

DIABETES WITHOUT DRUGS

**THE 5-STEP PROGRAM TO CONTROL BLOOD SUGAR NATURALLY AND
PREVENT DIABETES COMPLICATIONS**

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BMI Chart

HEIGHT	WEIGHT (LB)													
5'0"	97	102	107	112	118	123	128	133	138	143	148	153	158	163
5'1"	100	106	111	116	122	127	132	137	143	148	153	158	164	169
5'2"	104	109	115	120	126	131	136	142	147	153	158	164	169	175
5'3"	107	113	118	124	130	135	141	146	152	158	163	169	175	180
5'4"	110	116	122	128	134	140	145	151	157	163	169	174	180	186
5'5"	114	120	126	132	138	144	150	156	162	168	174	180	186	192
5'6"	118	124	130	136	142	148	155	161	167	173	179	186	192	198
5'7"	121	127	134	140	146	153	159	166	172	178	185	191	198	204
5'8"	125	131	138	144	151	158	164	171	177	184	190	197	203	210
5'9"	128	135	142	149	155	162	169	176	182	189	196	203	209	216
5'10"	132	139	146	153	160	167	174	181	188	195	202	209	216	222
5'11"	136	143	150	157	165	172	179	186	193	200	208	215	222	229
6'0"	140	147	154	162	169	177	184	191	199	206	213	221	228	235
6'1"	144	151	159	166	174	182	189	197	204	212	219	227	235	242
6'2"	148	155	163	171	179	186	194	202	210	218	225	233	241	249
BMI	19	20	21	22	23	24	25	26	27	28	29	30	31	32

Blood Sugar Alert: Check Your Medicine Cabinet

Hundreds of medications and herbs can affect your blood sugar—either raising it and causing hyperglycemia, or lowering it and causing hypoglycemia. I’ve created a list for you so you can see whether you are taking a drug that can affect your blood sugar.

I’ve also posted a comprehensive list of more than 200 medications on my Web site (www.DearPharmacist.com) and I will update this list for you as it changes.

The following is a list of some of the most popular medications and their side effects on hyperglycemia or hypoglycemia. This list is not intended as medical advice (nor is any of my advice to you technically intended as “medical” advice). I am not suggesting that you stop any of your medications should you find one or more on the following list. Always talk to your nurse, doctor, and pharmacist to approve changes to your medication regimen.

Also note that some natural supplements can alter your blood sugar. You’ll find that list below as well.

MEDICATIONS THAT CAUSE HYPERGLYCEMIA

Abilify
Armour thyroid
Asthma medicine containing steroids or albuterol
Baclofen (Lioresal)
Candesartan and hydrochlorothiazide (Atacand HCT)
Carvedilol (Coreg)
Cold medicine containing pseudoephedrine (these sometimes end in D, such as Claritin D or Zyrtec-D, but read labels to find pseudoephedrine)
Estrogen-containing drugs (Premarin, Vagifem, Estring, birth control pills/patches) and hormone replacement drugs
Diuretics (water pills like furosemide or hydrochlorothiazide, also called HCTZ)
**Fluoxetine (Prozac, Sarafem)
HIV medications (Norvir, Invirase, Epivir)
Levothyroxine (Synthroid, Levoxyl)
Nadolol (Corgard)
Niacin (Vitamin B₃)
Modafinil (Provigil)
Pantoprazole (Protonix)
Risperidone (Risperdal)
Seizure medicine (Depakote, Phenytoin, and others)
Seroquel
Sotalol (Betapace)
Steroids such as prednisone (Sterapred) and methylprednisolone (Medrol)

MEDICATIONS THAT CAUSE HYPOGLYCEMIA

All medications used to treat diabetes
Alcohol
Aspirin
Beta-blockers for high blood pressure

Bisoprolol (Zebeta)
Clarithromycin (Biaxin)
Diltiazem (Cardizem)
**Fluoxetine (Prozac)
Insulin and other diabetic medications
Levofloxacin (Levaquin) and other antibiotics
Monoamine oxidase inhibitors for psychiatric problems
Metoprolol (Lopressor)
Morphine and other pain relievers
Nifedipine (Procardia)
Phenytoin (Dilantin, Phenytek, Epanutin)
Selegiline (Eldepryl)
Theophylline (Theo-Dur, Theo-24, Slo-bid, Uniphyll)
Verapamil (Calan, Isoptin)

NATURAL SUPPLEMENTS THAT INCREASE BLOOD SUGAR

Licorice root: People take it for stomach ulcers, sore throat, viral infections, and bronchitis.

Fish oils (only very high dosages): People take it for hypertension, atherosclerosis, depression, and constipation.

Glucosamine: People take it for arthritis and chronic venous insufficiency (varicose veins, leg swelling).

***Can cause both hyper- and hypoglycemia*

Medication names

INSULIN TYPES			
TYPE	ONSET	PEAK	DURATION
Rapid-Apidra, Humalog, Novolog	<15 min	60–120 min	4–5 hours
Regular U-100, and U-500	30–45 min	2–4 hours	6–8 hours
NPH	1–2 hr	6–8 hours	18–26 hours
Levimir	1–2 hr	Nearly done	18–26 hours (dose related)
Lantus	1–2 hr	Nearly done	22–26 hours

Source: US Food and Drug Administration

SUGGESTED BLOOD GLUCOSE LEVELS	
Fasting blood glucose	70–100 milligrams per deciliter (or less than 5.5 millimoles per liter)
2 hours after eating (postprandial)	70–145 mg/dl (or less than 7.9 mmol/L)
Random (casual)	70–125 mg/dl (or less than 7.0 mmol/L)

Triglyceride Target Ranges Based on Age

Age in Years	Target Triglyceride Range
10–29 years	53–104 mg/dl
30–39 years	55–115 mg/dl
40–49 years	66–139 mg/dl
50–59 years	75–163 mg/dl
60–69 years	78–158 mg/dl
70 years	83–141 mg/dl

DRUG MUGGERS THAT STEAL POTASSIUM

These medications may lower your potassium levels, putting you at higher risk for a dangerous condition known as ketoacidosis. Read page 110 in Chapter 6 to learn how you can avoid this diabetic complication.

Albuterol (Ventolin, Proventil)	Hydrochlorothiazide
Acetazolamide (Diamox)	Hydrochlorothiazide and triamterene (Dyazide, Maxzide)
Alcohol	Levodopa/carbidopa (Sinemet)
Amoxicillin, ampicillin, dicloxacillin, and other antibiotics	Nifedipine (Procardia)
Aspirin	Steroids
Butalbital/aspirin compound (Fiorinal)	Stimulant laxatives
Caffeine	Tacrolimus (Prograf)
Docusate/casanthranol (Peri-Colace)	Telmisartan and hydrochlorothiazide (Micardis HCT)
Enalapril and hydrochlorothiazide (Vaseretic)	Verapamil (Calan, Verelan)
Furosemide (Lasix)	Valsartan (Diovan)

It's also possible that natural diuretics can cause a shift in potassium even though they are far weaker than medications. But do be aware that certain herbal diuretics may also affect your electrolytes if you are very susceptible. (Electrolytes are minerals that your body uses to keep fluids in balance. This balance can affect your heart rhythm, muscle contraction, and brain function.) Herbs that are cause for concern include uva ursi, dandelion, stinging nettle, cedar berry, licorice root, mullein leaf, and goldenseal.

DRUG MUGGERS OF COQ10

The following drugs can affect the level of CoQ10 (and therefore ubiquinol) in your body. If these drugs cause a deficiency of CoQ10, then over time, it could hasten the development of other side effects. Deficiencies of CoQ10 have been linked to liver damage, muscle aches and pain, memory loss, and increased risk for cardiac arrhythmias, congestive heart failure, and even cancer (since CoQ10 is an antioxidant).

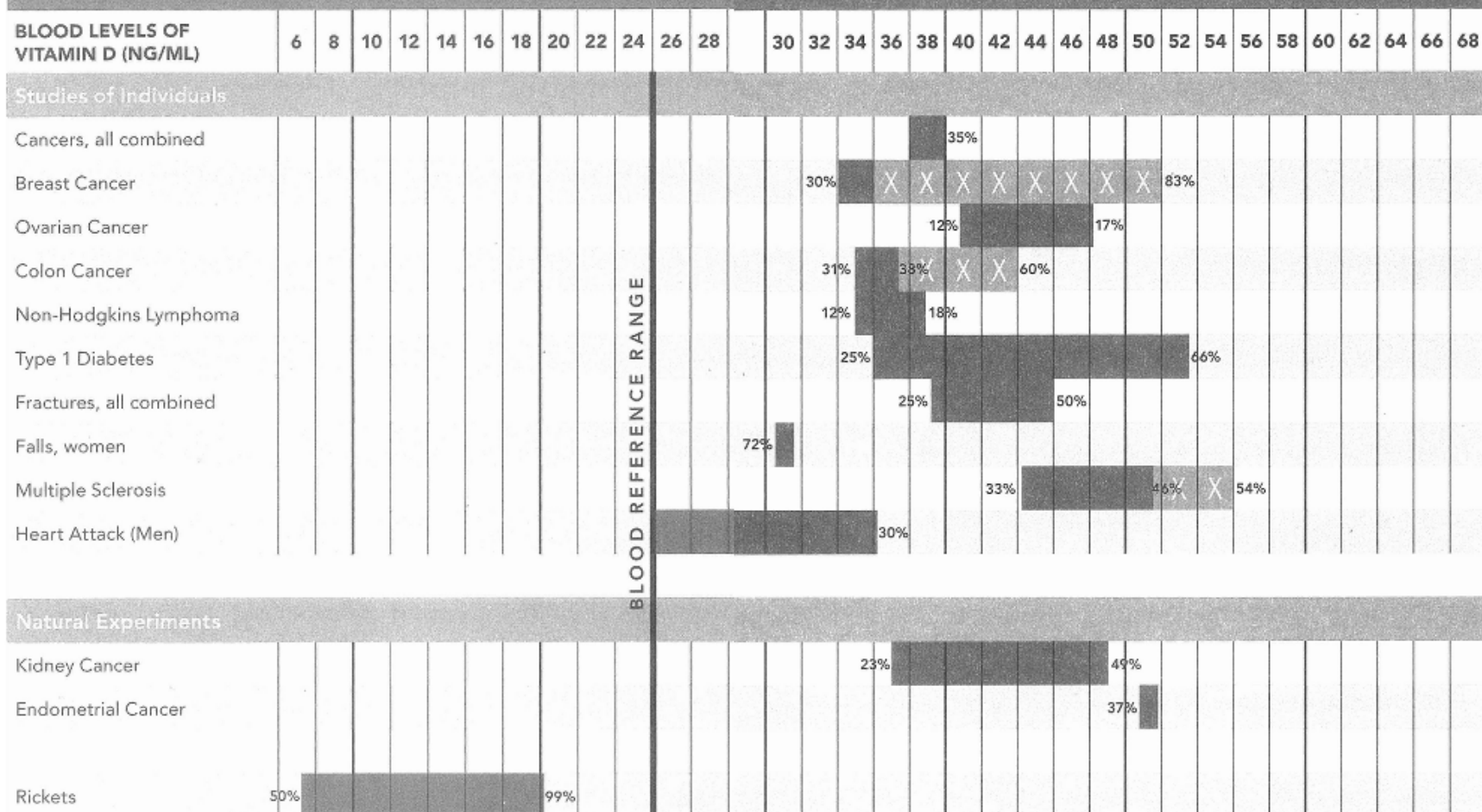
The big shocker is that statin cholesterol drugs have a well-documented effect of depleting stores of CoQ10 because they work on the same pathway. This explains why statins may cause some of those challenging side effects.

Replenishing the CoQ10 can help many people feel better. Knowledge is power. Check this admittedly long list see if your medication depletes CoQ10. If so, you should ask your doctor about taking supplements of this nutrient.

