shiitake mushroom, bok choy, radish, rocket leaves, spring onion, watercress, garlic and ginger), season with sea greens and flavor with 1 cup of miso soup or lemon juice and extra virgin olive. Take 1000 mg of Vitamin C.

## **Mid-Afternoon**

Have another vegetable juice of carrot, apple and ginger to boost your energy levels.

## **Early Dinner**

Have a freshly squeezed vegetable juice of 2 carrots, 2 tomatoes, handful of spinach leaves, 2 celery stalks, ½ cucumber, ½ red bell pepper (capsicum). Add one tablespoon of wheatgrass or barley grass powder. Take 1000 mg of Vitamin C.

### Before Bed

Relax your body with a detoxifying tea of peppermint, lemon balm, licorice root, ginger or chamomile tea or fresh mint and green tea with cardamom pods.

There you have it! Follow this program as closely as possible for a minimum of 3 days to really see the results. You can experiment with the vegetable juices throughout the day but just make sure you are not adding too many sweet fruits (ideally none at all) as these add to the sugar (acidic) load placed on the body which is what we are trying to avoid during this cleanse.

If you get unbearably hungry then snack on a handful of soaked almonds or walnuts. You may also alternate the vegetable juice for lunch with a vegetable soup if desired (if you live in a cold climate then this will feel better). Throughout the detox you will notice that after the second day your body will be getting used to the routine and will not get such cravings. Most of all stick with it and the results will soon follow.



# Healthy Lifestyle Suggestions

Along with the detox program outlined above all of the suggestions below will aid the body's natural detoxification processes and also boost mood and energy levels. Try some of the suggestions below during your cleanse and you will feel so good that you will want to incorporate them into your new healthy lifestyle.

- ✓ **Brisk Walking:** Go for a brisk 60 minute walk at a place you feel most pleasant such as the beach or a nice park.
- ✓ **Swimming:** Go for a swim for 30 minutes.
- ✓ **Sweat:** Use the sauna or steam room after exercising to increase circulation and to assist the elimination process through the skin.
- ✓ **Yoga:** Before your main meal of the day try a 30 minute to 1 hour yoga session. A couple of sun salutations followed by a shoulder stand, which stimulates the thyroid gland and regulates metabolism, or at least a few simple stretches.
- ✓ **Deep Breathing:** Take 10 deep breaths 3 times a day to the following ratio: Inhale for a count of 4, hold for 8 and exhale for 16 (using your diaphragm so your stomach sticks out as you inhale). As you exhale visualize the exhale to be a detoxifying breath.
- ✓ **Dry Skin Brushing:** Before you hop in the shower do 5 minutes of skin brushing for your whole body. Use small strokes from your feet up. This increases circulation and helps break down fatty deposits. Use a soft bristled, natural fiber skin brush.
- ✓ **Get a massage:** Any type is good to get the blood flowing however a lymph draining massage is ideal during a detox.
- ✓ **Exfoliate:** Take a steamy bath and exfoliate your body with a loofah or add clay to the water.
- ✓ **Daily Meditation:** Begin the day with 5 minutes of meditation. Sit quietly and focus on your breathing. Visualize your body detoxifying itself, with every breath in, visualize healthy oxygen entering your lungs and bloodstream and with every breath out visualize the toxins leave the body.
- ✓ **Avoid Stimulants:** Avoid coffee, black teas, alcohol, smoking and sweets. Sip on green tea or lemon water to help fire up the liver's waste elimination process.
- ✓ **Avoid Animal Products:** Eliminate your consumption of meat and dairy for the cleanse period and reduce consumption thereafter.
- ✓ **Stay Hydrated:** Drink at least 2 liters of filtered or spring water each day to help flush the system. It is important not to drink water with meals as it dilutes the digestive enzymes thereby slowing the process of assimilation of nutrients. Drink water 30 minutes before eating and then allow one hour or more afterwards before drinking again.
- ✓ **Use Natural Body Care Products:** this includes natural toothpaste, body lotion and deodorant (avoid sodium laurel sulfate, aluminum and fluoride). Our rule is that if you can't eat it then you shouldn't be putting it on your body.
- ✓ **Book a Colonic:** For those that are willing to try something new, schedule a colonic (colon irrigation) with a certified, licensed Colon Hydrotherapist. Professional health clinics will offer colonic irrigation for an affordable price. A colonic session will help to remove the mucoid plaque deposits on the walls of your colon. Some people notice their stomach area will appear more flattened following a colonic. If a colonic does not

appeal to you but you would still like to help cleanse the colon, then you can give yourself an enema at home. Most chemists or drug stores will sell enema kits which will help to clear out your bowels. Make sure you take a high quality probiotic supplement after any enema or colonic. This will help to replace any good bacteria lost from your colon cleanse. Your colonic hydrotherapist or health food store nutritionist or naturopath will be able to advise you on this.

- ✓ If you're not up for a colonic or enema then we suggest an oral detox program which will help clean out your colon. Speak to your nutritionist or naturopath for more information about products they recommend for this purpose.

## Shopping List

Note: Where possible, source your produce at an organic market or health food store.

- Brown rice
- Miso paste (either as a concentrate or in a packet where you just add water)
- Extra virgin olive oil
- Sea greens (kelp or nori)
- Vitamin C supplement (1000 mg) - Try sourcing a natural Vitamin C supplement where possible otherwise use 100% ascorbic acid.
- Flax seed oil supplement (capsule form) - Try sourcing a vegetable based capsule, most people do not know that gelatin, the main ingredient in capsules and jelly, is made from the collagen of cow and pig bones.
- Herbal detoxifying teas
- Wheatgrass or barley grass powder
- Soy sauce or tamari (wheat free soy sauce)
- Filtered or spring water

## Fruits and Vegetables

Celery	Yellow and Red Bell Peppers (Capsicum)
Baby Spinach	Onions
Lemon	Rocket Leaves (Aragula)
Beet root	Broccoli
Parsley	Cauliflower
Ginger	Cucumber
Garlic	Carrots
Shiitake Mushrooms	Apples
Radishes	Yellow or Pink Grapefruits
Bok Choy	Cardamom Pods

# Part 2 - Rejuvenation

## **What About After The Cleanse?**

The cleanse has helped give your body the time to eliminate the necessary wastes, now it's time to rebuild healthy tissues and regain energy. This stage takes 1 to 2 months for healing and for the best results – it works from the inside out.

Below are some of the guiding core principals of the 'Food Matters' rejuvenation diet:

- Whole raw living foods with the enzymes, nutrients and life force energy intact.
- Low GI (glycemic index) foods and alkalizing foods to help control blood sugar levels.
- Potent superfoods to replenish those much needed vitamins, minerals, amino acids and phytonutrients.
- Allergy free ingredients to support your body's immune system.
- Macrobiotic foods based on ancient healing wisdom.

To help you achieve the above guidelines we have outlined some simple and tasty recipes below and detailed the nutritional benefits of the key ingredients used to make them.

Bon Appetit!!

