



12 STEPS TO HEALTHY COOKING: MAKING YOUR HEALTHY HABITS LAST A LIFETIME

1. Commercial produce is better than no produce at all.

2. Organic is much better. Why?

- keeps the chemicals off the plate
- saves energy
- protects water quality
- supports a true economy
- provides added nourishment in every bite
- has enhanced flavor

3. Buy local whenever possible

- speak to local farmers—they may have chemical and pesticide-free practices
- even though they are not certified organic
- foods grown in local soil are better for your digestion and assimilation
- local food is good for the local economy and reduces your carbon footprint
- farmer's markets are fun!

4. Fresh is best

5. Use a timer

- don't stay in the kitchen when you don't need to, if you don't want to

6. Keep it simple

- find recipes with few ingredients and simple instructions (one pot meals are a fantastic option)
- know your recipe toolbox; mark the recipes you like and return to them often

7. Ask others for help

- share the time in the kitchen
- get kids, partner, roommates, friends cooking with you
- if you're alone, have your favorite music or radio program keep you company

8. Cook once, eat twice (or more!)

- less time in the kitchen, more time for life

(continued)



9. Vary cooking style—so many to choose from:

- raw
- juiced
- blended
- steamed
- quick boiled
- stir fry (with oil)
- water sauté
- soup
- stew
- slow cooked
- pressure cooked
- roasted
- broiled
- grilled

10. Vary flavoring/ use condiments

- adds a little bit of yum
- keeps everyone happy & appeals to different tastes
- note: try a Lazy Susan with varying condiments that you know each person in the family enjoys

11. Experiment!

- watch others shop
- see what's available at the farmer's market
- try new vegetables (in season)

12. Skip self-criticism

- home cooked food = love!





BODY CLEANSING

These are simple ways that you can nourish the body throughout your detox and aid in the processes of detoxification:

SKIN BRUSHING

- using a loofah sponge or other natural bristle brush, make very light strokes starting from the extremities and moving towards your heart
- this can be done on dry skin before bed
- stimulates circulation and helps to purge toxins

HYDROTHERAPY

- end each shower with a splash of cold water

SAUNAS

- check out locations near you that offer saunas or utilize the one in your gym this week
- post-sauna is a perfect time to replenish with a green juice!

TONGUE SCRAPING

- this helps to eliminate pollution and bacteria build-up on the tongue

HOT BATHS

- Epsoms salts baths every other day are a great tool for detoxification
- use up to 2 cups salts in every bath!

LIGHT EXERCISE

- yoga, especially restorative practices
- walking
- bike riding
- swimming
- keep it light!

BREATHING

SLOW IT DOWN!

- aim to go to bed by 10pm
- spend less time with people this week
- spend 1/2 hour each day doing something or being with someone you really love
- take this time to nurture yourself and refresh!

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DILUTION IS THE SOLUTION TO POLLUTION

Water is essential for life. We know this, but do we drink enough?

WHY DRINK WATER?

- Water is crucial for diluting and eliminating toxic accumulations.
- Water is our most important detoxifier. It helps us clean through our skin and kidneys, and improves our ability to sweat during exercise.
- We need 48 to 64 ounces daily to replenish the water lost through urination, sweat, and breathing.
- Two glasses of water thirty to sixty minutes before each meal will help to flush toxins.

WATER INFO TO CONSIDER:

- Dehydration is the primary cause of fatigue and headaches.
- Thirst is a weak mechanism and can often be mistaken for hunger.
- Dehydration slows metabolism.
- Hydrating the body can significantly decrease muscle and joint pain.
- Dehydration can adversely affect memory, concentration, and focus.

WATER'S VITAL FUNCTIONS:

- Dissolves nutrients so that they are more easily absorbed in digestive tract
- Transports chemicals and nutrients to cells and tissues
- Carries waste materials from cells to kidneys for filtration and elimination
- Absorbs and transports heat

WATER BUDGET:

- Drink 8 to 12 glasses (8 ounces each) of water a day!
- Caffeine and alcohol draw water out of your cells. If you consume these beverages, compensate by drinking an additional glass of water.
- Plan on drinking 8 ounces of water every two hours you are awake.
- Start your day with at least 2 eight ounce glasses of water before any food intake.
- Try the above before each meal.

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TURMERIC411

Want to help relieve aches and pains, reduce inflammation and heal your digestive tract? Head to your spice rack. Turmeric, that bright yellow spice that gives curry its distinctive color, is a superhero spice that has been used for over 4000 years in India. It's rich in curcumin, a potent antioxidant that makes turmeric a powerful healing agent.

HERE ARE 6 REASONS TO TUNE IN TO TURMERIC:

ANCIENT ANTI-INFLAMMATORY

1

Before aspirin, there was turmeric. Ayurvedic healers have used turmeric to help reduce pain and inflammation for thousands of years.

Research is proving that turmeric can be as effective as over the counter pain medicines for reducing aches and pains.

2

Curcumin gives turmeric its distinctive yellow-orange color and it packs an antioxidant punch which helps mop up free radicals and prevents cell damage.