Acebutolol (Sectral, Prent)	Clonidine (Catapres)
Acetohexamide (Diamox)	Cyclothiazide (Anhydron)
Acetophenazine (Tindal)	Desipramine (Imipramine)
Alcohol	Doxepin (Sinequan)
Amiloride and hydrochlorothiazide (Moduretic)	Droperidol (Inapsine)
Amitriptyline (Elavil)	Enalapril and hydrochlorothiazide (Vaseretic)
Amoxapine (Ascendin)	Enoxacin (Penetrex)
Atenolol (Tenormin)	Esmolol (Brevibloc)
Atenolol and chlorthalidone (Tenoretic)	Fenofibrate (Tricor)
Atorvastatin (Lipitor)	Fluphenazine (Prolixin)
Benzthiazide (Exna)	Fluvastatin (Lescol)
Betaxolol (Betoptic eye drops, Kerlone)	Gemfibrozil (Lopid)
Bisoprolol (Zebeta)	Glimepiride (Amaryl)
Candesartan and hydrochlorothiazide (Atacand HCT)	Glipizide (Glucotrol, Glucotrol XL)
Carteolol (Ocupress eye drops)	Glyburide (Micronase, DiaBeta, Euglucon)
Carvedilol (Coreg)	Glyburide and metformin (Glucovance)
Chlorothiazide (Diuril)	Haloperidol (Haldol)
Chlorpromazine (Thorazine)	Hydralazine (Apresoline)
Chlorpropamide (Diabinese)	Hydralazine and hydrochlorothiazide (Apresozide)
Clomipramine (Anafranil)	Hydralazine, hydrochlorothiazide, and reserpine (Ser-Ap-Es)

Hydrochlorothiazide (Hydrodiuril)	Nadolol (Corgard)
Hydrochlorothiazide and reserpine (Hydropres, Hydroserpine)	Nortriptyline (Pamelor)
Hydrochlorothiazide and spironolactone (Aldactazide)	Perphenazine (Trilafon)
Hydrochlorothiazide and triamterene (Maxzide, Dyazide)	Pindolol (Visken)
Hydroflumethiazide (Diucardin, Saluron)	Polythiazide (Renese)
Imipramine (Tofranil)	Pravastatin (Pravachol, Apo-Pravastatin)
Indapamide (Lozol, Lozide, Apo-Indapamide)	Prazosin and polythiazide (Minozide)
Irbesartan and hydrochlorothiazide (Avalide)	Prochlorperazine (Compazine)
Labetalol (Normodyne, Trandate)	Promazine (Sparine)
Losartan and hydrochlorothiazide (Hyzaar)	Promethazine (Phenergan)
Lovastatin (Mevacor, Apo-Lovastatin, Anlostin, Aztatin, Belvas)	Propafenone (Trental)
Mesoridazine (Serentil)	Propranolol (Inderal)
Methdilazine (Bristaline, Dilosyn, Disyncram)	Propranolol and hydrochlorothiazide (Inderide)
Methotrimeprazine (Apo-Methoprazine, Novo-Meprazine; Nozinan)	Protriptyline (Vivactil, Triptil)
Methyclothiazide (Enduron, Aquatensen)	Quinethazone (Hydromox)
Methyldopa (Aldomet, Apo-Methyldopa)	Repaglinide (Prandin, GlucoNorm)
Methyldopa and hydrochlorothiazide (Aldoril, Apo-Methazide)	Simvastatin (Zocor, Apo-Simvastatin, Revastat, Simvacor, Lisac, Cardin)
Metolazone (Zaroxolyn, Mykrox)	Sotalol (Betapace, Alti-Sotalol)
Metoprolol (Lopressor, Toprol XL, Apo-Metoprolol, Betaloc, Durules, PMS-Metoprolol)	Telmisartan and hydrochlorothiazide (Micardis-HCT, Micardis Plus)
Moexipril and hydrochlorothiazide (Uniretic)	Thiethylperazine (Torecan)
	Thioridazine (Mellaril, Apo-Thioridazine)
	Timolol (Timoptic, Apo-Timol)
	Tolazamide (Tolinase)
	Tolbutamide (Apo-Tolbutamide, Diabetose)
	Trichlormethiazide (Metahydrin, Naqua)
	Trifluoperazine (Stelazine)
	Valsartan and hydrochlorothiazide (Diovan HCT)

DISEASE INCIDENCE PREVENTION LINKED TO VITAMIN D LEVELS



All percentages reference a common baseline of 25 ng/ml (nanograms per milliliter) as shown on the chart. Percentages reflect the disease prevention percentage at the beginning and ending of available data. For example: Breast cancer incidence is reduced by 30% when the Vitamin D blood level is 34 ng/ml versus the baseline of 25 ng/ml. This is an 83% reduction in incidence when the serum level is 50 ng/ml versus the baseline of 25 ng/ml. The Xs in the bars indicate "reasonable extrapolations" from the data but are beyond existing data.

Data prepared by Garland CF, Baggerly CA
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DRUG MUGGERS OF VITAMIN B₁₂

The following drugs can affect the level of vitamin B₁₂ in your body and therefore cause or contribute to painful neuropathies.

Acid blockers

Ranitidine (Zantac)
Cimetidine (Tagamet)
Nizatidine (Axid)
Famotidine (Pepcid and Pepcid Complete)
Omeprazole (Prilosec OTC)
Esomeprazole (Nexium)
Lansoprazole (Prevacid)
Pantoprazole (Protonix)
Rabeprazole (Aciphex)

Alcohol

Antibiotics—Just a few examples here; there are many:

Amoxicillin (Amoxil)
Azithromycin (Z-pak)
Cefaclor (Ceclor), cefdinir (Omnicef), cephalexin (Keflex)
Ciprofloxacin (Cipro), levofloxacin (Levaquin)
Clarithromycin (Biaxin), erythromycin (E.E.S.)
Doxycycline (Doryx), minocycline (Minocin)
Tetracycline (Sumycin)
Trimethoprim-sulfamethoxazole (Septra, Bactrim)

Cholestyramine resin
(Questran)

Colchicine

Colestipol (Colestid)

Dicloxacillin (Dynapen)

Estrogen-containing drugs

(hormone replacement therapy and birth control)

Conjugated estrogens (Premarin, Prempro)

Estradiol (Estrace, Climara, Estraderm, Estring, Activella, Femring, Combipatch, EstroGel, Menostar, and many others)

Ethinyl estradiol (found in many birth control pills)

Fibrate cholesterol medicine

Fenofibrate (TriCor)

Ezetimibe (Zetia)

Gemfibrozil (Lopid)

Clofibrate (Atromid S)

Levodopa/carbidopa (Sinemet)

Methotrexate (Rheumatrex, Trexall)

Methyldopa (Aldomet)

Norethindrone (Aygestin)

Phenobarbital

Phenytoin (Dilantin) (When supplementing for B₁₂ depletion caused by this particular anticonvulsant medication, space the supplement at least 2 hours away from the drug. In other words, don't take the medication and the supplement together.)

Potassium supplements and drugs
(Micro-K, Slow K)

(continued on next page)

DRUG MUGGERS OF VITAMIN B₁₂

Primidone (Mysoline)

Psychiatric drugs such as

chlorpromazine (Thorazine),

thioridazine (Mellaril),

fluphenazine (Prolixin),

haloperidol (Haldol)

Stavudine (Zerit)

Trimethoprim-sulfamethoxazole

(Septra or Bactrim)

Zidovudine (AZT, Retrovir)

MOTHER NATURE'S FIRST-AID KIT

If you have diabetes, you will benefit from having a few items in your first-aid kit. I've made a list of natural and conventional treatments in case you have a cut and want to treat it before it becomes a complication. Here's what you need to have:

CONVENTIONAL	NATURAL ALTERNATIVE
Hydrogen peroxide	Normal saline
Antifungal cream (Lotrisone, Tinactin, Micatin)	Grapefruit seed oil
Antimicrobial ointment (Neosporin, bacitracin)	Tea tree or tamanu oil
Hydrocortisone steroid cream (for itching/redness)	Florasone (natural nonsteroid)
Eucerin, Aquaphor	Aloe vera or shea butter
Anti-itch creams	Lavender essential oil
Mederma (prevent scarring)	Fresh <i>Aloe vera</i> (from the plant)
Metal foot scraper	Pumice stone
Antibacterial soap	Geranium soap

DRUG MUGGERS OF VITAMIN D

Acid blockers

Ranitidine (Zantac)
Cimetidine (Tagamet)
Nizatidine (Axiid)
Famotidine (Pepcid and
Pepcid Complete)
Omeprazole (Prilosec OTC)
Esomeprazole (Nexium)
Pantoprazole (Protonix)
Rabeprazole (Aciphex)

Antacids (Maalox, Amphogel, Gaviscon)

Anticonvulsants (phenytoin, phenobarbital, primidone, ethosuximide, carbamazepine, gabapentin, valproic acid and possibly pregabalin [Lyrica])

Budesonide (Rhinocort)

Butalbital-containing drugs (Fiorinal, Fioricet)

Calcium-channel blockers (verapamil [Calan, Isoptin], amlodipine [Norvasc], nifedipine [Procardia, Adalat], diltiazem [Cardizem], felodipine [Plendil])

Cholestyramine (Questran)

Colestipol (Colestid)

Flunisolide (Nasarel, Nasalide)

Fluticasone (Flonase)

Ketoconazole

Isoniazid

Laxatives that contain magnesium, such as magnesium citrate or milk of magnesia

Mineral oil

Olestra (fat substitute often used in “light” potato chips)

Orlistat (Alli, Xenical)

Over-the-counter diet aids and fat blockers (e.g., kidney bean extract or starch neutralizer)

Raloxifene (Evista)

Rifampin (Rifadin)

Steroids (dexamethasone, hydrocortisone, fluticasone, methylprednisolone, prednisone)

Stimulant laxatives

Valproic acid (Depakote, Depakene)

Statin cholesterol drugs

POTENTIAL MINERAL LOSS IN FOOD PROCESSING

WHEAT MILLING		REFINING SUGAR CANE	
MINERAL	LOSS	MINERAL	LOSS
Manganese	88%	Magnesium	99%
Chromium	87%	Zinc	98%
Magnesium	80%	Chromium	93%
Sodium	78%	Manganese	93%
Potassium	77%	Cobalt	88%
Iron	76%	Copper	83%
Zinc	72%		
Phosphorus	71%		
Copper	63%		
Calcium	60%		
Molybdenum	60%		
Cobalt	50%		

Data in this table has been compiled from information found in Henry Schroeder, MD, *The Trace Elements and Man*.

MSG ALIASES

Trying your darnedest to avoid monosodium glutamate (MSG)? If you think that scrutinizing labels for monosodium glutamate or MSG is enough, you'd be mistaken. Manufacturers know that many people won't buy foods that contain MSG, so they've come up with all kinds of ways to disguise the presence of this chemical. Here's what to look for:

Autolyzed yeast	Monosodium glutamate
Calcium caseinate	Sodium caseinate
Gelatin	Textured protein
Glutamate	Yeast extract
Glutamic acid	Yeast food
Hydrolyzed protein	Yeast nutrient
Monopotassium glutamate	

If you see any of these ingredients, be aware that they often contain some MSG or else create MSG as the food item is processed:

Flavors and flavorings	Broth
Seasonings	Malt extract or flavoring
Natural flavors and flavorings	Barley malt
Natural pork flavoring	Whey protein
Natural beef flavoring	Carrageenan
Natural chicken flavoring	Maltodextrin
Soy sauce	Cornstarch
Soy protein	Citric acid
Bouillon	Powdered milk
Stock	Anything ultrapasteurized

SUBSTITUTIONS

I recommend against using wheat flour because of the gluten. So here is a list of some substitutions that might work if you want to thicken sauce or gravy. One tablespoon of wheat flour could be substituted with:

- 1½ teaspoons cornstarch
- 1½ teaspoons potato starch
- 5 teaspoons rice flour
- 5 teaspoons arrowroot starch
- 2 teaspoons tapioca starch
- 1 tablespoon sorghum flour

Substitution for Egg

In some biscuits and cookie recipes you may be able to leave out the eggs altogether. Try this handy substitution; it usually works well for me:

To replace 1 egg, blend 2 tablespoons of cornstarch with ¼ cup of water.

Note: This works only in some recipes. You'll have to experiment.

Recipes to Save Your Life and Limbs

BEVERAGES

YERBA MATÉ LATTE

Yerba maté contains natural compounds that sustain energy, increase alertness, and combat dangerous free radicals. The saponins in yerba maté boost immune function. Yerba maté also appears to help you lose weight by speeding up the way you burn fat. You can drink yerba maté plain, or you can dress it up a little in this almond-flavored latte.

- 1 yerba maté tea bag
- $\frac{1}{8}$ teaspoon almond extract
- 1 tablespoon hemp or almond milk

Steep the tea bag in hot water following directions on the package. Add almond extract and milk. You can froth the milk if you like it that way.

Makes 1 serving

PER SERVING: 10 calories, 0 g protein, 1 g carbohydrates, 0.2 g total fat, 0 g saturated fat, 0.1 g fiber, 8 mg sodium

HOMEMADE ALMOND MILK

You can buy commercial brands at the store, but the homemade kind is delicious. Almonds contain lots of calcium, vitamin E, and magnesium, plus they are dairy-free. One ounce of almonds contains about as much calcium as $\frac{1}{4}$ cup of dairy milk.

- 2 cups organic raw unblanched almonds
- $3\frac{1}{2}$ cups filtered water
- $\frac{1}{2}$ teaspoon vanilla or almond extract
- 1 or 2 teaspoons agave syrup or organic honey, to taste
- Pinch of sea salt

In a medium bowl, soak the almonds in water to cover for about 6 hours. Drain and rinse. Put the almonds in a Vita-Mix blender or BlendTec with the filtered water. Add the vanilla or almond extract, agave syrup, and salt, and grind on high for a minute. Pour the mixture into a cheesecloth bag and squeeze it over a bowl or pitcher. It keeps for about a day or two in the refrigerator. You also have the option of peeling the almonds (after you soak them for 6 hours). The skin will slide right off. The advantage to peeling the almonds before blending them is that the milk produced will stay fresher for longer (3 to 5 days).