# Tools and Equipment

To make the meals in this guide and maintain optimal health through nutrition you may require some additional tools. Along with the individual foods required in each recipe you will find it easier if you have access to the below tools and equipment.

- Juicer
- High speed blender
- Food processor
- Spiralizer
- Dehydrator
- Sushi rolling mat
- Coffee grinder for spices
- Bamboo steamer
- Muslin bags or cheese cloth
- Tupperware containers, glass bowls and strainers
- Airtight glass pots for spices, nuts and seeds
- A dome, tray or glass jar sprouter

# Raw Living Foods

## **Why Raw?**

Fruits and vegetables are at their most healthful state when they are eaten raw and fresh from the earth. What most people don't know is that heat destroys more than 85% of the nutrients and totally kills off the enzymes. When you eat cooked foods your body must call on its own "enzyme bank" in order to digest food; which explains why after eating a cooked meal many people feel heavy, tired, and lacking in energy. The constant depletion of the body's enzymes by eating primarily cooked foods is the precursor to disease and the degenerative conditions we have come to consider a normal part of getting older. Adding more raw foods to your diet helps restore vitality and the "life-force" energy to the entire system.

## **What are enzymes?**

Enzymes make everything work in our bodies, without them we would be a pile of lifeless atoms. Enzymes form the catalyst for all the chemical reactions in the body – digestion, immunity and all other metabolic and re-generative functions. Think of them as the body's work-horses helping you to walk, talk, breath, digest food and operate. Chemically they drive the metabolism to use the nutrients we take in. Biologically, they are our life energy.

## **The Three categories of enzymes**

1. Metabolic enzymes occur naturally in the body and act as catalysts enabling us to see hear, feel, move and think. Metabolic Enzymes speed up the chemical reaction within the cells for detoxification and energy production.
2. Digestive enzymes are produced by our bodies. They are in charge of breaking down the food we eat and assimilating all the nutrients. If we eat a diet of predominantly cooked and processed foods we overload our pancreas to produce more digestive enzymes. If the pancreas is too weak and no longer able to secrete enzymes, it will rob other organs of life-giving enzymes. Once this happens our simple daily tasks become difficult.
3. Food enzymes come from the food we eat. All fruit and vegetables come equipped with their own enzymes needed to digest them. The foods with the highest food enzymes are mango, papaya, banana, pineapple and avocado.

At birth we are born with a full deposit of enzymes. Think of this as your "enzyme bank account". If we do not make regular deposits to this account from raw foods rich in enzymes and we continue to eat cooked foods that use up our enzyme supply, we become more susceptible to aging, disease and premature death.

Without the proper enzymes to break down the foods we eat, we begin to accumulate undigested materials in our system. This leads to weight gain, inflammation, stagnation, digestive disorders and fatigue. Enzyme depletion, lack of energy and disease all go hand in hand.

## **What is Raw?**

Raw foods include any natural food which has not been heated above 46 degrees Celsius or 118 degrees Fahrenheit. Common heating processes include frying, boiling, grilling, steaming, BBQ'ing, microwaving and even pasteurization. Just about every processed, canned, packaged and convenience food has been heat treated 'for our safety' to prolong its shelf life but reduce ours.

Although we want you to know all the benefits of increasing your intake of raw fruits, vegetables and sprouts, we are not advocating to eat all raw all of the time. Instead we're recommending to include more raw food in your diet and whenever you do eat cooked food, make the meal as healthy as possible and balance it out with a raw salad, fresh juice or fresh smoothie. You can aim to drink at least 1 glass of vegetable juice or blend a green superfood smoothie with any cooked meal.

# Fresh Coconut



Whole young coconut  
Meat Cleaver/ Chef's Knife

## **Method:**

Look for a whole young coconut with the husk trimmed off so it sits flat with a pointed top. To open these coconuts use a meat cleaver or a chef's knife is your best bet. Lay the coconut on its side, securing it so it won't roll. Hold the knife high and bring it down sharply near the top of the coconut. Be very careful to aim for the pointy tip. The knife should sink in about 1/3 of the way, breaking through the inner shell. Quickly set the coconut upright so as not to lose the water inside. Drain the coconut water into a bowl, then use the cleaver or knife to finish cutting off the top to get to the coconut flesh.

The flesh will range from soft to firm. Scoop the flesh out with a spoon and eat right away or blend for use in a smoothie.

**Young Coconut Water:** Young coconuts are one of the highest sources of electrolytes in nature and scientists have discovered that the molecular structure of coconut water is identical to human blood plasma (David Wolfe, Eating for Beauty). Our blood is made up of 55% plasma and 45% hemoglobin. Ingesting coconut water is like giving your body an instant blood transfusion. In fact, during World War II in the Pacific, both sides in the conflict regularly used coconut water, siphoned directly from the coconut, to give emergency plasma transfusions to wounded soldiers.

# Fresh Juices



Think of juices as liquid vitamin supplements, only better tasting. They are nutrition in its most concentrated form. We call it the FedEx of foods - a delivery service that gets the nutrients to the cells in half the time. Juices give the body a break from digestion, which is why they are great for cleansing. If there is one thing that has the most positive and immediate impact on your health it's starting your day with an organic green juice. Juicing can be messy and time consuming but the rewards are long lasting. Luckily for those that don't have the time or a juicer at home there are juice bars sprouting up all over the place, so it has become much easier to get your daily nutrient fix!

Go ahead and try these simple juice recipes in your juicer at home.

## Blood Purifier Juice

- 3 large carrots
- 3 apples
- 1 cm cube of fresh ginger root
- 1 beetroot, stem removed and washed

## Cellulite Purger Juice

- 3 large grapefruits (pink or yellow), peeled
- 1 orange, peeled
- 1 handful of mint leaves (optional)

## Green Alkalizer Juice

- 3 kiwi's
- 1 handful kale/spinach
- 1 stalk of celery
- 1 cucumber
- 1 handful parsley

## Antioxidant Juice

- 1 orange, peeled
- 1 cup of blueberries
- seeds of 1 pomegranate
- 1 slice of fresh pineapple
- 2 apricots, pitted

# Zucchini Pomodoro (Raw Pasta)



Serves 4

6 zucchinis  
2 1/2 cups of tomatoes  
12 soaked sun dried tomatoes  
1/2 cup of olive oil  
3 cloves of garlic  
3 dates  
2 tablespoons of parsley or basil  
1/2 teaspoon of cayenne pepper  
1 teaspoon of sea salt

## **Method:**

1. Spiralize the zucchini into pasta ribbons and place in a large serving bowl
2. For the sauce, blend remaining ingredients in a food processor or blender until smooth
3. To serve, place the zucchini ribbons into bowls and pour the raw sauce over the top, just like a bowl of pasta.

**Tomatoes:** Along with its many vitamins, minerals and antioxidant qualities the tomato contains lycopene. Studies show lycopene prevents prostate cancer and heart disease. Lycopene is the substance in plants which protects them from the sun's UV rays, it does the same in our bodies, kind of like a natural sunscreen. Yes it's true that some tomato sauces and canned tomatoes also contain this protective quality, but fresh is still best.