POWERFUL ANTIOXIDANT

IMMUNE BOOSTER

Studies show that turmeric can help prevent cancerous tumors from forming and spreading, in-

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cluding specific data on colon, prostate and breast cancer.

4

IMPROVES DIGESTION

This herb can stimulate the production of bile for improved fat digestion. Plus, the anti-inflammatory properties can help heal inflammatory digestive conditions including IBS, Crohn's and upset stomach.

PROMOTES HEALTHY SKIN

5

This gnarly herb makes your skin (inside and outside) more radiant by helping to improve elasticity and reducing redness.

6

BALANCES BLOOD SUGAR

Clinical evidence demonstrates that turmeric can help lower blood sugar levels naturally. Turmeric is also key for overall health, weight management and can help address chronic disease states like diabetes, cancer and heart disease.

TURMERIC TEA LATTE

serves 1

INGREDIENTS

½ tsp. ground turmeric
½ tsp. ground ginger
¼ tsp. cinnamon
⅛ tsp. nutmeg
⅛ tsp. ground cloves
⅛ tsp. cardamom

¼ cup warmed coconut milk (use full-fat Native Forest brand)
¾ cup hot water or hot brewed rooibos tea
4-6 drops of vanilla liquid stevia
pinch of sea salt (optional)

METHOD

Add all powders to an 8-ounce tea cup. Pour in your warmed coconut milk and whisk to blend, making sure to dissolve any clumps. Add liquid stevia. Pour hot tea or water over the top of the mixture. Carefully whisk, and enjoy.

Or use your high speed blender to mix the non-heated ingredients and then heat in a pan over the stove top.

TURMERIC TIP

Don't limit turmeric to just curries. It goes great with just about any food or drink. Add a pinch to vegetables, soups, dressings, marinades and teas. When possible, pair it with black pepper to enhance the bioavailability of the curcumin in the turmeric.



WHAT IS A WHOLE FOOD?

To determine whether a food is whole or not, be conscious when making food choices. Before you put a bite in your mouth, before you heat it up, before you even decide to toss it in the grocery cart, take a moment to consider where the food came from. What was its life like before it presented itself to you for consumption. Foods that are in boxes can be mysterious. The life-journey of whole foods are easier to imagine. To determine whether a food is whole or not, consider these questions:

CAN I IMAGINE IT GROWING?

It is easy to picture a wheat field or an apple on a tree. It's tough to picture a field of marshmallows. There are no streams where one can scoop out a bucket of soda, and no trees where you can pick Cheerios.

HOW MANY INGREDIENTS DOES IT HAVE?

A whole food has only one ingredient—itsself. No label of ingredients is necessary on simple foods like avocados, salmon, wild rice.

WHAT'S BEEN DONE TO THE FOOD SINCE IT'S BEEN HARVESTED?

The less, the better. Many foods we eat no longer resemble anything found in nature. Stripped, refined, bleached, injected, hydrogenated, chemically treated, irradiated, and gassed, modern foods have literally had the life taken out of them. Read the list of ingredients on the label: if you can't pronounce something or can't imagine it growing, don't eat it. If it's not something that you could possibly make in your kitchen or grow in your garden, be wary. For example, you can make miso (with some effort!) from soybeans, but you can't make isolated soy protein.

IS THIS PRODUCT "PART" OF A FOOD OR THE "WHOLE" ENTITY?

Juice is only a part of a fruit. Oil is only a part of the olive. Low-fat milk is only a part of the milk. When you eat a lot of partial foods, your body in its natural wisdom will crave the parts it didn't get.

HOW LONG HAS THIS FOOD BEEN KNOWN TO NOURISH HUMAN BEINGS?

Sounds rough, but what about a criterion of a thousand years, or at least a couple of hundred. . .? Putting something on my toast or in my tea that the FDA approved last month warrants caution. Time and again, the rush to put a new drug, supplement, or food additive on the market has had questionable long-term effects. Most whole foods have been on the dinner table for centuries.

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Adapted by Andrea Nakayama from Feeding the Whole Family by Cynthia Lair



Green Smoothie Handouts

*Blend green smoothies by placing water rich fruits at bottom of blender to facilitate blending.

If you don't have a high-speed blender—don't worry —just chop up your veggies into smaller pieces. Smoothies keep for 2-3 days

Chef Wellington's Favorite Green Smoothie Juice *"you asked for it"!!!*

1-2 Servings

1/2 medium banana

1/2 cup pineapple

1/2 cup mixed super food baby kale leaves (mixed spinach, kale

1/2 cup spinach

1/2 cup avocado

1 large floret broccoli (2 inches approx inch round)

1/4 cup fermented coconut water

1/4 acai juice (optional)

1-2 tsp raw honey (optional)

1-2 dash stevia

2 tsp flax seed oil

1 fresh lemon juiced

1tsp spirulina optional (available at whole foods)

1 cup ice

Blend and altogether until smoothie can be stored together in mason jar for up to 2 days.

Thank you so much for choosing to add this power pack nutritious smoothie to your lifestyle

CHERRS!!! To Your Great Health!!!