Makes $4\frac{1}{2}$ cups

PER $\frac{1}{2}$ CUP: 24 calories, 1 g protein, 2 g carbohydrates, 1.5 g total fat, 0 g saturated fat, 0.5 g fiber, 93 mg sodium

ALMOND-PAPAYA SMOOTHIE

The papaya puree in this recipe offers your body vitamin C, folate, and potassium. The green tea drink mix used in this smoothie contains barley and wheatgrass, making it a delicious superfood. Talk about a jump-start to cleaning up cells and nourishing your body.

- 1½ cups almond milk
- ½ cup coconut water or filtered water
- ½ cup papaya puree (we use Dynamic Health brand)
- 2 tablespoons aloe vera juice
- 1 teaspoon agave syrup (optional)
- 1 scoop protein powder (we use NanoPro French Vanilla)
- 1 tablespoon Kyo-Green Green Tea powdered drink mix
- 2 cups ice cubes

Combine the ingredients in a blender and blend on high for 30 seconds.

Makes 1 serving

PER SERVING: 259 calories, 21 g protein, 29 g carbohydrates, 6.6 g total fat, 1.3 g saturated fat, 4.9 g fiber, 450 mg sodium

MATCHA MINT SMOOTHIE

Matcha tea contains antioxidants that sweep away free radicals. One cup of matcha tea contains the antioxidant equivalent of 8 to 10 cups of regular green tea.

- 1½ cups almond milk
- 1 tablespoon matcha green tea powder
- Fresh mint leaves (6 to 8)
- 2 cups ice cubes
- 1 tablespoon honey, or to taste

Place all ingredients in a blender and blend on high for 30 seconds.

PER SERVING: 140 calories, 3 g protein, 23 g carbohydrates, 4.8 g total fat, 0 g saturated fat, 2.3 g fiber, 276 mg sodium

EVERYTHING-BUT-THE-KITCHEN-SINK SMOOTHIE

This makes a very sweet and filling smoothie. It's perfect for breakfast or a midday snack. If you don't have blueberries, use raspberries or blackberries. The point of this smoothie is that you are getting nutrition in a cup. It's fresh and packed with life-sustaining nutrients, including from the cacao powder, which is pure ground cacao beans, not commercial cocoa powder.

- 1 banana
- 1 cup blueberries (I keep mine frozen)
- 1 cup coconut water or filtered water
- 1 tablespoon ground flaxseeds
- 1 tablespoon hulled hemp seeds
- 1 tablespoon Kyo-Green Green Tea powdered drink mix
- 1 tablespoon vanilla whey protein powder
- 1 teaspoon cacao powder
- ½ teaspoon ground cinnamon
- 2 cups ice cubes

Combine the ingredients in a blender and blend on high for 30 seconds.

Makes 1 serving

PER SERVING: 405 calories, 20 g protein, 68 g carbohydrates, 8.8 g total fat, 1.5 g saturated fat, 12 g fiber, 280 mg sodium

THANKSGIVING SMOOTHIE

Cinnamon is thought to help regulate blood sugar. The sweet potato contains a lot of nutrients, including beta-carotene, which protects your vision and your skin. (I'm thinking especially about the skin on your feet.) Sweet potato also contains a lot of vitamin C, which helps squash free radicals. Flaxseeds are a source of healthful essential fatty acids, and they're also a great way to suppress the formation of bad estrogen in your body.

- 1 medium sweet potato, baked and peeled
- 1 cup almond milk
- 2 teaspoons ground flaxseeds
- ½ cup plain So Delicious coconut yogurt (optional)
- 2 cups ice cubes
- 1 teaspoon ground cinnamon
- ½ teaspoon vanilla extract
- 1 teaspoon agave syrup
- Pinch of nutmeg

Combine the ingredients in a blender and blend on high for 30 seconds.

Makes 1 serving

PER SERVING: 282 calories, 5 g protein, 45 g carbohydrates, 9.4 g total fat, 4.1 g saturated fat, 9.5 g fiber, 228 mg sodium

CHOCOLATE-MINT SMOOTHIE

This smoothie has amazing flavor and is packed with impressive antioxidants and phytochemicals. The ground cacao contains compounds that enhance physical and mental well-being. It also has magnesium, lysine, and neurotransmitters, such as dopamine and anandamide. The spearmint soothes the gastrointestinal tract. The aloe vera juice is the other star in this recipe. It contains over 100 health-promoting chemicals.

- 1 cup almond milk
- 2 teaspoons ground flaxseeds
- 1 tablespoon aloe vera juice
- 1 container (6 ounces) So Delicious coconut yogurt
- 1 tablespoon cacao powder
- ½ teaspoon vanilla extract
- 2 teaspoons agave syrup
- 8 to 10 fresh mint leaves
- 2 cups ice cubes

Combine the ingredients in a blender and blend on high for 30 seconds.

Makes 1 serving

PER SERVING: 222 calories, 3 g protein, 33 g carbohydrates, 9 g total fat, 6 g saturated fat, 5.4 g fiber, 14 mg sodium

GINGER-MINT MATCHA TEA

Ginger is a powerful anti-inflammatory and antimicrobial. It can reduce pain in the joints and soothe some of your digestive woes. It works best when grated fresh (don't use powdered ginger in this recipe). Ginger also may freshen your breath and fight candida. Matcha tea is one of the strongest natural antioxidants on the planet. It's 8 to 10 times stronger than plain green tea in the antioxidant department.

- 2 tablespoons grated fresh ginger
- ½ bunch fresh mint (about 1 cup)
- 1 teaspoon matcha green tea powder
- 1 teaspoon agave syrup

In a small saucepan, combine the ginger in 2 cups water and heat to boiling. Simmer gently for about 10 minutes. Take off the heat and add the mint leaves and matcha powder. Let steep for about 5 minutes. When you serve the tea, put it through a handheld filter so that you only get liquid. Sweeten with agave syrup. (You may sweeten with natural raw honey or stevia if you prefer.)

Makes 1 serving

PER SERVING: 49 calories, 1 g protein, 11 g carbohydrates, 0.4 g total fat, 0.1 g saturated fat, 0 g fiber, 10 mg sodium

SUPER GREEN PROTEIN SMOOTHIE

The whey provides a source of protein and also provides a source of amino acids that improve mood. The green powder skyrockets the amount of antioxidant protection you get. The coconut yogurt adds a nice texture without having to add more milk.

- 1 container (6 ounces) So Delicious plain or flavored coconut yogurt
- $\frac{1}{2}$ cup coconut water or filtered water
- 1 teaspoon Kyo-Green green powdered drink mix
- 1 scoop vanilla whey protein powder
- 1 cup ice cubes

Combine the ingredients in a blender and blend on high for 30 seconds.

Makes 1 serving

PER SERVING: 263 calories, 19 g protein, 27 g carbohydrates, 8.7 g total fat, 7.2 g saturated fat, 4.3 g fiber, 176 mg sodium

SUZY'S NATURAL SODA

This soda can break you of the traditional store-bought soda habit. Pomegranate is known for its heart-health benefits. It is loaded with antioxidants, and preliminary studies show it can improve bloodflow to the heart and to the reproductive organs. (Seriously, pomegranate helps improve erectile dysfunction over time by improving prostate function.)

- 1 cup plain seltzer
- $\frac{1}{4}$ cup POM pomegranate juice

Mix together and serve over ice.

Variations: If you don't like the flavor of pomegranate juice, make this with grape juice (100% juice, not the sweetened kind). Or for "root beer," mix the seltzer with root beer-flavored liquid stevia. It tastes just like root beer, for real! Experiment. You can't mess this up.

Makes 1 serving

PER SERVING: 35 calories, 0 g protein, 9 g carbohydrates, 0 g total fat, 0 g saturated fat, 0 g fiber, 8 mg sodium

SOUPS

VEGETABLE BROTH

When one of my soup recipes calls for water, you can easily substitute this vegetable broth if you want added health benefits. It's also great for cooking brown rice. It will keep in the freezer nicely for 3 months.

- 2 celery ribs
- 2 onions
- 2 carrots, sliced
- 2 tomatoes
- 1 leek (white and green parts), well washed
- 1 zucchini or yellow summer squash
- 3 garlic cloves
- 6 cups water
- 1 bunch parsley
- 1 or 2 teaspoons Celtic or French grey sea salt

In a large saucepan, combine the celery, onions, carrots, tomatoes, leek, zucchini or squash, garlic, and water. Bring to a boil and cook until the vegetables are tender but the colors are still bright and vivid, about 10 minutes. Add the parsley and sea salt to taste. Cover for 5 minutes. Strain the broth and discard the solids. Refrigerate or freeze.

Makes 6 cups

PER CUP: 20 calories, 0 g protein, 3 g carbohydrates, 0 g total fat, 0 g saturated fat, 0 g fiber, 140 mg sodium

WATERCRESS SOUP

Watercress protects the kidneys and contains a lot of healthful phytochemicals, including carotenes. Fresh onions and garlic are known for their immune-enhancing benefits. You can also make this soup with broccoli instead of watercress.

- 2 teaspoons flaxseed oil
- 2 or 3 turnips, peeled and chopped
- 1 large zucchini, cut into chunks
- 1 leek (white and green parts), well washed and cut into chunks
- 1 small onion, cut into chunks
- 2 garlic cloves, chopped
- 4 cups water or vegetable broth
- 1 bunch (or 7-ounce bag) watercress
- ½ bunch parsley
- Sea salt

In a medium saucepan, warm the flaxseed oil over medium heat. Add the turnips, zucchini, leek, onion, and garlic. Cook, stirring, until they soften slightly. Add the water and simmer for 15 minutes.

Stir in the watercress and parsley, and remove from the heat. Uncover and let cool for about 10 minutes. Pour into a blender and blend on high for 2 minutes. Add more water if you want a thinner soup. Season to taste with sea salt. Serve hot.

Makes 4 servings

PER SERVING: 88 calories, 4 g protein, 15 g carbohydrates, 2.8 g total fat, 0.3 g saturated fat, 3.7 g fiber, 384 mg sodium

PUMPKIN AND MACADAMIA NUT SOUP

This soup has an interesting, delicious, warming taste. In this recipe I used butternut squash, which—just like pumpkin—has potassium, calcium, folate, and loads of beta-carotene. The pumpkin seed oil I use is 100 percent pure, made by Bija Culinary Oils. It has a green color to it because of the high chlorophyll content (in Chapter 12 you'll find that greens and chlorophyll are powerful detoxifiers in the body). The oil is expensive, but I feel it is worth it. Macadamia nuts add fiber and are an excellent source of protein, monounsaturated fats, omega-6 fatty acids, thiamine, and potassium.

- 1 medium (2 pounds) butternut squash, cooked and scooped out
- 1 cup peeled and diced apples (Granny Smith)
- 1 onion, quartered
- 1 celery rib, chopped
- 3 small garlic cloves
- 2 teaspoons grated fresh ginger
- $\frac{1}{2}$ teaspoon ground cardamom
- $\frac{1}{2}$ teaspoon ground turmeric
- $2\frac{1}{2}$ cups water
- $\frac{3}{4}$ cup macadamia nuts ($3\frac{1}{2}$ ounces), coarsely chopped
- 2 tablespoons pumpkin seed oil

In a large saucepan, combine the squash, apples, onion, celery, garlic, ginger, cardamom, turmeric, and water. Bring to a simmer and cook until squash is tender, about 15 minutes. Transfer the mixture to a blender. Add the macadamias and pumpkin seed oil. Blend on high for a minute or two.

Makes 4 servings

PER SERVING: 352 calories, 4 g protein, 32 g carbohydrates, 26 g total fat, 4.6 g saturated fat, 9.1 g fiber, 19 mg sodium

Makes 6 servings

PER SERVING: 235 calories, 3 g protein, 21 g carbohydrates, 18 g total fat, 3.1 g saturated fat, 6.1 g fiber, 13 mg sodium

SPINACH SOUP

As children, we all loved Popeye and his impressive transformation from eating spinach. There's a reason for this. The leafy green vegetable is an incredible source of beta-carotene, as well as vitamin C, calcium, and phosphorus. By combining spinach with garlic, onions, and zucchini, you get a soup that contains strong antioxidants, phytochemicals, and anticancer nutrients. The key with this soup (and all of them) is to make sure the greens are put in last, and that they are only just heated through. Don't let them turn an olive color or get wilted.

- 1 tablespoon grape seed oil
- 2 small turnips, peeled and chopped
- 1 large onion, chopped
- 1 large zucchini, cubed
- 3 garlic cloves, chopped
- 1 tablespoon wheat-free tamari
- ½ teaspoon ground nutmeg
- 4 cups water
- 1 bunch (or 10-ounce bag) spinach

In a medium saucepan, warm the oil over medium heat. Add the turnips, onion, zucchini, garlic, tamari, and salt. Cook until the vegetables begin to soften. Add the water and simmer for 15 minutes. Stir in the spinach and remove from the heat. Uncover and let cool for about 10 minutes. Transfer to a blender and blend on high for 2 minutes. Add more water if you want a thinner soup. Adjust seasoning to taste. Serve hot.