**Olive Oil:** Extra Virgin Cold Pressed olive oil is one of the highest natural sources of Vitamin E. This nutrient has been known to erase fine lines on the face, repair connective tissues, repair the circulatory system and soothe the digestive tract. In many studies olive oil has also been shown to reduce the risk of cancer and heart disease, our two biggest killers. No wonder the Mediterranean diet is so beneficial.

**Sea Salt:** Sea Salt is our friend, it is packed with nutrition containing more than 80 minerals, including calcium. The sodium in salt is necessary for brain function and for balancing our system. However, getting sodium from table salt or sodium found in canned, preserved and highly processed foods is damaging as it lacks a complete array of minerals. Table salt has a bad reputation because it has been dried at scorching temperatures, chemically bleached and then often enriched with iodine. Its a similar story for rock salt and kosher salt.

# Pesto Mushrooms



Serves 2

20 button mushrooms or 4 portobello mushrooms

1 cup walnuts

1/2 cup pine nuts

3 cups basil

1/2 cup olive oil

2-3 cloves of garlic

1 teaspoon of sea salt

2 tablespoons of lemon juice

Substitutes: You can use rocket leaves to fill out the basil if you are short.

## Method:

1. Wash and remove the stem from the mushrooms and lay out on a serving plate
2. Place all remaining ingredients in a food processor or blender and blend until smooth
3. Fill the mushrooms with pesto and serve fresh

**Mushrooms:** Mushrooms are one of the best natural sources of niacin which is essential for energy production, brain function and the skin. It also helps in balancing blood sugar levels and lowering cholesterol.

**Nuts and Seeds:** Contrary to popular belief fat is essential to health and even to weight loss. Not all fats are equal however. Nuts, seeds and their cold pressed oils should be included in your diet on a regular basis as they contain high levels of the essential fatty acids (EFA's), or good fats. Nuts are also a powerhouse of nutrients and contain high forms of digestible protein, antioxidant Vitamins A,B,C and E, calcium, magnesium, potassium, zinc, iron, selenium and manganese.

# Black Olive Tapenade



Makes 4 cups

3 cups of pitted black olives  
 1/2 cup olive oil  
 1 small handful parsley (optional)  
 2 tablespoons lemon juice  
 3 cloves garlic  
 1 teaspoon sea salt

**Method:**

1. Process everything except olives in a blender or food processor until smooth
2. Add olives and pulse until olives are roughly chopped
3. To serve: use as a dip with flax seed crackers (see the recipe in the 'Superfoods and Sprouting' chapter)

**Olives:** Olives and olive oil are very rich in antioxidants. Antioxidants deactivate free radicals allowing us to live longer, overcome illness and maintain more acute mental and muscular faculties. Olives display anti-fungal and anti-bacterial properties and are used in a detoxifying diet.

**Garlic:** Garlic contains high doses of natural sulfur (MSM). MSM provides elasticity, movement, healing and repair within the tissues. It greatly enhances the structural integrity of connective tissue and joint cartilage and has been shown to reverse arthritic conditions including pain and inflammation. MSM is renowned as a beautifying nutrient, the best natural food cosmetic in the world. MSM, through its ability to continuously build and rebuild perfect collagen and keratin is able to make our hair, nails and skin shine with radiance. You can buy MSM on its own which we recommend as a supplement to a healthy diet (the powder tastes very bitter) so we suggest trying it in capsules.

**Parsley:** Parsley is a nutrient powerhouse containing more Vitamin C than citrus fruit. It even contains Vitamin B12, mostly thought to be only bioavailable in dairy and meat products. B12 is also available in blue green algae and Spirulina and is normally synthesized in the intestine when an abundance of healthy bacteria is present. B12 is needed by the body for making use of protein and helps the blood carry oxygen.

# Open Faced Guacamole and Cos with Marinated Mushrooms



Serves 4

8 button mushrooms or 4 portobello mushrooms  
1/2 cup tamari (wheat free soy sauce) or soy sauce  
1/2 red onion sliced in rings  
1 handful cos (Romaine) lettuce  
1 zucchini, julienned  
1 carrot, julienned

## Guacamole

2 avocados  
2 tablespoons of lime juice  
2 tablespoons of olive oil  
1 teaspoon of sea salt  
1/4 teaspoon cayenne pepper  
1/4 cup dill or cilantro (coriander) (optional)  
1/4 cup red onion

## Method:

1. Cube the mushrooms in bite size pieces and together with the onion ringlets soak in tamari or soy sauce for 10 minutes then drain excess liquid off.
2. Julienne the zucchini and carrots and set aside.
3. Place all ingredients for the guacamole in a blender and pulse until chunky.
4. Place whole cos leaves on plate and fill them with the julienned carrots and zucchini, then serve 2 spoonfuls of guacamole on top. Place marinated mushrooms and onion ringlets in the bed of guacamole and garnish with sesame seeds. Eat immediately.

**Avocado:** Avocados are rich in monounsaturated good fats. These fats are important for reaching your ideal weight as their job is to neutralize acids, protecting your body against the inevitable by-products of digestion, metabolism and respiration. Another benefit of monounsaturated oils are their amazing ability to lower your cholesterol and blood pressure and reduce the plaque in your arteries, thus protecting you from heart disease. Not only is avocado high in protein (10-15%), it is also one of the best sources of Vitamin E. This nutrient

has been known to erase fine lines on the face, repair connective tissues, repair the circulatory system and soothe the digestive tract.

**Onion:** Onions contain high concentrations of sulphur (MSM) which stimulate the mucus lining of the stomach and digestive organs. Cutting up onions, as we know, can sometimes lead to tears. Internally this stimulating oil increases the flow of digestive juices creating a greater absorption of nutrients. Because of their high sulphur content, onions are beautifying foods as they cleanse the liver and skin, release antiseptic compounds and help to rebuild connective tissue. An age old remedy suggests a mixture of onion juice and honey on infected wounds for rapid healing.

# Berry Ice Cream with Raw Chocolate Sauce



Serves 4

3 frozen bananas  
1 1/2 cups of frozen mixed berries  
1 vanilla pod or 2 teaspoons vanilla extract  
2 tablespoons raw honey

## **Sauce**

1/2 cup hazelnuts  
2 tablespoons raw cacao powder  
1 tablespoon agave or 1/4 teaspoon stevia to sweeten  
2 tablespoons hulled tahini (sesame seed paste)  
Pinch sea salt  
2 tablespoons extra virgin coconut oil  
1/2 cup of warm water  
1/2 cup ice

**Method:**

- 1 Blend the bananas, mixed berries, honey and vanilla in a high speed blender.
2. For the sauce, mix all ingredients except for the ice in a high speed blender. Add the ice only when a creamy consistency is formed.
3. Serve the ice cream in bowls and pour sauce over the top.