This is a great soup to make in the high-speed blender as you can save nutrients by increasing the blend time and eliminating the heating in saucepan step.

Makes 4 servings

PER SERVING: 90 calories, 4 g protein, 12 g carbohydrates, 4 g total fat, 0.5 g saturated fat, 3.8 g fiber, 338 mg sodium

SEAFOOD AND MEAT

Even though I don't recommend that you eat a lot of meat (or any for that matter), I realize that there's a good chance that you do indulge. I respect your choice, and I have included some delicious recipes that include meat. I have tried all these at home and they are virtually foolproof. The key is in the almond flour. It has a thicker texture, and it adds a hearty flavor to anything you put it on. If you are a meat eater, I'd stick primarily to fish as much as you can, preferably wild caught, from cold oceans. These include salmon, Arctic char, cod, mackerel, tuna, and haddock. If you are going to enjoy some beef, I'd prefer that it be grass fed (as opposed to grain fed) and that it be designated as free range.

ALMOND CHICKEN

The turmeric and rosemary are the stars in this recipe. When you put these anti-inflammatory and anticancer spices into the breading mixture for the chicken, it loads the dish with good nutrients—especially when you compare it to typical store-bought fried chicken. The ground flaxseed won't be detectable to your taste buds, but it adds fiber and essential fatty acids to your plate (and you can add any other herbs or spices you like). This recipe passes any kid's fuss factor too.

- 1 sprig fresh rosemary
- 1 cup almond flour
- ½ cup chopped parsley
- 1 tablespoon ground flaxseeds
- 1 teaspoon salt
- 1 teaspoon ground turmeric
- 8 bone-in chicken thighs or 4 bone-in breast halves, skin removed

Preheat the oven to 350°F.

Strip the leaves from the rosemary sprig and coarsely chop. In a shallow bowl or pie plate, combine the rosemary, almond flour, parsley, ground flaxseeds, salt, and turmeric. Rinse the chicken and dip it into the breading. Place it in a glass baking dish (or stone baking dish) and bake for 20 to 30 minutes, or until cooked through but still juicy.

Makes 4 servings

PER SERVING: 386 calories, 33 g protein, 7 g carbohydrates, 26 g total fat, 4.2 g saturated fat, 3.6 g fiber, 397 mg sodium

BREADED ORANGE ROUGHY

Orange roughy has a mild flavor and a texture that is similar to (but softer than) lobster. It will take on the taste of any seasoning you put on it. I use hemp seeds in this recipe to pull in an extraordinary amount of healthy essential fatty acids—omega-3s, omega-6s, and gamma linolenic acid. The fish can be baked, or you can pan-fry it lightly in unrefined grape seed oil or ghee. If you'd like, make this with 1 teaspoon fresh thyme instead of dill.

- 2 cups almond flour
- ½ cup chopped parsley
- 2 tablespoons chopped fresh dill
- 1 tablespoon hulled hemp seeds
- 1 tablespoon ground flaxseeds
- 1 garlic clove, crushed
- 1 teaspoon salt
- ½ teaspoon grated lemon zest
- 4 large orange roughy fillets (about 6 ounces each)
- Lemon, lime, or orange slices (or mix them up to make it pretty)
- Grape seed oil, for the baking dish

Preheat the oven to 325°F. Grease a baking dish with grape seed oil.

In a shallow bowl or pie plate, combine the almond flour, parsley, dill, hemp seeds, ground flaxseeds, garlic, salt, and lemon zest. Wash the fish but don't dry it. Dip the moist fish into the breading to coat it and lay it in the baking dish. Put the citrus slices on top of the fish and bake for 25 to 30 minutes, or until the fish is cooked through but still moist.

Makes 4 servings

PER SERVING: 324 calories, 35 g protein, 7 g carbohydrates, 18 g total fat, 1.3 g saturated fat, 3.6 g fiber, 428 mg sodium

QUINOA PASTA WITH SCALLOPS AND ARTICHOKES

I use angel hair quinoa pasta in this recipe. But you can try spaghetti squash, rice pasta, or glass noodles, if you prefer. I cook the scallops along with the vegetables, but if you want them browned, broil them separately.

- 8 ounces angel hair quinoa pasta
- 2 tablespoons olive oil or grape seed oil
- 12 large sea scallops
- 1 bag (9 ounces) frozen artichoke hearts, thawed and drained (dry them as much as possible before cooking)
- 1 large zucchini or Japanese eggplant, peeled and chopped
- 2 shallots or 1 medium onion, chopped
- $\frac{1}{2}$ leek (green and white parts), washed and chopped
- $\frac{1}{4}$ cup chopped red bell pepper or $\frac{1}{4}$ cup sun-dried tomatoes
- 1 or 2 garlic cloves, minced
- 12 grape or cherry tomatoes, halved
- Himalayan sea salt or Herbamare
- Pepper (optional)
- Handful parsley and basil leaves, chopped

Cook pasta according to package directions.

In a large skillet, heat the oil over medium heat. Add the scallops, artichokes, zucchini, shallots, leek, bell pepper or sun-dried tomatoes, and garlic. Cook until scallops are opaque throughout (turning them as they cook), about 10 minutes. Add grape or cherry tomatoes for the last 2 minutes. Season with salt and pepper to taste. Serve over the hot pasta, sprinkled with parsley and basil.

Makes 4 servings

PER SERVING: 359 calories, 16 g protein, 52 g carbohydrates, 10 g total fat, 1 g saturated fat, 8.5 g fiber, 278 mg sodium

LAMB CUTLETS

- 1 tablespoon avocado oil
- 6 lamb cutlets (about 3 ounces each), preferably grass fed and free range
- 1 teaspoon sea salt (I use flavored Fusion's Spanish Rosemary)
- Chopped fresh mint leaves
- Lime wedges

In a large skillet, in batches if necessary, heat the oil over medium-low heat. Season the lamb with the salt. Add to the pan and cook for about 5 minutes on each side for medium. Serve garnished with fresh mint and a squeeze of lime.

Makes 6 servings

PER SERVING: 262 calories, 21 g protein, 0 g carbohydrates, 19 g total fat, 7.3 g saturated fat, 0 g fiber, 445 mg sodium

RICE PAPER WRAPS

This is more of a general guideline than an actual recipe. Serve it with the sauce that follows. If you're vegan, leave out the shrimp.

Glass noodles

Chives

Avocado, sliced thin

Zucchini, peeled and sliced

Carrots, shredded

Bean sprouts (optional)

Cooked shrimp (optional)

Rice paper wraps

Cook the glass noodles according to package directions. Prepare the veggies and shrimp. Place room-temperature water in a shallow bowl or pan. Submerge a rice paper wrapper in the water until it is pliable. Spread the softened rice paper on a work surface and add fillings to taste and in any ratio.

DIPPING SAUCE FOR RICE PAPER WRAPS

- ¼ cup red wine vinegar
- ¼ cup wheat-free tamari
- 2 teaspoons honey
- 1 tablespoon sesame oil
- 1 scallion, thinly sliced
- 1 teaspoon fresh lime or lemon juice
- 2 teaspoons grated fresh ginger
- Dash of cayenne pepper

Whisk all these ingredients together in a small bowl. Let chill in the fridge while you are preparing the wraps.

Makes $\frac{2}{3}$ cup

PER TABLESPOON: 22 calories, 1 g protein, 2 g carbohydrates, 1.4 g total fat, 0.2 g saturated fat, 0.1 g fiber, 403 mg sodium

BURGERS NOT MADE WITH MEAT

You can cook the patties in a skillet in some grape seed oil, or you can bake them. These will freeze well too.

- 1 can (15.5 ounces) red kidney beans, drained and rinsed
- 1 cup hulled sunflower or pumpkin seeds
- ½ cup grated carrot
- ¼ cup chopped onion
- ¼ cup chopped leek
- 1 tablespoon minced parsley
- 1 tablespoon minced fresh basil
- A few leaves of fresh rosemary (thin little leaves, not sprigs; it's strong!)
- Celtic or French grey sea salt
- 4 eggs

Combine the beans, seeds, carrot, onion, leek, parsley, basil, rosemary, salt to taste, and eggs in a blender or food processor. Process until ground. Form into patties.

Makes 4 servings

PER SERVING: 338 calories, 19 g protein, 25 g carbohydrates, 20 g total fat, 3.1 g saturated fat, 10 g fiber, 227 mg sodium

CRAB CAKES

These are great served with my Rainbow Salad.

- 1 container (8 ounces) crabmeat (I prefer claw meat)
- 1 celery rib, thinly sliced
- ¼ cup minced red or green bell pepper
- ¼ cup chopped onion
- ¼ cup hulled hemp seeds
- 2 tablespoons minced parsley
- 1 tablespoon ground flaxseeds
- 2 tablespoons mayonnaise
- 1 teaspoon Dijon mustard
- ½ teaspoon Worcestershire sauce
- ½ teaspoon salt
- ¼ teaspoon cayenne pepper
- ½ cup almond flour
- 1 tablespoon grape seed oil

In a medium bowl, combine crabmeat, celery, bell pepper, onion, hemp seed, parsley, ground flaxseeds, mayonnaise, mustard, Worcestershire, salt, and cayenne. Mash together and form into crab cakes about 3 inches in diameter. Dip the cakes into the almond flour, coating them well.

In a skillet, heat a small amount of oil over medium heat. Add and cook until browned on both sides.

Makes 4 servings

PER SERVING: 289 calories, 19 g protein, 8 g carbohydrates, 21 g total fat, 1.9 g saturated fat, 2.6 g fiber, 595 mg sodium

TURKEY AVOCADO BOATS

Here's something new to do with leftover turkey. Serve it with a fresh salad or warm onion rolls. If you are vegetarian, substitute the turkey with warm brown rice and leave the mayo out.

- 1 cup chopped cooked turkey meat (dark and light)
- $\frac{1}{2}$ cup chopped red onion (optional)
- $\frac{1}{4}$ cup mayonnaise (no substitute mayos; they're worse than genuine mayonnaise)
- 1 tablespoon dried cranberries
- $\frac{1}{2}$ teaspoon salt (I use Fusion's Ginger Salt)
- 1 avocado, halved and pitted (but not peeled)

In a medium bowl, combine the turkey, onion, mayonnaise, cranberries, and salt. Mound the turkey mixture in the avocado halves.

Makes 2 servings

PER SERVING: 435 calories, 22 g protein, 9 g carbohydrates, 35 g total fat, 5.2 g saturated fat, 4.8 g fiber, 812 mg sodium

SALADS & SIDE DISHES

ZUCCHINI "PIZZA"

Be sure to use a brand of pasta sauce that does not have any high-fructose corn syrup in it.

- 2 large zucchinis, peeled and cut crosswise into ¼-inch-thick rounds
- 1 cup bottled marinara sauce
- ½ cup grated cheese (Parmesan, mozzarella, Asiago, or goat cheese)
- 2 teaspoons chopped fresh oregano
- ½ cup chopped flat-leaf parsley

Preheat the oven to 350°F. Spread the zucchini on a baking sheet and bake for 20 to 30 minutes, or until somewhat dry. Remove from the oven and put a spoonful of marinara sauce on each slice. Sprinkle with some cheese, oregano, and flat-leaf parsley. Return to the oven and bake for 5 more minutes to melt the cheese.

Makes 4 servings

PER SERVING: 97 calories, 7 g protein, 12 g carbohydrates, 3.5 g total fat, 1.8 g saturated fat, 2 g fiber, 338 mg sodium

RAINBOW SALAD

You'll notice that this salad contains all the colors of the rainbow. There are no amounts listed. Simply toss in as much as you want of as many ingredients as you choose. Use your favorite dressing, or try my Lime Vinaigrette (page 52). The blue vegetables give us powerful antioxidants known as anthocyanins. According to one study, those who consumed purple/blue fruits and vegetables had significantly reduced risk of hypertension, better cholesterol ratios, and smaller waistlines compared to those who did not. The analysis found that adults who consumed purple/blue fruits and vegetables had reduced risk for metabolic syndrome. The other colors contain equally potent nutrients.

Red leaf lettuce

Red beets, peeled and shredded

Red bell peppers

Orange tomatoes

Yellow squash or yellow bell peppers

Broccoli florets or cucumbers or avocado or kiwis

Blueberries (yes, try it!) or blackberries or chopped figs

Red cabbage shreds or raisins

EVERYDAY DELICIOUS SALAD

I make this salad almost every day and love it. You can include whatever you have in the house in this salad. I am one of those cooks that hardly ever repeat the same meal twice because the meal consists of whatever I have in my kitchen. I share this little secret because I want you to have the confidence to follow your taste buds and try new things. Just because you are out of cucumbers, don't sweat it. Throw in sliced zucchini instead. If you don't have cranberries, throw in goji berries or fresh blueberries. Here's my basic template for an everyday delicious salad. Use whatever salad dressing you prefer. It can be as simple as a tablespoon of vinegar and a sprinkling of oil and dried herbs. Try to put in as many superfoods as you can, and experiment with the optional items listed below.

- 1 head of red leaf lettuce (or romaine), torn into bite-size pieces
- 1 tomato (I like Roma but you can use what you have), cut into wedges
- ½ zucchini, chopped
- ¼ cup chopped red onion (or scallions)
- 1 teaspoon ground flaxseeds
- 1 tablespoon hulled hemp seeds
- 1 tablespoon chia seeds
- ½ cup warm cooked brown rice
- Sea salt, to taste

OPTIONAL ITEMS:

- ¼ cup goat feta cheese (not cow's milk), crumbled
- ½ cup chopped strawberries (they contain fisetin, a powerful antioxidant compound)
- ½ cup blueberries or cantaloupe
- ¼ cup shredded beets (peeled, raw)
- ¼ cup cooked black beans or adzuki beans

Place all ingredients together in a salad bowl and toss with your favorite dressing.

Makes 1 serving

PER SERVING (with no optional ingredients or dressing): 317 calories, 15 g protein, 47 g carbohydrates, 9.2 g total fat, 0.9 g saturated fat, 11 g fiber, 105 mg sodium

Makes 2 servings

PER SERVING (with no optional ingredients or dressing): 158 calories, 7 g protein, 23 g carbohydrates, 4.6 g total fat, 0.4 g saturated fat, 5.7 g fiber, 52 mg sodium

WALNUT-CRUSTED GOAT CHEESE ON A BED OF ORGANIC GREENS

Bake these goat cheese rounds just until the cheese starts to bubble out of the breading.

- Mild goat cheese (11-ounce log)
- ½ cup finely chopped walnuts
- ½ cup almond flour
- 1 tablespoon minced fresh herbs (your choice)
- Sea salt and pepper
- 5 ounces mixed organic greens, spinach, or romaine lettuce
- 2 tomatoes, chopped
- ¼ cup pitted kalamata olives, chopped
- 2 tablespoons salad dressing: your choice or try my Lime Vinaigrette

Wrap the goat cheese in plastic wrap and put it in the freezer for about 10 minutes. This makes it firm and easier to cut.

Meanwhile in a shallow bowl or pie plate, combine the walnuts, almond flour, herbs, and salt and pepper to taste.

Unwrap the cheese and slice it with some dental floss or a wet knife. The goal is to make clean, neat slices. Dampen each slice with a little water and then dip it into the breading.

Preheat the oven to 350°F.

Place the goat cheese on a parchment-lined baking sheet and bake for about 10 minutes, or until the cheese starts to bubble out of the breading. Serve them on a bed of greens. Add the chopped tomatoes and olives, and drizzle with a little salad dressing.

Makes 6 servings

PER SERVING (with Lime Vinaigrette): 304 calories, 14 g protein, 8 g carbohydrates, 25 g total fat, 8.8 g saturated fat, 3 g fiber, 374 mg sodium

GUACAMOLE

Cilantro is a strong chelator, so it's a natural way to pull heavy metals and other toxins out of your bloodstream. Detoxification is one way to help support general health and reduce risk of cardiovascular damage. The avocados contain healthy essential fats as well as glutathione, a strong antioxidant that sweeps away free radicals. For your dipping pleasure, I recommend gluten-free chips. So make sure you buy 100 percent corn chips or rice chips. It should say gluten-free on the label.

4 avocados, scooped out

5 or 6 Roma tomatoes, chopped

$\frac{1}{2}$ bunch cilantro, chopped

$\frac{1}{4}$ cup chopped red onion

Juice of $\frac{1}{2}$ small lemon (also grate a little of the zest into the bowl)

Fresh jalapeño or cayenne pepper, minced (optional)

Sea salt and black pepper

In a large bowl, combine the avocados, tomatoes, cilantro, onion, lemon juice, jalapeño (if using), and salt and black pepper to taste. I like my guacamole kind of chunky, so I mash it together with a fork. If you like yours smooth, then blend it instead.

Makes 8 servings

PER SERVING: 125 calories, 2 g protein, 9 g carbohydrates, 11 g total fat, 1.5 g saturated fat, 5.4 g fiber, 155 mg sodium

CRAVEABLE SALAD

This salad is packed with living nutrition, and it's pretty to look at. I eat this frequently for breakfast. Hard to believe, isn't it? But once your palate changes, you will see what I mean about craving this dish. And it's a million times better for you than the typical American breakfast. Make extra and keep it in the fridge (without the dressing) so you can snack throughout the day.

1 avocado, sliced

1 large tomato, sliced

½ cucumber, peeled and sliced

Optional: Smoked salmon (nova or lox) or herring (rinse off the marinade, which has high-fructose corn syrup in it)

Sea salt (preferably Celtic or French grey, any flavor)

Capers

1 tablespoon hulled hemp seeds

1 tablespoon olive or coconut oil

Sprinkle of red wine vinegar or apple cider vinegar

Divide the avocado, tomato, and cucumber between 2 salad plates. If you want protein, include the seafood. Sprinkle the salad with salt and capers to taste, the hemp seeds, oil, and vinegar. It is now ready to devour.

Makes 2 servings

PER SERVING (without seafood): 225 calories, 4 g protein, 12 g carbohydrates, 20 g total fat, 2.6 g saturated fat, 6.2 g fiber, 429 mg sodium

QUINOA THAI STYLE

Be sure that you do not skip the rinsing and draining step for the quinoa, or there will be a bitter residue.

- 1½ cups dry quinoa, rinsed (3 times) and well drained
- 3 cups water
- 2 tablespoons unsweetened coconut milk (canned is okay)
- 8 fresh basil leaves, chopped
- 4 sprigs cilantro, chopped
- ¼ cup chopped red onion
- ¼ fresh jalapeño pepper, seeded and minced
- 2 tablespoons grape seed oil
- 2 tablespoons plus 1 teaspoon fresh lime juice
- Fine sea salt (I use Fusion's Thai Ginger Salt)

Put the drained quinoa into a saucepan and add the water and coconut milk. Bring to a boil over high heat, then reduce to a simmer and cook until the water is absorbed, 10 to 15 minutes (the grains will be translucent or the outer layer will have come off). Drain well.

Meanwhile, in a medium bowl, combine the basil, cilantro, onion, and jalapeño. Drizzle in the oil and lime juice. Add ½ teaspoon sea salt and stir to combine.

Add the drained quinoa and toss to combine. Season with more salt to taste. Serve warm or at room temperature.

Makes 4 servings

PER SERVING: 316 calories, 9 g protein, 43 g carbohydrates, 12 g total fat, 2.4 g saturated fat, 4.9 g fiber, 304 mg sodium

QUINOA SALAD

You can make this with cut-up asparagus instead of broccoli. To dress up the quinoa a bit, garnish with a sprig of parsley (and yes, it's fine to eat!). You also might want to sprinkle it with some goat cheese or grated sheep cheese (which tastes like Parmesan). This is great served with any green soup.

- 2 cups dry red quinoa, rinsed (3 times) and well drained
- 3½ cups water
- Pinch of salt
- 1 tablespoon olive oil
- ½ large broccoli stalk, broken into small florets
- ¼ cup chopped red bell pepper
- 2 scallions, chopped
- 1 garlic clove, minced
- 3 fresh basil leaves, slivered

Place the drained quinoa in a saucepan with the water and salt. Bring to a boil, reduce to a simmer, cover tightly, and cook until tender, about 25 minutes (the grains will be translucent or the outer layer will have come off). Set aside.

Meanwhile, in a skillet, heat the oil over medium-low heat. Add the broccoli, bell pepper, scallions, and garlic. You want this to cook for only a few minutes so it stays bright colored and somewhat crisp. If you overcook, you've lost the vital nutrients. Remove from the heat and stir in the basil.

Combine with the quinoa and toss.

Makes 4 servings

PER SERVING: 355 calories, 13 g protein, 57 g carbohydrates, 8.7 g total fat, 1.1 g saturated fat, 6.7 g fiber, 23 mg sodium

PESTO SAUCE

Use this sauce over brown rice, or over artichokes or pasta. It's delicious and loaded with healthy nutrients. Pesto will keep well in the refrigerator for a week or more. This recipe (which makes about 3½ cups) can be easily halved.

- 2 cups packed basil leaves
- 2 garlic cloves, peeled and lightly crushed
- ½ cup pine nuts or walnuts (or a combination of the two)
- ½ cup grated Parmesan or Asagio cheese
- ¼ cup grape seed oil
- 1 tablespoon aloe vera juice
- Lemon juice (optional)
- ¼ cup filtered water
- Salt and pepper

Combine basil and garlic in a food processor or blender. Process until the basil is finely chopped. Add the nuts and process until they are finely chopped. Add the cheese and process until combined. With the machine running, add the oil in a slow, steady stream. Blend in the aloe vera juice and lemon juice (if using). If you want a thinner sauce, add the water. Add salt and pepper to taste. If not using immediately, store in an airtight container with a thin coating of oil on top to keep the sauce from turning dark.

Makes 3½ cups

PER TABLESPOON: 19 calories, 1 g protein, 0 g carbohydrates, 1.8 g total fat, 0.4 g saturated fat, 0.1 g fiber, 22 mg sodium

BROCCOLI PESTO SAUCE

I have poured this sauce over rice, fresh sliced tomatoes, cooked seafood (like salmon), or noodles. I've also used it as salad dressing.

- 2 cups chopped broccoli florets
- $\frac{1}{2}$ cup chopped parsley
- $\frac{1}{2}$ cup shredded Parmesan cheese
- $\frac{1}{2}$ cup part-skim ricotta cheese (I use goat ricotta cheese)
- $\frac{1}{2}$ cup extra-virgin olive oil
- $\frac{1}{4}$ cup pine nuts (toasted if you have time)
- 2 garlic cloves, peeled
- 1 tablespoon ground flaxseeds
- Sea salt and pepper
- $\frac{1}{4}$ cup water (optional)

In a steamer, cook the broccoli until just slightly tender, 3 to 4 minutes. It should retain its bright green color. Combine the cooked broccoli, parsley, Parmesan, ricotta, oil, pine nuts, garlic, ground flaxseeds, and salt and pepper to taste in a food processor or blender. Process or blend until smooth. Add the water if you want a thinner sauce.

Makes 4 cups

PER $\frac{1}{4}$ CUP: 99 calories, 3 g protein, 2 g carbohydrates, 9.4 g total fat, 2 g saturated fat, 0.6 g fiber, 93 mg sodium

ARTICHOKE-SPINACH DIP

- 1 tablespoon flaxseed oil
- 2 packages (9 ounces each) frozen artichoke hearts, thawed and well drained
- 2 garlic cloves, grated
- 1 teaspoon Herbamare or other herb-flavored sea salt
- ¼ teaspoon cayenne pepper
- 5 ounces baby spinach
- 1 cup chopped Roma tomatoes
- 8 ounces cream cheese
- ½ cup grated Parmesan cheese

In a medium saucepan, heat the oil over medium heat. Add the artichokes, garlic, Herbamare, and cayenne. Cook, stirring often, for 5 minutes. Stir in the spinach, tomatoes, and cream cheese. When the spinach is wilted but still bright green, add the Parmesan. Serve warm.

Makes 6 cups

PER ¼ CUP: 60 calories, 2 g protein, 3 g carbohydrates, 4.5 g total fat, 2.4 g saturated fat, 1.6 g fiber, 174 mg sodium

SHIITAKE-SPINACH SAUTÉ

I like to use Italian cipolline onions here, but use whatever you like.

- 1 tablespoon grape seed oil
- 1 small onion, thinly sliced
- 8 ounces shiitake mushrooms, stems discarded and caps sliced crosswise
- 10 ounces fresh spinach
- Juice of 1 lemon
- 1 tablespoon cornstarch
- Sea salt

In a large skillet, heat the oil over medium-low heat. Add the onion and mushrooms and cook until beginning to soften, about 2 minutes. Add the spinach and cover. Stir occasionally until the spinach is wilted but still bright green.

In a small bowl, whisk the lemon juice into the cornstarch. Pour the cornstarch mixture into the pan and cook, stirring, until the sauce thickens, about 1 minute. Season with salt to taste. Serve hot.

Makes 4 servings

PER SERVING: 89 calories, 3 g protein, 14 g carbohydrates, 3.8 g total fat, 0.4 g saturated fat, 2.8 g fiber, 349 mg sodium

ACORN SQUASH DELIGHT

This dish is so easy and delicious. Serve with a fresh salad or just on its own. Sometimes this is my breakfast! Acorn squash contains beta-carotene and vitamin C.

- 1 acorn squash
- ½ teaspoon ground cinnamon
- Sea salt
- Black strap molasses

Preheat the oven to 350°F. Line a rimmed baking sheet with foil.

Halve the squash lengthwise and place it cut-side down on the baking sheet. Bake for 30 to 40 minutes, or until fork-tender.

When cool enough to handle, scoop out the seeds. Sprinkle the squash with the cinnamon and salt to taste. Drizzle with agave syrup, if desired.

Makes 2 servings

PER SERVING: 88 calories, 2 g protein, 23 g carbohydrates, 0.2 g total fat, 0 g saturated fat, 3.6 g fiber, 297 mg sodium

ARTICHOKE SAUTÉ

This recipe works well for any frozen vegetable.