**Berries:** Berries (strawberry, blueberry, raspberry, blackberry) are very high in antioxidants (Vitamin A,C,E and selenium). For example, 1 strawberry is higher in Vitamin C than 1 orange. Antioxidants fight against free radicals in your body thus giving you better protection against diseases such as cancer and heart disease. Berries contain many phytonutrients that boost the immune system. But best of all berries are a low GI food which give you sustained slow releasing energy instead of spiking your blood sugar levels which is associated with weight gain.

**Stevia:** Stevia is an all natural sugar alternative. The stevia leaf is from a plant found in South America. The best thing about Stevia is that its 300 times sweeter than sugar but does not affect your blood sugar levels in the same way sugar does. It is thus a wonderful addition to the pantry, especially for anyone suffering from diabetes, candida yeast infections or gum disease. Because of its potency, the saying “a little, goes a long way” definitely applies here.

Stevia is effective for weight control because not only does it not effect your blood sugar levels it also contains no calories. Other benefits of this amazing herb include decreased tooth decay, improved mental alertness and improved digestion. Stevia comes in powdered form or in a liquid form. The powdered form is preferred as it comes in packets and has a milder taste.

# Superfoods and Sprouts

## **Why Superfoods?**

Superfoods are a category of foods found in nature, they are superior sources of essential nutrients - nutrients we need but cannot make ourselves. We all may be adding more salads and vegetables to our diets, but concern for the quality of foods grown in mineral depleted soils makes superfoods a wise choice. They are nutritionally more potent than regular foods and are wonderful source of antioxidants for healthy healing.

“Superfoods are the most powerful nutrient-dense foods on the planet and have virtually no calories, no bad fats or harmful substances. Thus they are powerhouses for any transformation to a slender more healthier you.” - [Gillian McKeith, You Are What You Eat](#)

Superfoods can be divided into 5 main groups:

- 1. Green Superfoods**
- 2. Bee Superfoods**
- 3. Seaweed Superfoods**
- 4. Herb Superfoods**
- 5. Fruit and Nut Superfoods**

# Green Superfoods

Greens are good for you but green superfoods are even better!

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

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

## The Grasses



**Wheatgrass** - Wheatgrass is the sprouted grass of a wheat seed. Unlike the whole grain, because it has been sprouted, it does not contain gluten or other common allergic agents. Wheatgrass is super-alkalizing and is excellent for promoting healthy blood. It normalizes the thyroid gland to stimulate metabolism thus assisting digestion and promoting weight loss due to its high enzyme content and cleansing effect.

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

## The Algae's

**Wild blue-green algae** - Algae was the first form of life on earth and its power is immense. Wild blue-green algae is a phytoplankton and contains virtually every nutrient known. With a 60% protein content and a more complete amino acid profile than beef or soy beans. It contains one of the best known food sources of beta carotene, B vitamins and chlorophyll. It can help you think more clearly, improve your memory, strengthen your immune system and combat viruses, colds and flu.

**Spirulina** - Spirulina is a cultivated micro-algae which has been consumed for thousands of years by the indigenous people in Mexico and Africa. It is one of the highest known protein sources on earth as it contains 70% complete protein in comparison to steak which consists of only 25% protein once cooked. Studies have shown that Spirulina can help control blood

sugar levels and cravings thus making it a key food for diabetics. Spirulina can be used to assist in weight loss and is recommended as a general nutritional supplement in a healthy diet regime.

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



**Green Leafy Vegetables** - Green leafy vegetables are so readily available and so highly nutritious, however most people do not eat enough of them. Recent studies continuously confirm that populations that eat a diet high in green leafy vegetables run a far lower risk of heart disease and cancer. Fresh raw green leafy vegetables contain high doses of chlorophyll, easily digestible proteins, enzymes and a wide range of vitamins and minerals. These vegetables act as mini-transfusions for the blood, a health tonic for the brain and immune system and a cleanser of the kidneys.

Try any of the following: rocket, spinach, dandelion greens, kale, watercress, parsley, lettuce, endive, chicory, broccoli sprouts and mustard sprouts.

# Bee Superfoods

The Egyptians wrote about the healing components of bee products back in 5500 B.C. People from India have used it since 1000 B.C. in their religious ceremonies. And even the Babylonians have been noted to use it in their medicinal practices. The western world actually discovered the benefits of bee superfoods by accident during an investigation of native Russian Beekeepers who regularly lived past 100 years of age who ate raw honey, rich in bee pollen, everyday.

**"If the bee disappeared off the surface of the globe then man would only have four years of life left. No more bees, no more pollination, no more plants, no more animals, no more man."**

- Albert Einstein

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

**Bee Pollen** - Bee pollen is collected by bees from flowering plants and formed into granules. Bee pollen is the one of the most complete foods found in nature and has 5-7 times more protein than beef. It is especially beneficial for the extra nutritional and energy needs of athletes and those recovering from an illness. It is a natural antidote for fighting allergies, particularly hay fever and sinusitis. Research shows that bee pollen counteracts the signs of aging and increases both mental and physical capability.

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

# Seaweed Superfoods

Seaweeds are the most nutritionally dense plants on the planet as they have access to all the nutrients in the ocean. They can contain up to 10 times more calcium than milk and 8 times more protein than beef. The chemical composition of seaweeds is so close to human blood plasma, that perhaps their greatest benefit is regulating and purifying our blood system. They help to alkalize our blood, neutralizing the over acid effects of our modern diet and protect us from a wide array of toxic elements in the environment, including heavy metals, pollutants and radiation by-products converting them to harmless salts that the body can then eliminate.

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

Seaweeds have been part of the Asian diet for thousands of years. Studies in Japan show that a diet containing as little as 5% seagreens inhibits cancer growths sometimes causing the remission of active tumors. Seaweeds are available in health food stores and Asian supermarkets. Try to incorporate them into your diet to boost nutrition and add flavor.

**Nori** - Is best known for the seaweed used to make sushi rolls. You can make your own sushi at home by using untoasted nori rolls for maximum nutrient content. Cut up dried nori into pieces to add a salty flavor to your soups instead of using salt.

**Kelp** - Is available in powder or capsule form for those who do not enjoy eating seaweed. It is also the most common seaweed found along the ocean shores. Due to their thick leaves they are perfect addition to a detoxifying seaweed bath.

**Dulse** - A red seaweed, available in flakes. There is no need to cook or soak dulse. Use as a seasoning on salads, vegetables and soups instead of salt.

**Arame** - Consists of brown stringy seaweed. Soak in hot water for 5 minutes before eating.

**Wakame** - Has a sweet flavor makes a great accompaniment to sandwiches. Soak for 5 minutes in hot water.

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

# Herb Superfoods

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

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

**Aloe vera** - Aloe vera is a perennial succulent that grows in a wide range of climates and seems to do best in tropical and sub-tropical areas. It has been deemed a superfood after research studies identifying its seventy-five healing compounds including natural steroids, antibiotic agents, amino acids, minerals and enzymes. Aloe Vera has been used since Egyptian times as a skin moisturizer, and healer for burns, cuts, bruises, acne and eczema. This is mostly due to the high concentration of natural sulphur (MSM) that it contains. Aloe juice alkalizes the digestive tract preventing over-acidity, a common cause of indigestion, acid reflux, heartburn and ulcers.

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

**Ginseng** - Ginseng is the quintessential herb for handling stress. This ancient healing herb has been widely used throughout Asia as an energizing tonic. This special herb is particularly beneficial when recovering from an illness or surgery due to its restorative and anti-infection properties. It promotes regeneration from stress and fatigue. Drink as a tea daily or consume in a capsule form.

# Fruit and Nut Superfoods

Free radicals may sound a little like an extremest terrorist group evading capture and wreaking havoc across the globe and in fact within the context of your body you would be right. They are in part a natural occurrence through normal metabolism however extra and unnecessary free radical load can be put on our bodies by external factors including pollution, cigarette smoke, radiation, burnt and deep fried foods and cooked foods.

The best way to combat free radicals in our system is by increasing our intake of foods with high antioxidant properties. When antioxidants react with free radicals their destructive properties are eliminated.

Antioxidants are naturally occurring chemicals in foods. They include vitamins A, C and E, carotenoids such as beta-carotene, some minerals, phenolic compounds and other naturally occurring chemicals. Fruit and nut superfoods are not only nutrient dense but have very high antioxidant properties.

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

**Raw Cacao** - For this nut we could easily dedicate a whole page, if not a book. A word of warning before we start however, most cocoa powder and commercial chocolate is processed via the “Dutch method” meaning it is subjected to scorching temperatures of up to 150°C with the additional aid of chemical solvents which destroy most of the nutrients and antioxidants. Be sure to attain certified organic raw cacao in a powder, nib or whole bean form as the temperature will not have been allowed to exceed 40°C thus allowing all the heat-sensitive vitamins, minerals and antioxidants to remain intact. Raw cacao beans contain possibly the worlds most concentrated source of flavor compounds and antioxidants found in any food. Cacao is extremely high in magnesium which has been found to be the most common deficient mineral lacking in most people despite following a balanced diet – it is estimated that over 80% of Australians are chronically lacking this important mineral. Cacao beans are also one of the best snack foods for those looking to shed the extra weight as they contain very few calories, are satisfying and are natural appetite suppressors. For those concerned about not getting enough iron it should be pleasing to know that one small 28 gram serving of raw cacao beans gives 314% of the recommended daily allowance of iron. And if that's not enough raw cacao beans have an antioxidant score (ORAC) of 95,500. To put that into perspective, that's 14 times more antioxidant flavonoids than red wine, 21 times more than green tea, and 7 times more than even dark chocolate! Who would have ever thought that chocolate could be so healthy.

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

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

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

**Coconut Oil** - Coconut oil's saturated fat is of the medium-chain fatty acid variety, which are digested more easily and utilized differently by the body than other saturated fats (like butter, meat and eggs). Whereas other saturated fats are stored in the body's cells, the medium chain fatty acids in coconut oil are sent directly to the liver where they are immediately converted into energy. Coconut oil will actually speed up metabolism so your body will burn more calories in a day which will contribute to weight loss.

Coconut oil is primarily composed of Lauric acid, with concentrations of up to fifty-three percent (53%). Interestingly enough, the only other substance in nature that has a comparably rich composition of Lauric acid is mothers' milk. Studies show that this high Lauric acid content is beneficial in warding off and destroying viruses, bacteria and other pathogens. It also actively strengthens the body's immune system. Pacific islanders deem coconut oil to be the cure-all gift from nature for all illnesses.

Cold pressed coconut oil has been used in India as a key ingredient in Ayurvedic medicine for over four thousand years and is still a primary form of medical treatment for millions of people. In South America, virgin coconut oil is drunk by the glass as a means of overcoming illness and speeding up recovery. It is used in hospitals around the world to treat digestive or malabsorption problems, and is commonly given to infants and children who have problems digesting other fats.

Coconut oil is the premier oil for cooking. It is much more stable than other vegetable oils under normal cooking temperatures and does not break down into free radicals as quickly as other vegetable oils. It is also naturally more resistant to rancidity and oxidation than other edible oils.

As with all oils, the 'Extra Virgin Cold Pressed' type is superior because of its processing at low heat thereby retaining all of the nutrients and protective health properties within the oil.

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

# Superfood Smoothie

## **Green Superfood Smoothie**

Makes 3 glasses

1 avocado or 1 banana or both  
1 handful of baby spinach leaves or rocket leaves  
1 tablespoon of barley grass powder  
1 tablespoon of bee pollen  
1 tablespoon of raw cacao powder  
1 tablespoon of maca powder  
1 tablespoon of agave nectar or raw honey  
1 cup of ice  
2 cups of pure water

Try to source all ingredients as organic and local as possible.

### **Method:**

Blend all ingredients in a high-speed blender. The texture should be smooth yet runny, similar to a milkshake. Serve and drink immediately.

## **Hi-Protein Shake**

Makes 3 glasses

1 banana  
1 tablespoon of bee pollen  
1 tablespoon of hempseed protein powder  
1 tablespoon of maca powder  
1 tablespoon of agave nectar or raw honey  
1/2 cup of ice  
2 cups of rice milk, almond milk or soymilk  
1 teaspoon of cinnamon  
1/2 teaspoon of grated nutmeg

### **Method:**

Blend all ingredients in a high-speed blender. The texture should be smooth yet runny, similar to a milkshake. Serve and drink immediately.

# Sprouts



## **What are Sprouts?**

Sprouts are the most concentrated form of living foods. They are the young seedlings germinated from the seed of almost any living vegetation. Essentially any seed or bean with the genetic makeup to reproduce has the potential to be sprouted. Some of the most common sprouts are alfalfa, wheatgrass, barley grass, mung bean, soy bean, chickpea, aduki, radish, lentil, sunflower seed, fenugreek, buckwheat, quinoa, corn, oats, green peas and lima beans to name just a few.

## **Why Sprout?**

Sprouting is the process of soaking, then germinating and eventually eating the growing live seedling. Think about this, when you eat a sprout, you are eating the life force energy that is needed to create a full grown healthy plant. When you soak a seed in water and place it in the sunlight it will begin the sprouting process and the seeds' natural enzymes are released. Even though nuts and seeds are raw, their enzymes still lie dormant so when you eat them the body will have to draw on its own enzyme reserves to break them down. Fortunately the process of soaking the seeds activates their enzymes and deems them as living.

Upon soaking, the seed absorbs the water and swells to at least twice its size. Not only does it swell in size but it swells in nutrient content.

The eventual germination process effectively pre-digests the seed; complex carbohydrates and proteins contained within the seed are converted into easily digestible forms so there is less likelihood of food allergies. What results is a highly nutrient dense superfood with high levels of protein, vitamins, minerals, trace minerals, fiber and enzymes in the most digestible form, even vitamin B12 which is difficult to find in plant sources.