- 2 packages (9 ounces each) frozen artichokes
- 1 tablespoon extra-virgin olive oil
- 1 garlic clove, minced
- Sea salt (I use Fusion's Black Truffle Sea Salt)

In a saucepan of boiling water, cook the artichokes according to package directions. Drain them well so they are not soggy. Return them to the pan, along with the oil and garlic. Warm for a minute. Season with salt to taste and serve.

Makes 4 servings

PER SERVING: 93 calories, 3 g protein, 11 g carbohydrates, 4.1 g total fat, 0.5 g saturated fat, 7.6 g fiber, 375 mg sodium

SALAD DRESSINGS

LIME VINAIGRETTE

The dressing will keep a week refrigerated.

- $\frac{3}{4}$ cup grape seed oil
- $\frac{1}{2}$ cup flaxseed oil
- $\frac{1}{2}$ cup cider vinegar or balsamic vinegar
- $\frac{1}{4}$ cup filtered water
- $\frac{1}{2}$ cup packed chopped mixed green herbs: fresh basil, cilantro, and parsley
- 1 garlic clove, minced
- $\frac{1}{2}$ teaspoon grated lime zest
- Juice of 1 large lime
- $\frac{1}{2}$ teaspoon salt

In a screw-top jar, combine all the ingredients and shake well. Store in the refrigerator.

Makes 2½ cups

PER TABLESPOON: 64 calories, 0 g protein, 0 g carbohydrates, 6.9 g total fat, 0.6 g saturated fat, 0 g fiber, 29 mg sodium

VEGETABLES

ROASTED GARLIC

Garlic contains allicin, a powerful antioxidant that, along with flavonoids, has been shown to reduce heart disease, lower cholesterol, prevent complications of diabetes, and raise serum insulin (thereby lowering blood sugar).

- 2 whole heads of garlic
- 1 tablespoon almond oil
- Grated Parmesan or Asiago cheese (optional)
- Salt (optional)

Preheat the oven to 350°F.

Peel off the papery outer layers of the garlic heads. Slice about ½ inch off the tops, exposing the garlic cloves. Place the garlic heads on a piece of foil. Pour the almond oil onto the tops and enclose the heads with foil. Bake for 30 to 35 minutes, or until the garlic is quite soft.

When cool enough to handle, squeeze the roasted garlic cloves out of their skins. Sprinkle with Parmesan or salt if desired. You can eat it straight or spread it on a cracker or some bread.

Makes 16 servings

PER SERVING: 41 calories, 2 g protein, 7 g carbohydrates, 1 g total fat, 0.2 g saturated fat, 2.8 g fiber, 3 mg sodium

FETA GREENS DELIGHT

- 1 pound turnip or mustard greens, well washed and chopped
- 1 tablespoon extra-virgin olive oil
- $\frac{1}{4}$ cup goat feta cheese, crumbled (not cow's milk; be careful)
- 1 garlic clove, minced
- $\frac{1}{4}$ teaspoon ground chia seeds

In a steamer, cook the greens for 15 minutes or until bright green. Don't overcook. Drain well. Pat dry with paper towels.

Place the cooked greens in a saucepan and drizzle with oil. Heat gently over low heat. Add the goat cheese and garlic. Remove from the heat, cover, and let sit for a minute or two. Serve warm.

Makes 4 servings

PER SERVING: 94 calories, 3 g protein, 9 g carbohydrates, 5.8 g total fat, 2 g saturated fat, 3.8 g fiber, 150 mg sodium

SUN-DRIED TOMATO KALE

- 1 bunch (about 1 pound) fresh kale, well washed
- 2 garlic cloves, minced
- $\frac{1}{2}$ cup oil-packed sun-dried tomatoes, chopped
- 1 tablespoon avocado oil

In a steamer, cook the kale until tender but still bright green, about 10 minutes. Don't overcook. Drain well. Pat dry with paper towels. In a bowl (or the pan where you steamed the kale if you didn't use an electric steamer), toss the kale with the garlic, sun-dried tomatoes, and avocado oil.

Makes 4 servings

PER SERVING: 119 calories, 5 g protein, 15 g carbohydrates, 6.2 g total fat, 0.8 g saturated fat, 3.1 g fiber, 86 mg sodium

BREAD

ALMOND FLOUR BREAD

This is a good, basic bread. Play around with it. If you are craving something sweet, throw in some cranberries or dried blueberries and cinnamon. If you are craving salt, throw in about 1 teaspoon sesame or poppy seeds and ¼ cup grated aged sheep cheese (similar to Parmesan).

- 2½ cups almond flour
- ¼ cup olive, hemp seed, or sunflower oil
- 1 package (7 ounces) dry-curd cottage cheese (also called farmer's cheese)
- 1 teaspoon baking soda
- 1 tablespoon hulled hemp seeds
- 1 teaspoon ground flaxseeds (or ground chia seeds)
- ¼ teaspoon sea salt
- 3 eggs

Preheat the oven to 350°F. Lightly grease a stoneware loaf pan.

In a large bowl, mix together the flour, oil, cheese, baking soda, hemp seeds, ground flaxseeds, sea salt, and eggs. Transfer batter to the loaf pan. Bake for 1 hour, or until a toothpick inserted in the center comes out clean. If it's still uncooked in the center, reduce the temperature to 300°F and continue baking until done.

Makes 1 loaf (16 slices)

PER SLICE: 169 calories, 7 g protein, 4 g carbohydrates, 15 g total fat, 2.1 g saturated fat, 1.9 g fiber, 134 mg sodium

CRUSTY ONION-CHEDDAR BISCUITS

These biscuits are hearty, so one can really fill you up, and they are low on the glycemic index. I also make these without the onions, or I'll switch the cumin with curry just for fun. Play around with the recipe. Serve these with a salad or soup.

- 3 cups almond flour
- 1 cup shredded Cheddar or Gouda cheese
- $\frac{1}{3}$ cup chopped onion
- 1 tablespoon ground flaxseeds
- 1 teaspoon baking soda
- 1 teaspoon sea salt
- $\frac{1}{2}$ teaspoon ground cumin
- $\frac{1}{4}$ cup hemp seed or grape seed oil
- 1 tablespoon brown rice syrup or honey
- 2 eggs

Preheat the oven to 350°F. Grease a 13" x 9" glass baking dish or use a stoneware baking sheet.

In a large bowl, combine the flour, cheese, onion, ground flaxseeds, baking soda, salt, cumin, oil, rice syrup, and eggs. Stir just to blend. Do not overbeat. Form into 2-inch round biscuits and place in the baking dish. Bake for 30 minutes, then reduce the temperature to 300°F and continue baking for about 20 minutes, until the biscuits are browned.

Makes 12 biscuits

PER SERVING: 263 calories, 9 g protein, 8 g carbohydrates, 23 g total fat, 4.2 g saturated fat, 3.3 g fiber, 384 mg sodium

Makes 24 biscuits

PER SERVING: 132 calories, 5 g protein, 4 g carbohydrates, 12 g total fat, 2.1 g saturated fat, 1.6 g fiber, 192 mg sodium

DESSERTS

BLUEBERRY CINNAMON CAKE

- 2½ cups almond flour
- 1 teaspoon ground cinnamon
- 1 teaspoon baking soda
- ¼ teaspoon salt
- ½ cup maple syrup
- ½ cup grape seed oil
- 1 teaspoon vanilla extract
- 1 egg
- ¾ cup fresh blueberries
- ½ cup dried cranberries
- ¼ teaspoon ground chia seeds

Preheat the oven to 350°F. Grease a 6" × 9" glass baking dish.

In a large bowl, combine the flour, cinnamon, baking soda, and salt and blend well. Stir in the maple syrup, oil, vanilla, and egg. Fold in the blueberries and cranberries.

Pour the batter into the baking dish. Bake for 25 minutes. Reduce the oven temperature to 300°F and bake for 30 minutes, or until a toothpick inserted in the center comes out clean.

Makes 12 servings

PER SERVING: 268 calories, 6 g protein, 17 g carbohydrates, 21 g total fat, 1.8 g saturated fat, 3.1 g fiber, 168 mg sodium

PIÑA COLADA PLEASURE CAKE

- 3 cups almond flour
- $\frac{1}{2}$ cup unsweetened coconut flakes
- 1 teaspoon baking soda
- $\frac{1}{4}$ teaspoon ground cinnamon
- $\frac{1}{8}$ teaspoon salt
- $\frac{1}{2}$ cup maple syrup
- $\frac{1}{2}$ cup grape seed oil
- 2 eggs
- $\frac{1}{4}$ teaspoon lemon extract or grated lemon zest
- 1 cup canned juice-packed crushed pineapple, well drained

Preheat the oven to 350°F. Grease a 6" x 9" glass baking dish.

In a large bowl, combine the flour, coconut, baking soda, cinnamon, and salt and blend well. Stir in the maple syrup, oil, eggs, and lemon extract. Fold in the pineapple.

Pour the batter into the baking dish. Bake for 30 minutes. Reduce the oven temperature to 300°F and bake for 10 to 15 minutes, or until a toothpick inserted in the center comes out clean.

Makes 12 servings

PER SERVING: 315 calories, 7 g protein, 16 g carbohydrates, 26 g total fat, 4.2 g saturated fat, 3.7 g fiber, 152 mg sodium

BANANA-NUT BREAD

- 2½ cups almond flour
- ½ cup chopped walnuts
- 1 tablespoon ground flaxseeds (or ground chia seeds)
- 1 teaspoon baking soda
- 1 teaspoon ground cinnamon
- ⅛ teaspoon salt
- 2 very ripe large bananas, mashed
- ½ cup agave syrup or honey
- ½ cup grape seed oil
- 1 teaspoon vanilla extract
- 2 eggs

Preheat the oven to 350°F. Grease a 6" × 9" glass baking dish.

In a large bowl, combine the flour, walnuts, ground flaxseeds, baking soda, cinnamon, and salt and blend well. In a medium bowl, combine the bananas, agave syrup, oil, vanilla, and eggs. Stir the banana mixture into the flour mixture. Pour the batter into the baking dish.

Bake for 30 minutes. Reduce the oven temperature to 300°F and bake for 12 to 15 minutes, or until the top is brown and a toothpick inserted in the center comes out clean.

Makes 12 servings

PER SERVING: 322 calories, 7 g protein, 22 g carbohydrates, 25 g total fat, 2.3 g saturated fat, 3.7 g fiber, 150 mg sodium

LIGHT ALMOND BREAD

- 2½ cups almond flour
- 1 teaspoon baking soda
- ¼ teaspoon sea salt
- 1 tablespoon ground chia seed or flaxseeds
- 3 eggs, separated
- 1 cup yogurt
- 1 tablespoon honey

Preheat the oven to 300°F. Grease and flour (use almond flour) a loaf pan.

In a small bowl, combine the flour, baking soda, sea salt, and chia seeds in a small bowl. Set aside.

In a large bowl, whisk the egg yolks, yogurt, and honey until light and fluffy. Stir in the flour mixture.

In a small bowl, beat the egg whites until stiff peaks form. Fold the egg whites into the batter.

Pour into the loaf pan. Bake for 45 to 50 minutes, or until a toothpick inserted in the center comes out clean.

Makes 16 slices

PER SERVING: 133 calories, 5 g protein, 7 g carbohydrates, 11 g total fat, 1.4 g saturated fat, 2.5 g fiber, 135 mg sodium

PUMPKIN AND ALMOND BREAD

Serve sliced with fresh raspberries and blackberries and a drizzle of honey.

- 4 cups almond flour
- 1 teaspoon baking soda
- ½ teaspoon salt
- ½ teaspoon ground cinnamon
- ½ teaspoon pumpkin pie spice
- 1 tablespoon hulled hemp seeds
- 3 eggs
- ¼ cup hempseed oil
- 1 cup cooked, pureed pumpkin or butternut squash (canned can be substituted)
- ½ cup chopped walnuts
- 1 tablespoon grated orange zest

Preheat the oven to 300°F. Grease and flour (use almond flour) a loaf pan.

In a large bowl, combine the flour, baking soda, salt, cinnamon, pumpkin spice, and hemp seeds. Set aside.

In another large bowl, whisk the eggs with the oil. Add the pumpkin puree, walnuts, and orange zest and stir. Add the flour mixture and stir to combine. Pour the batter into the loaf pan. Bake for 45 minutes or until lightly browned and a toothpick inserted in the center comes out clean.

Makes 16 slices

PER SERVING: 237 calories, 8 g protein, 8 g carbohydrates, 21 g total fat, 1.9 g saturated fat, 4 g fiber, 175 mg sodium

AMAZINGLY MOIST CARROT CAKE

- 1½ cups almond flour
- 1½ cups finely shredded carrots
- ½ cup maple syrup
- ½ cup dried cranberries
- ½ cup grape seed oil
- 1 teaspoon baking soda
- 2 eggs
- 1 teaspoon ground cinnamon
- 1 teaspoon vanilla extract
- Pinch of salt

Preheat the oven to 350°F. Grease a 6" x 9" glass baking dish.

In a large bowl, combine the flour, carrots, maple syrup, cranberries, oil, baking soda, eggs, cinnamon, vanilla, and salt. Pour the batter into the baking dish and bake for 30 minutes, or until a toothpick inserted in the center comes out clean. It will not rise like a traditional cake, and it may or may not brown on top.

Makes 12 servings

PER SERVING: 221 calories, 4 g protein, 15 g carbohydrates, 17 g total fat, 1.6 g saturated fat, 2.3 g fiber, 134 mg sodium

CRANBERRY-NUT BREAD

- 2½ cups almond flour
- ½ cup turbinado sugar
- 2½ teaspoons baking powder
- ¾ teaspoon sea salt
- ¾ cup water
- ½ cup walnut or almond oil
- ⅓ cup egg whites
- 3 eggs
- 2 cups frozen cranberries
- ½ cup chopped walnuts or pecans

Preheat the oven to 350°F. Grease a loaf pan.

In a large bowl, combine the flour, sugar, baking powder, and salt and blend well. Stir in the water, oil, egg whites, and whole eggs. Mix just until evenly moist. Fold in the cranberries and nuts.

Pour the batter into the loaf pan. Bake for 30 minutes, until lightly browned on top and a toothpick inserted in the center comes out clean.

Makes 16 slices

PER SERVING: 231 calories, 6 g protein, 13 g carbohydrates, 19 g total fat, 1.8 g saturated fat, 2.6 g fiber, 223 mg sodium

CHOCOLATE CHIP COOKIES

These are really good, fresh, healthy, warm, and free of allergy-causing ingredients. My teenagers love these cookies. The cornstarch mixture is used as an egg substitute. You can also use $\frac{3}{4}$ cup almond flour and $\frac{3}{4}$ cup rice flour. This lightens the texture somewhat. Everything else remains the same.

- 1½ cups almond flour
- ½ cup turbinado sugar
- ¼ teaspoon ground cinnamon
- ⅛ teaspoon sea salt
- ½ ripe banana, mashed
- 2 tablespoons cornstarch blended with ¼ cup water
- 2½ tablespoons sunflower or almond oil (or a combination)
- 1 teaspoon vanilla extract
- ½ teaspoon almond extract
- ½ cup semisweet chocolate chips
- ¼ cup hulled hemp seeds
- ¼ cup chopped walnuts

Preheat the oven to 350°F. Grease a stoneware baking sheet.

In a large bowl, combine the flour, sugar, cinnamon, salt, banana, cornstarch mixture, oil, vanilla, almond extract, chocolate chips, hemp seeds, and walnuts. Form 24 cookie balls in your hands, keeping your hands moist. Place the cookies on the baking sheet and flatten them slightly. These cookies will not spread like other cookies, so you do not have to space them far apart. Bake for 20 to 30 minutes, until the tops turn lightly brown. Let cool 5 minutes on the baking sheet.

Makes 24 cookies

PER COOKIE: 107 calories, 2 g protein, 9 g carbohydrates, 7.5 g total fat, 1.2 g saturated fat, 1.1 g fiber, 15 mg sodium

MAMMOTH COOKIES

- 5 cups almond flour
- 1 teaspoon baking soda
- $\frac{1}{8}$ teaspoon sea salt
- 1 cup golden raisins
- 1 cup chopped walnuts or Brazil nuts
- 1 cup unsweetened coconut flakes
- 1 tablespoon hulled hemp seeds
- 1 cup raw honey, unrefined blue agave syrup, or brown rice syrup
- $\frac{1}{4}$ cup grape seed oil
- 2 eggs, beaten

Preheat the oven to 350°F. Grease a baking sheet.

In a large bowl, combine the flour, baking soda, salt, raisins, nuts, coconut, hemp seeds, honey, oil, and eggs. Blend well. Form into 36 or 48 balls and place on the baking sheet. Bake for 20 minutes, or until the tops are slightly browned.

Makes 36 cookies

PER COOKIE: 191 calories, 5 g protein, 16 g carbohydrates, 14 g total fat, 2.4 g saturated fat, 2.4 g fiber, 54 mg sodium

Makes 48 cookies

PER COOKIE: 143 calories, 3 g protein, 12 g carbohydrates, 10 g total fat, 1.8 g saturated fat, 1.8 g fiber, 40 mg sodium

WANT MORE RECIPES?

Here are the cookbooks that I recommend and refer to in my own home. These are very good choices for anyone with diabetes. The first three cookbooks on this list use almond flour. The rest of the cookbooks are listed in no particular order.

Healing Foods by Sandra Ramacher

The pictures are beautiful (the author happens to be a photographer) and her recipes are foolproof if you follow directions.

Recipes for the Specific Carbohydrate Diet: The Grain-Free, Lactose-Free, Sugar-Free Solution to IBD, Celiac Disease, Autism, Cystic Fibrosis, and Other Health Conditions by Raman Prasad

Eat Well Feel Well: Meals to Help Manage Crohn's Disease, Ulcerative Colitis, IBS, Celiac Disease, Diverticulitis and Other Digestive Conditions by Kendall Conrad

Allergy-Free Recipes

The Whole Life Nutrition Cookbook: Whole Foods Recipes for Personal and Planetary Health by Alissa Segersten and Tom Malterre

Evidence-based information on whole foods and food sensitivities. Many recipes are gluten-free, dairy-free, or egg-free.

The Gluten-Free Gourmet Cooks Comfort Foods by Bette Hagman

Gluten-free cookbook. It does include dairy.

EveryDay Grain-Free Gourmet by Jodi Bager and Jenny Lass

Uses whole foods to create gluten-free, refined sugar-free, low-lactose meals.

Conscious Eating by Gabriel Cousens, MD (founder of the Tree of Life Rejuvenation Center in Arizona)

This book offers information that links nutrition with spiritual, emotional, and physical vitality. If you are interested in becoming more of a raw foodist or vegan you will love this book. It could be life-changing.

Eating Your Way to Good Health by Doug Kaufmann and Jami Clark, RN

Dr. Kaufmann is the host of the most popular health television show, *Know the Cause*, and Jami is a nurse. This book offers simple recipes that help you to reduce your body's load of fungus (like candida). These are healthy, quick, and delicious recipes.

Resources

Teas

Agape Tea Store

A source for U.S. certified organic hibiscus herbal tea.

www.agapetea.com

Alvita Tea

A source for pau d'arco tea.

800-437-2257

www.alvita.com

Charantea

This is a high-quality resource for bitter melon tea, which is useful in protecting beta cells of the pancreas.

877-347-2290

www.charanteausa.com

Guayaki

A leader in the production of yerba maté tea.

888-482-9254

www.guayaki.com

Matcha Source

A leading supplier for various types of matcha tea, cultivated from some of the world's finest resources. For more information, please read the column I wrote about matcha, which is still posted at my Web site, www.DearPharmacist.com.

877-962-8242

www.matchasource.com

Mountain Rose Herbs

These teas contain herbs certified U.S. organic, and I have about a dozen different flavors in my house. One of their popular teas, Evening Repose, might help you with sleeping problems. It contains chamomile, lavender, lemon verbena, blue malva flowers, rose petals, and peppermint. It's also certified kosher. Infuse 1 teaspoon of the herbs into 1 cup hot water for 5 to 15 minutes.

800-879-3337

www.mountainroseherbs.com

Republic of Tea

One of the leaders in tea cultivating. This brand is sold at many health food stores and bookstores nationwide. I often recommend their rooibos (red) tea. A complete line of teas target various aspect of health and wellness, including Get Heart, Get Relaxed, and Get Happy.

800-298-4832

www.republicoftea.com

Teavana

A source for teas of any sort. I have many of their delicious flavors.

877-832-8262

www.teavana.com

Recommended Reading

The Fungus Link Audio Trilogy

Audiobook by Doug Kaufmann, an expert in fungus.

972-772-0990

www.knowthecause.com

Omega 3 Cuisine by Chef Alan Roettinger

www.omega3cuisine.com

The Omnivore's Dilemma by Michael Pollan (Penguin, 2007)

Available at bookstores nationwide and amazon.com

Recognizing Celiac Disease by Cleo J. Libonati, RN, BSN

215-591-4565

www.recognizingceliacdisease.com

Stop Prediabetes Now by Jack Challem and Ron Hunninghake, MD (Wiley, 2007)

www.thenutritionreporter.com

Superfoods by David Wolfe (North Atlantic Books, 2009)

www.davidwolfe.com

***Is Your Cardiologist Killing You?*
by Sherry Rogers, MD (Prestige
Publishing, 2009)**

210-614-7246
www.painstresscenter.com

***The UV Advantage* by Michael Holick
www.uvadvantage.org**

***The 24-Hour Pharmacist* by Suzy
Cohen, RPh (Rodale, 2008)**

www.DearPharmacist.com and amazon.com

Recommended Movies

Fast Food Nation

Director: Richard Linklater
Available through Netflix, Blockbuster, and
certain retailers

Food Matters

Director and producer: James Colquhoun and
Laurentine ten Bosch
+61 (07) 3040-7073
www.foodmatters.tv

Simply Raw

Created by Mark Perlmutter
800-419-3886
www.rawfor30days.com

***Supplements and Supplement
Sources***

AstaVita

Source for high-quality astaxanthin
800-507-4011
www.astavita.com

Bioenergy

Source for Corvalen, a high-quality ribose
supplement mentioned in Chapter 8.
866-267-8253
www.bioenergy.com

Biopharma Scientific

I recommend their NanoGreens in Chapter
12. You just mix it with water or juice and it
provides a lot of powerful antioxidants and
phytonutrients.
877-772-4362
www.biopharmasci.com

Biotivia

Source for Transmax Trans Resveratrol. They
have other antiaging supplements, too. This
company is found primarily through online
sources.
800-458-0993
www.biotivia.com

Bluebonnet Vitamins

Source for Buffered Vitamin C Plus Citrus
Bioflavonoids
281-240-3332
www.bluebonnetnutrition.com

Boku Superfoods

I recommend their Boku green food supple-
ment in Chapter 12. This is definitely one
super superfood because it contains all sorts
of antioxidants and phytonutrients, many
derived from the sea. I often advocate the use
of marine-derived superfoods for good
health.
877-265-8366
www.bokusuperfood.com

Cellfood Silica

This supplement was mentioned in Chapters
10 and 12.
800-456-9887
www.toolsforwellness.com

Doctor's Best

800-333-6977
www.drbitamins.com

Econugenics

I mentioned their MycoPhyto and Organic
Ten Mushroom Formula in Chapter 8. This
product line was formulated by Isaac Eliaz,
MD, who specializes in many other condition-
specific formulas that may help you detoxify
from heavy metal and plastics.
800-308-5518
www.econugenics.com

Enzymatic Therapy

I recommended their ubiquinol in Chapter 8.
They use a high-quality form of ubiquinol
(produced by Kaneka QH), so I often recom-
mend this product. I also recommend their
Resveratrol Forte because it is 100 percent
trans resveratrol, the proper type of resvera-
trol. (You want "trans," not "cis.")
800-783-2286
www.enzymatictherapy.com

Enzymedica

I recommend their Natto-K in Chapter 8.
888-918-1118
www.enzymedica.com

GNC

Source for fenugreek. Their stores are sprin-
kled all over the United States.
877-462-4700
www.gnc.com

Good Health Naturally Nutrition

Source for Curcumin 98. This product is strong and free of common allergens. You can see the purity in the bright orange color of the capsules, which is the color of pure curcumin. They combine it with piperine (a black pepper extract) to aid absorption and improve efficacy.

44 (0) 1772 780562

info@goodhealth-naturally.co.uk

Healthy Origins

I recommended their coenzyme Q10 and ubiquinol in Chapter 8.

888-228-6650

www.healthyorigins.com

Jarrow

I recommended their QH-Absorb in Chapter 8. They carry a wide range of excellent vitamins, herbs, and dietary supplements. Their products are easy to find and affordable.

310-204-6936

www.jarrow.com

JHS

This is a high-quality supplier for medicinal mushrooms. I have purchased various formulas over the years and experienced well-being as a result. I mentioned their 5 Mushroom Formula in Chapter 8.

888-330-4691

www.jhsnp.com

Kaneka

The world's leading manufacturer of coenzyme Q10 and ubiquinol.

866-888-1723

www.kaneka.com

Lantus

This is a type of injectable insulin that requires a prescription. It is discussed in Chapter 5. You can visit the site to learn about basal insulin and keep up to date with usage, dosage, and warnings.

800-981-2491

www.lantus.com

Latisse

I mentioned this product in Chapter 7 because it was derived from a glaucoma medication when users experienced a lash-growing side effect from the drops. The makers (Allergan) decided to market a product that lengthens lashes.

800-433-8871

www.latisse.com

Life Extension

This company has high-quality dietary supplements, and you don't need to be a member to buy from them.

Order: 800-544-4440; customer care: 800-678-8989; health advisor: 800-226-2370

www.lef.org

Lily of the Desert

They make one of the best brands of aloe vera juice I've tried. It is virtually tasteless. I used this brand in all of my smoothie recipes in Chapter 17. Their products are sold widely at health food stores nationwide.