Sprouting can be lots of fun. All you need is a glass jar, some seeds or beans, filtered water and a cheesecloth. You can also buy a sprout kit available from a health food store – this is a miniature sprout farm, with a three tiered growing tray.

### **Sprouts and Their Uses**

Adding sprouts to your diet is an easy way to gain energy, vitality and health all year round. During the winter when nutritiously fresh vegetables are difficult to find in the supermarket, as the produce is shipped over long distances and loses much of its nutritional value. Sprouts can easily and inexpensively grow in your own kitchen. Sprouts are a great addition to salads, soups, layered in sandwiches/wraps or just eaten as a snack by themselves.

The Chinese have been using bean sprouts for centuries, since 3,000 BC to be exact, and swear by their healing properties which include from relief from bloating and other digestive disorders to muscle cramps. The Hunza's, living in the foothills of the Himalayas in Northern Pakistan, are thought to be one of the longest living people on Earth, use sprouts in the winter to keep up their level of nutrition.

The Essenes, an ancient religious sect of mystics from the Middle East, were famous for making sprouted bread or Essene bread.

During World War I sprouts were considered the best and most economical source of bringing Vitamin C rich foods to the front line. And during World War II sprouts (like wheat and barley grass) were promoted in the US as an alternative source of protein as sources of meat were scarce.

Wheatgrass juice, was popularized by Dr. Ann Wigmore for its healing properties in her clinic where she was treating seriously ill patients. Essentially wheatgrass is the young grass from the sprouted wheat berry. High in minerals, protein, enzymes and Vitamins A, B-complex, C, E and K, it is a vital component to rebuilding the immune system. In its juice form the nutrients are rapidly absorbed enabling your body to cleanse and rebuild without requiring excessive energy for digestion and assimilation.

# Almond Milk



Makes 4 glasses

1 cup raw almonds, soaked 4 hours or more in water  
4 cups filtered water  
1 tablespoon agave nectar or raw honey  
1 pinch of sea salt

**Method:**

In a high-speed blender blend all ingredients for about 2 minutes making sure the nuts are blended thoroughly. Strain the nut milk through a sieve or cheesecloth and discard the remaining almond pulp left in the sieve. The milk will keep in the fridge covered for 1-2 days.

# Flaxseed Crackers



Serves 4

2 cups ground flax seeds (soaked in 2 cups of water for 4 hours or overnight)  
Juice of half of one lemon  
2 tablespoons Tamari  
2 cloves garlic  
1 tablespoon fresh ginger  
1 handful of fresh Italian herbs (basil, parsley or oregano)

## Method:

1. Place all ingredients in a food processor/blender and blend until well combined. Most flaxseeds will have been crushed but some will have remained whole which is fine. Make sure that the garlic and ginger are completely ground.
2. Remove from food processor and place on a Teflex sheet on top of a mesh dehydrator screen. Spread the batter into a thin sheet 1/8 inches thick or less. To make them thin, the gooey substance of the batter will hold these together quite well.
3. Dehydrate at 105 Fahrenheit/42 Celsius for 8 hours and peel the crackers off the sheet and flip the crackers over. The crackers will now be firm but still sticky on one side. Dehydrate the other side for another 4 hours. The longer time taken, the crispier they will be.

**Note:** If you don't have a dehydrator you could try the above recipe in a regular oven. Spread the batter on baking paper and place it on top of a flat tray in the oven. Use the fan setting and set the oven to 50 degrees C or 120 degrees F.

**Flax Seed** - Flax is very high in an essential fatty acid (ALA) which gets converted by the body into an omega 3 fatty acid. Omega 3, which is also found in other nuts and seeds and some fish species, helps to improve brain function, vision, coordination and mood. Flax seeds are high in fiber and help to sweep the bowels and prevent constipation. Smart animals - from parrots to humans - eat seeds. Here's a top tip to make sure you have your daily seeds: Fill a glass jar with an airtight lid half full with flax seeds and half with a combination of sesame, sunflower and pumpkin seeds. Put a handful in a coffee or seed grinder and use the ground-up mixture to sprinkle over soups, cereals, fresh fruit and salads.

# Macrobiotic Foods

## **Why Macrobiotics?**

Macrobiotic as translated from Greek means long life - "macro" (large, long) and "bios" (life). The Macrobiotic way of life has been practiced by many of the ancient traditional cultures, such as the Incas and the Han Dynasty Chinese and is still followed today by many Asian cultures. The Macrobiotic way of life is much more than a diet. It is a philosophy that considers the seasons, climate and a person's level of activity in determining how to eat. A macrobiotic diet encourages harmony in the body by living in accordance with nature. It is a realization that we create our health through our lifestyle choices.

Macrobiotics emphasizes locally grown whole grain cereals, pulses, vegetables, seaweeds, fermented foods, and fruits, combined into meals according to the principle of balance (known as yin and yang). It constitutes foods low in saturated fat, non-mucus forming and rich in plant fiber and protein. It is alkalizing and nutrient rich. Below are outlined some major beliefs of a macrobiotic diet:

1. **Organic and local whole foods whenever possible.** This is often more of a challenge than it may seem, because it means reading labels, changing shopping habits and finding new stores. One of the cornerstones of macrobiotics is eating with the seasons, so to remain in balance with our bodies own ecosystem. Luckily buying organic, local foods also supports our local organic farming community ensuring adequate supply and in the long run cheaper prices.
2. **Eliminating foods not suited to internal body balance.** This means staying away from fried foods, highly processed and refined foods, chemicalized foods with artificial colors and preservatives. Avoiding white sugar and cutting down on sweet tropical fruits. Eliminate soft drinks and caffeine. Avoiding most animal protein with the exception of wild fish and seafood. Avoiding dairy products with the exception of fermented dairy i.e. yogurt and kefir for its healing probiotic properties.
3. **Preparing foods in their whole form.** This is harder for those people that are so used to cooking with pre-prepared foods. It means buying fresh foods and preparing them in a simple way to keep all the nutrients in tact. For example with grains, try to use grains in their whole form and avoiding the refined grains like pasta, white bread or white rice.
4. **Chewing your food carefully and eating with intention.** Chewing is highly important in a high fiber, high grain based diet. Grains are acidic by nature, however mixed with our saliva, which is alkaline, it counteracts the acidity. Chewing is also an integral part of the digestive process. Digestion starts from the moment you place food in your mouth. Your saliva produces enzymes which help to break down the food. So the more you chew your food, the more you aid the digestive process.

**Grains** - when preparing grains try to use the whole grain rather than the refined grain. Avoid the processed white flours contained in pastas, and white bread. Use brown rice instead of white rice as white rice is missing the husk which is the nutritious and fibrous part. Experiment with quinoa, whole wheat, oats, barley, millet, buckwheat, amaranth, spelt, corn and rye.