800-229-5459

www.lilyofthedesert.com

Metagenics

This company produces high-quality vitamins, minerals, and dietary supplements, and I have recommended them for many years in all of my books. This is the company that Dr. Jeffrey Bland founded, based on functional medicine. I think they are among the best you can buy; however, they sell only through licensed practitioners and online. Because I am one of their practitioners, you can find some of their supplements sold at my Web site, too, if this is easier for you. Hopefully, though, your physician won't mind becoming one of their practitioners and faxing in his or her license so he can buy for you, whatever you want. See their products online.

800-692-9400

www.metagenics.com

New Chapter

Source for Zyflamend, Supercritical Holy Basil, Aloe Vera Force, and E Food Complex. This company is a high-quality dietary supplement maker that has unique multitasking formulas to support good health.

800-543-7279

www.newchapter.com

Nordic Naturals

Source for high-quality essential fatty acid supplements, such as omega-3 fish oils and cod liver oil. Many of their newer products contain other ingredients that support vision, immune, and metabolic functions.

800-662-2544

www.nordicnaturals.com

NSI (Nutraceutical Sciences Institute)

Source for curcumin supplement, Turmeric Extract Curcumin C3 Complex. It also contains bioperine, the black pepper extract that helps improve bioavailability. They have many other high-quality, affordable supplements that are sold direct-to-consumer.

800-381-0759
www.vitacost.com

Nutrex Hawaii

Source for astaxanthin and high-quality Hawaiian spirulina.

800-453-1187
www.nutrex-hawaii.com

Nutricology

I mention their NattoZyme nattokinase, 100 mg, in Chapter 8.

800-545-9960
www.nutricology.com

Origin Biomed

I mentioned their topical nerve pain product in Chapter 11.

888-234-7256
www.neuragen.com

Puritan's Pride

I recommended their ubiquinol in Chapter 8.

800-645-1030
www.puritan.com

Solgar

Good source for citrus bioflavonoid complex. A leader in the dietary supplement field, their products are sold widely at health food stores nationwide.

201-944-2311
www.solgar.com

Source Naturals

I mentioned their high-quality Nattokinase in Chapter 8. This company is one of many leaders in the nutraceutical industry, and they offer many fine products that are sold online and at health food stores nationwide.

800-815-2333
www.sourcenaturals.com

Stages of Life

Good source for Magic Minerals, mentioned in Chapter 10. Pain specialist Dr. David Klein founded this company to create high-quality supplements that, unlike many other brands, are not physician-exclusive. This brand offers a wide range of dietary supplements.

407-679-3337
www.stages-of-life.com

Standard Process

800-558-8740
www.standardprocess.com

Swanson

Source for Full Spectrum E with tocotrienols.

800-824-4491
www.swansonvitamins.com

Thorne Research

Good source for Perfusia SR, Polyresveratrol, and Meriva. This company produces high-quality vitamins, minerals, and dietary supplements, and I have recommended them for many years in all of my books. I think they are among the best you can get because they are bent on purity, refusing to add any fillers whatsoever—not even magnesium stearate, which some people consider an unnecessary additive. They also offer most vitamins in their active body-ready form. While many other products are sold direct-to-consumer, a few of their products are physician-exclusive, so your doctor/practitioner must fax in a license to order it for you. Because I am one of their practitioners, you can find some of their supplements sold at my Web site.

800-228-1966
www.merivaonline.com (to buy Meriva), www.thorne.com (to purchase other supplements)

Twinlab

I mention their L-arginine in Chapter 8. This is another popular brand name that is easy to find and very affordable.

800-645-5626
www.twinlab.com

Xymogen

They make ALAMax and Resveratin, mentioned in Chapter 13.

800-647-6100
www.xymogen.com

Organizations**ADA (American Diabetes Association)**

800-342-2383
www.diabetes.org

Broda Barnes Foundation

This is an excellent resource to learn about thyroid disease. This nonprofit organization can help educate you and provide research and training in the field of metabolic disorders.

203-261-2101
www.brodabarnes.org

CDC (Centers for Disease Control and Prevention)

800-232-4636
www.cdc.gov

Celiac Disease Foundation

This comprehensive site can help you understand the disorder and learn about the best resources, diets, and lifestyles.

818-990-2354
www.celiac.org

Clinical Trials

This is a service by the U.S. National Institutes of Health. If you want to participate in a clinical trial, here is a resource for you.

www.clinicaltrials.gov

Clinical Trials

This company is not part of the National Institutes of Health, but it is another source of information for you.

www.clinicaltrials.com

EPA (Environmental Protection Agency)

202-272-0167
www.epa.gov

FDA (Food and Drug Administration)

888-463-6332
www.fda.gov

Glycemic Index

This site allows you to find information on the glycemic index and how foods rank according to their system. I like some of the links and articles on this site.

www.glycemicindex.com

IFM (Institute of Functional Medicine)

800-228-0622
www.functionalmedicine.org

Juvenile Diabetes Research Foundation International

This Web site offers parents and people with type 1 diabetes a wealth of resources, including fact sheets, publications, and research. It features an area for scientists and consumers.

800-533-2873
www.jdrf.org

LADA (Latent Autoimmune Diabetes in Adults)

44 207 601 7450
www.actionlada.org
r.d.g.leslie@qmul.ac.uk

Matthias Rath Research

This Web site is home to Dr. Matthias Rath, a researcher and author. The site will help you understand the benefit of vitamin C for heart and cholesterol health.

800-624-2442
www.drrathresearch.org

MedWatch Side Effect Reporting

Offers information and online submission for people to report side effects associated with medication.

800-332-1088
www.fda.gov/safety/medwatch

National Dairy Council

www.nationaldairycouncil.org
ndc@dairyinformation.com

National Kidney Foundation

800-622-9010
www.kidney.org

National Institute of Diabetes and Digestive and Kidney Diseases

www2.niddk.nih.gov

Not Milk Web Site

You can spend hours on this eye-popping Web site, which will convince you that milk is not good for you. There are some scientific data (and links) that show milk to contain all sorts of dangerous ingredients, including growth hormones, fat, cholesterol, allergenic proteins, blood, pus, and infectious organisms. There are links that provide information or clinical studies regarding milk (dairy) and its association with many diseases, including osteoporosis, diabetes, allergies, asthma, and autism, among many others.

201-967-7001
www.notmilk.com

No Milk Web Site

This is similar to the site listed above. There are hundreds of links that tie dairy to disease and various areas where you can see the literature, the research studies, books, magazine articles, and so forth.

www.nomilk.com
donwiss@panix.com

WHO (World Health Organization)

+ 41 22 791 2111
www.who.int/en
info@who.int

Products

Diapedic Foot Cream

800-542-7546
www.amlab.com

DiabetiDerm Heel and Toe Cream

I mentioned this in Chapter 11. I've found it on amazon.com and also at various online sellers. Here are two of them.

877-241-9002
www.americandiabeteswholesale.com
800-633-7167
www.diabeticcareservices.com

Green Produce Bags

This is an impressive invention. It's a green plastic bag that you can put your fruits and veggies in. The bags will keep your fresh produce from spoiling for many days, extending the lifespan of your food. After throwing away hundreds of dollars in spoiled produce, I really appreciate these bags. They really work!

800-822-8141
www.evertfresh.com

Kerasal's Moisturizing Foot Ointment

This product contains a form of aspirin along with urea. On their Web site they offer a coupon and a link where you can get a free sample.

877-674-3475
www.kerasal.com

Life Solution Telescoping Mirror

Mentioned in Chapter 11, this mirror is useful to view your feet.

877-785-8326
www.lifesolutionsplus.com

Medical ID Bracelet

I mentioned this in Chapter 5.
318-397-8441
www.medids.com

Labs and Testing

Appraise

I mentioned their hemoglobin A1c test in Chapter 6.

888-764-2384
www.appraisetests.com

Coastal Carolina Eye Clinic

Mentioned in Chapter 7.
910-763-7316, 910-686-8509
www.coastalcarolinaeye.com

Enterolab

I mentioned their gluten antibody test in Chapter 4.

972-686-6869
www.enterolab.com/Home.htm

Immunosciences Lab

www.immuno-sci-lab.com

SpectraCell Laboratories

One of the nation's leaders in nutritional testing, they can check your levels of micronutrients and minerals so you can actually see what you are deficient in. Physicians who are holistic or trained in functional medicine often use SpectraCell testing. Some tests require stool or blood. The laboratory is a CLIA (Clinical Laboratory Improvement Amendments)-accredited lab, so you can trust their results and assessments. I have personally taken many of their tests with success.

800-227-5227
www.spectracell.com

ZRT

I mentioned their CardioMetabolic Profile in Chapter 6.

866-600-1636
www.zrtlab.com

Food and Food Products

Barlean's Oils

800-445-3529
www.barleans.com

Bija oils

I love this brand because the products are of high quality and feature some hard-to-find oils, such as almond oil and pumpkin seed oil. I have all their oils and use them interchangeably to give my family a healthy ratio of all the different essential fatty acids that are found in various oils.

800-446-2110
www.florahealth.com/flora/home/usa/products/TGU11.htm

Boomi Bar Snacks

800-440-6476
www.boomibar.com

Coconut information

This Web site has some links to peer-reviewed research articles.

www.coconutoil.com

Just Almonds

A great source to purchase almond flour, especially in bulk. They provide a good deal of nutritional information on almond flour, pasteurization processes, and other important details on almond flour.

877-287-0233

www.justalmonds.com

Larabar Snacks

720-945-1155

www.larabar.com

Lucy's Kitchen

This is where I've purchased my almond flour for many years because it is fresh and the consistency is nice. I buy it in bulk, usually 10 or 25 pounds at a time. It stores well in the refrigerator and makes excellent bread. The site also offers cookbooks and yogurt makers.

888-484-2126

www.lucyskitchen.com

Mrs. Mays Snacks

877-677-6297

www.mrsmays.com

Nutiva Oils

This company sells 100 percent raw, organic, unrefined, cold-pressed extra-virgin coconut oil. I found this product at my local health food store and online at vitacost.com. Their company Web site has lots of information.

800-993-4367

www.nutiva.com

Real Salt

I mentioned their brand of salt in Chapter 9.

800-367-7258

www.realsalt.com

SaltWorks

I often recommend their flavored, pure Fusion salt, which I consider gourmet.

800-353-7258

www.seasalt.com

So Delicious Coconut Yogurt and Milk

866-388-7853

www.turtlemountain.com

Spectrum Naturals Oils

They make a full line of healthy oils, including coconut oil.

800-434-4246

www.spectrumorganics.com

Udo Oils

This is a very good Web site to help you understand fats and how to pick healthy oils. You can spend hours there. The founder, Dr. Udo Erasmus, is the same man who formulated all those high-quality oils that you can buy at health food stores nationwide.

www.udoerasmus.com

Sweeteners

Coconut Sugar

www.LiveSuperfoods.com

63075 Crusher Avenue

Unit 101

Bend, OR 97701

800-481-5074

support@livesuperfoods.com

LifeMel Honey

This honey from Israel has some science—about three decades of research—behind its benefits. The honey hasn't been processed, so it contains significant phytonutrients and antioxidants.

888-543-3635

www.lifemelusa.com

Manuka Honey

This honey from New Zealand is one of the most biologically active types of honey. Many store-bought brands have been processed or heated and lose their benefits. This brand is delicious and healthy.

877-919-9992

www.manukahoneyus.com

NuNaturals White Stevia

This is a brand found in health food stores. It is pure stevia.

800-753-4372

www.nunaturals.com

SweetLeaf

This is the brand name for a stevia-based sweetener. SweetLeaf sweetener became the first stevia-based product to achieve GRAS status (GRAS means "generally recognized as safe.") It remains the only stevia-based product with zero calories, zero carbs, and zero glycemic index.

800-899-9908

www.sweetleaf.com

Stevia Plus

This brand of stevia comes in packets. The stevia is combined with a fiber called inulin, not to be confused with insulin, and these sweeteners are sold at Vitamin Shoppes and online.

Diabetes Resources and Organizations**American Diabetes Association**

800-342-2383
www.diabetes.org

American Dietetic Association

800-877-1600
www.eatright.org

National Center for Complementary and Alternative Medicine

888-644-6226
www.nccam.nih.gov

National Institutes of Health Office of Dietary Supplements

301-435-2920
www.ods.od.nih.gov

Other**Natural Pedia**

An online resource (encyclopedia) to find terrific health books and information on diseases and dietary supplements. This resource is one of the best I've ever seen.

www.naturalpedia.com

Natural News

This Web site offers breaking natural news and citizen journalism founded by Mike Adams. I receive his informative newsletter.

www.naturalnews.com

Needle Disposal

I mentioned that insulin needles need to be disposed of properly in Chapter 6. You can stay up to date by visiting these Web sites to learn about the safest way to dispose of your needles.

800-643-1643
www.safeneedledisposal.org
800-232-4636
www.cdc.gov/needledisposal

Vitamin D Council

info@vitamindcouncil.org