**Vegetables and Fruits** - These can be raw or cooked. Raw in salads and on their own. Or try lightly steaming them with olive oil and lemon juice or with sesame oil. Eat every color of the rainbow but the most alkalizing to the body are green colored varieties. Try to have a fresh vegetable or fruit juice several times a week. With fruits its best to stick to those that are alkalizing in nature, like lemon, grapefruit, avocado, tomato, apricot, cantaloupe, kiwi, peaches, melons, red grapes, strawberries, blackberries or other berries in season. Go easy on the sweet tropical fruits and dried fruits which are high in enzymes and nutrients but are acidic in nature due to the concentrated sugar content and can be destructive in a healing diet.

**Beans** - try black beans, chickpeas and lentils for protein. Also excellent are sprouted beans such as mung beans, chick peas, lentils, and aduki beans.

**Sea Vegetables** - Experiment with seagreens such as kombu, kelp, dulse, nori and wakame. Add them to miso soup, stews, salads and rice dishes.

**Seafood** - If you are not a vegetarian, seafood is a great source of protein, B12 and omega 3 essential fatty acids. Its very important to source wild caught seafood as the toxicity levels in farmed fish can be harmful. Good choices are salmon, mackerel, sardines, tuna, flounder, cod, sole and halibut. Try daily supplementing of cod liver or krill oil for an omega 3 essential fatty acid (EFA) boost.

**Oils** - Use coconut oil for cooking and extra virgin olive oil in place of butter, and cold pressed seed oils for dressings. Organic, cold pressed flax oil is the best for this.

**Nuts and Seeds** - Use a handful of raw, unsalted nuts and seeds a day in salads or ground up and sprinkled over cereal or in smoothies. Include almonds, brazil nuts, hazelnuts, pecans, walnuts, pumpkin seeds, sunflower seeds, sesame seeds, chia seeds and flax seeds. These are all great sources of essential fatty acids (omega 3,6 and 9)

**Water** - Drink lots of water. Start your morning with a liter of room temperature, filtered water. This may seem like a lot but you are most dehydrated in the morning as your body has been working all night. Water puts no burden on the body and helps to flush out toxins as they are eliminated by your cells.

**Herbal teas** - There is now a huge variety to choose from, sample a few until you find one you like best. We love fresh mint.

Therapeutic foods like green tea, shiitake mushrooms, reishi mushrooms, and raw sauerkraut should be included regularly

# Chilled Jasmine Green Tea



20 grams organic green tea leaves mixed with jasmine flowers  
4 cups near boiling water

**Method:**

Use water just below boiling point so as not to burn the leaves, a good temperature is about 75 degrees Celsius or 167 degrees Fahrenheit. Pour the water over the tea leaves and let steep for 2 to 5 minutes. For a stronger flavor steep for 10 to 15 minutes. Strain and remove leaves immediately. Chill in refrigerator or add ice and drink immediately.

# Rice Paper Rolls

50g bean sprouts  
1 bowl of shiitake mushrooms chopped  
1 carrot grated  
120g Vermicelli Rice Noodles, cooked and rinsed in plenty of cold water  
4 tablespoons coriander (cilantro), roughly chopped  
4 tablespoons mint leaves, roughly chopped  
1 tablespoon fish sauce  
1 tablespoon sesame oil  
1 tablespoon soy sauce or Tamari (wheat free soy sauce)  
Juice from 1 lime  
2 tablespoons lime rind, (can substitute lemon)  
1 tablespoon cashews, roughly chopped (optional)  
10 dried rice paper sheets (available from Asian food shops and many supermarkets)



## **Method:**

Combine all liquid ingredients in a large bowl and stir. Now add all the solid ingredients and let stand or refrigerate for 30 minutes.

Dip rice paper in luke warm water for a few seconds. Shake off excess water and allow it to soften. Place a little of the mixture in the middle of each rice paper and fold in half then fold the sides over and roll closed. Repeat for all the rolls.

## **To Serve:**

You can serve the rolls on individual plates or on one large plate for everyone to serve themselves or slice into bite size canapés and take along with you as part of a picnic.

# Miso with Sea Greens



Miso Paste  
Almost boiling water  
Dried Seaweed (wakame, dulse)  
Spring onion (chopped)

**Method:**

Place 1 heaping tablespoon of miso paste in a small bowl, pour near boiling water over it and add a handful of dried seaweed. Garnish with spring onion.

# Brown Rice with Stir Fried Asian Greens



2 cups brown basmati rice  
1/2 cup wild rice  
2 handfuls of bok choy coarsely chopped  
1 bunch of Baby broccolini coarsely chopped  
1 red or yellow pepper (capsicum) sliced into long strips  
1 onion sliced into long strips  
2 tablespoons oyster sauce  
1 clove of garlic  
1 cube of fresh ginger  
1 dried chili  
1 spring onion chopped

## **Method:**

In a large sauce pan bring the water to a boil, add the brown and wild rice and simmer for 30 minutes. In a separate wok or fry pan heat the oil and stir fry the onion until fragrant, next add the chili, garlic and ginger. Then add the bok choy, broccolini and red pepper (capsicum). Turn off the heat and add the oyster sauce and stir this through the vegetables.

Serve the rice on the plate first and place the veggies and sauce on top. Garnish with spring onion.

# Veggie Sushi Rolls



2 cups of mashed up avocado  
1 tablespoon lemon juice  
2 tablespoons spring onion cut in rings  
2 tablespoons of fresh dill  
1 tablespoon extra virgin olive oil  
1/4 teaspoon seaweed seasoning or sea salt  
A few sheets of raw nori  
1 cup cucumber (spiralized or cut into thin strips)  
1 cup cabbage (shredded)  
1 cup of carrots (grated or spiralized)  
2 cups of brown rice

## **Method:**

Take the mashed avocado and add lemon juice, spring onion, dill and olive oil and stir it through to make a creamy paste. Spread the mashed avocado onto the nori sheets (shiny side down). Leave one inch of nori roll exposed at one end to help seal the roll. Across the center, place a row of the following: rice, cucumber, carrots and cabbage. Roll the nori roll up from the bottom making sure it is tight and firm.

# Satay Pumpkin Salad



½ of a pumpkin cubed and steamed  
2 handfuls of romaine (cos) lettuce coarsely chopped  
1 ½ cups bean sprouts  
100g snow peas halved  
2 medium carrots cut into thin strips  
1 cucumber cut into thin strips  
1/2 cup coriander (cilantro) leaves coarsely chopped

## Sauce

1 tablespoon coconut oil  
1 teaspoon thai red curry paste  
½ cup of organic peanut butter  
1 cup coconut milk  
1 tablespoon tamari or soy sauce

### **Method:**

Cut the pumpkin in cubes and steam until soft. Set aside. In a large salad bowl mix the above ingredients together.

For the sauce, in a small saucepan heat coconut oil on medium heat. Add the red curry paste and fry until fragrant. Add the coconut milk, peanut butter and tamari. Stir well and take off the heat once smooth. Set side to cool.

### **To Serve:**

Place the salad ingredients on individual plates first then place the pumpkin cubes on top and pour the sauce over it.

# Rice and Quinoa Pudding



1 cup quinoa  
1 cup brown basmati rice  
4 cups of water  
10 cardamon pods  
1 tablespoon lime juice and 1 teaspoon lime zest  
1 tablespoon agave nectar  
1 tablespoon vanilla extract or seeds from 1 vanilla bean  
½ can of coconut milk

## **Method:**

In large saucepan bring rice and water to a boil. Add crushed cardamon pods. Simmer for 10 minutes and then add quinoa. Simmer for another 10 minutes.

Drain water and remove cardamon husks. Transfer to a deep bowl and add coconut milk, agave nectar, lime juice and zest, vanilla and let cool in fridge.

# Resources

## 7 Day Meal Plan

	<b>Break Your Fast</b>	<b>Morning Tea</b>	<b>Lunch</b>	<b>Snack</b>	<b>Dinner</b>
<b>Sunday</b>	A big glass of water and a freshly squeezed 'Green Alkalizer Juice'	Tomato, cucumber, and avocado salad with extra virgin olive oil and lemon juice	Open faced Guacamole and Cos with Marinated Mushrooms	Raw soaked almonds	Brown rice with steamed asian greens
<b>Monday</b>	A big glass of pure water and Green Superfood Smoothie	Open faced avocado stack (avocado, tomato, and olive oil on flax seed crackers sprinkled with fresh coriander and sesame seeds)	Satay Pumpkin Salad	Rice crackers with raw almond butter and green tea	Sushi veggie rolls
<b>Tuesday</b>	A big glass of water with freshly squeezed lemon juice and a slice of ginger	Steamed broccoli with lemon juice and extra virgin olive oil	Miso Soup with sea greens and brown rice	A big glass of water and a freshly squeezed 'Blood Purifier Juice'	Zucchini Pomodoro
<b>Wednesday</b>	A big glass of water and a freshly squeezed 'Blood Purifier Juice'	Hot oatmeal with a handful of nuts, apple, raisin and cinnamon to sweeten	Fresh vegetable wraps (in collard greens) with hummus and tabbouleh	Strawberry shake (frozen strawberries, almonds, banana and ice)	Pesto Portobello Mushrooms
<b>Thursday</b>	A big glass of water with 1 tablespoon of barley grass or wheat grass powder mixed in	Muesli (rolled oats soaked in fresh apple juice and cinnamon and nutmeg) with chopped apple, pumpkin seeds and sliced almonds	Black olive tapenade and guacamole with flax crackers	Raw vegetables (cucumber, celery, and carrots) and hummus	Lentil soup with a green salad
<b>Friday</b>	A big glass of water and a freshly squeezed 'Green Alkalizer Juice'	Tomato, cucumber, and avocado salad with extra virgin olive oil and lemon juice	Fresh vegetable wraps (in collard greens) with hummus and tabbouleh	Peach shake (fresh peaches, almond milk or rice milk, banana, ice)	Grilled wild salmon with a vegetable skewer and a mixed green salad with avocado
<b>Saturday</b>	A big glass of water and Green Superfood Smoothie	Hot oatmeal with a handful of nuts, apple, raisin and cinnamon to sweeten	Vegetable burger on a gluten free bun or wrap with avocado, lettuce and tomato	A big glass of water and a freshly squeezed 'Blood Purifier Juice'	Vietnamese Rice Paper Rolls

# Healthy Alternatives Guide

As nutritional consultants we ask most people that come to us with health complaints to keep a week long food diary with everything that passes their lips. Most of their diaries contain predominately foods from the left side of the list and they wonder why they get are not feeling well. So we have come up with a healthier alternative guide for each of their favorite foods.

The idea is to gradually eat less from the left side and more from the right side.

The Left Side	The RIGHT side
Cows Milk	Almond milk, hemp milk, brazil nut milk, oat milk or rice milk
White Bread	Rice paper, nori rolls, millet roti's, corn tortillas or pumpernickel and for those that don't have a wheat (gluten) allergy then organic whole wheat, rye or spelt bread
Packaged Supermarket Cereals	Sprouted buckwheat granola, buckwheat, quinoa or millet porridge, and for those without wheat (gluten) sensitivity try untoasted muesli or steel cut oats
Mayonnaise	Hummus, mashed up avocado
Pasta	Spiralized raw vegetables, vermicelli rice noodles or spelt pasta
White Rice	Brown rice, wild rice or quinoa
Steak	Wild tuna, mackerel or portobello mushrooms
Unhealthy Snacks: Chips, Dips, Biscuits, Chocolate Bars etc...	Raw, untoasted and unsalted nuts, flaxseed crackers with pesto, hummus, olive tapenade, guacamole, raw chocolate hazelnut spread
Unhealthy Deserts: Ice cream and cakes etc...	Coconut macaroons, raw chocolate fudge, nondairy coconut ice cream, quinoa and rice pudding
White Sugar	Stevia, agave nectar, raw honey
Iodized Table Salt	Sea salt, seaweed flakes, miso, tamari or soy sauce
Coffee and Tea	Chamomile, jasmine, nettle, mint or green tea
Soft Drinks	Fresh lime and sparkling water; ginger, lemon and mint water with agave; lemon lime and bitters with stevia; and freshly squeezed vegetable and fruit juices

<b>The Left Side</b>	<b>The RIGHT side</b>
Milk Shakes	Berry smoothie, superfood smoothie, green smoothie and freshly squeezed vegetable and fruit juices
Beer, Spirits and Sweet Mixer Drinks	Alcohol is best avoided on a healing diet but if you don't have a yeast sensitivity choose clean spirits such as Saki Rice Wine or Organic Red or White Wine

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[www.foodmatters.tv](http://www.foodmatters.tv) - Our website is continually updated. Find a holistic practitioner in your area, purchase the latest documentaries and how-to films on natural health and access the latest cutting edge information on health, healing and nutrition.

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[www.ourfoodmatters.tv](http://www.ourfoodmatters.tv) - sign up to our world-wide community of health focused individuals, join forum discussions or organize healthy house parties and get togethers in your local community.

**Bibliography and Recommended Reading**

Author	Book title	Release date
Alissa Cohen	Living on Live Food	2004
Andrew Saul, Ph.D.	Doctor Yourself	2003
Anthony Robbins	Living Health	1999
Charlotte Gerson	Healing the Gerson Way	2007
David Wolfe	Eating for Beauty	2003
Gillian McKeith	You Are What Eat	2004
John Robbins	The Food Revolution	2001
John Robbins	Healthy at 100	2006
Linda Page, Dr	Healthy Healing, 13th edition	2002
Matthew Kenney and Sarma Melngailis	Raw Food Real World	2005
Patrick Holford	The Optimum Nutrition Bible	2004
Robert Young, Dr	The PH Miracle for Weight Loss	2006
Shelden Saul Hendler	The Oxygen Breakthrough	1990
Steve Meyerowitz	Wheatgrass, Natures Finest Medicine	2006