



*The
Anti-Aging
Cookbook:*

Using Nature's Top 13
ANTI-INFLAMMATORY FOODS

to Eat Your Way to a Longer, Healthier Life

The Anti-Aging Cookbook:

*Using Nature's Top 13 Anti-Inflammatory Foods to
Eat Your Way to a Longer, Healthier Life*



The Alternative Daily

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Introduction

If you have ever had a sore throat, rash or a sprained ankle, you have experienced the body's response: inflammation. In specific cases, for a short period of time, inflammation is what the body naturally does to fight infection, heal injuries and combat irritants.

Healthy inflammation — called *acute* inflammation — is a natural healing mechanism we're all born with. It protects our body against injury or invasion by a foreign substance.

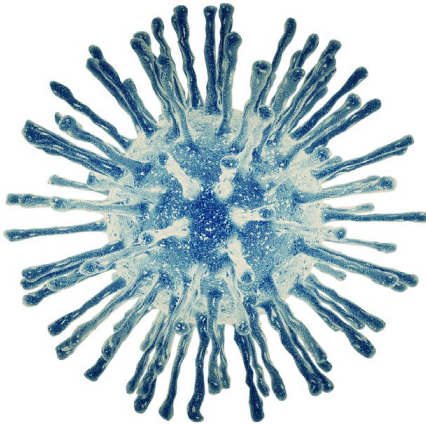
Like what happens when you cut your finger: within a fraction of a second, the damaged tissue releases chemicals to start this healing process called inflammation.



Besides the pain, you probably notice it immediately becomes red, swollen and warm to the touch. Moments later, the joint or muscle gets stiff, and you can't bend it very well. This halting of normal function is good. It allows your injury to begin healing without further aggravation.



But these are all just “signs” of normal, healthy inflammation. What’s going on behind the scenes is even more miraculous...



Damaged blood vessels constrict and your blood clots to keep you from bleeding too much. Yet in the surrounding area, blood flow actually *increases* to summon immune cells and special chemicals to the area. These help keep intruders such as bacteria and viruses from invading the cut and causing even more harm.

And still other cells multiply to begin repairing the damage. Eventually, the damaged tissue scars over as new tissue is rebuilt from beneath.

Truth is, without acute inflammation — this natural ability to protect ourselves against injury or disease — we could *die* from a simple cut or mild case of the flu.

Now, just as it's normal for inflammation to start the healing process... it's normal for it to stop when the healing is complete.

And therein lies the problem with *chronic* inflammation... it never shuts off!

No brakes

Chronic inflammation is basically like a car rolling down a never-ending hill without brakes; it doesn't have the ability to stop. So with the inflammation "on" switch, your body is stuck thinking that you're in imminent danger even when you're not. It's a good thing gone bad, starting perhaps with swelling and scar tissue, that becomes a serious problem over time.



Chronic inflammation is linked to virtually every disease in one way or another. More often than not, it is the eventual signs of inflammation that alert people to the presence of disease. By that time, it has usually been present in the body for a while.

Inflammation from a poor diet

What's not good is inflammation in the body caused by poor diets, stress, menopause, environmental issues and injuries that have never been addressed. Studies have shown that inflammation in the body can contribute or cause diseases such as cancer, autoimmune diseases such as lupus, rheumatoid arthritis, Crohn's disease, psoriasis, irritable bowel syndrome (IBS), diabetes, allergies, arthritis, atherosclerosis, Alzheimer's disease, cancer and heart disease. If changing your diet and adding exercise could ward off disease or calm the ailments that you have, wouldn't you give it a try?

Foods to avoid in an anti-inflammatory diet include margarine, vegetable shortening, and partially hydrogenated vegetable oil, sunflower, peanut and soy oils. While these oils have omega-6 fatty acid, they have a specific omega-6 that promotes inflammation. You need to make sure you get omega-3 fatty acid mixed in with your omega-6s. Adding something as simple as flaxseed to your diet can add the important omega-3s to your diet for a more anti-inflammatory response. You'll want to make sure that no matter how you get your omega-3s and omega-6s that you are getting equal amounts to balance out the inflammatory response in your body.



Our diets are loaded with refined sugars and processed foods. Most people who eat high-carb, low-fat diets will experience inflammatory responses. Eating a low-carb diet with enough of the right proteins can reduce inflammation in the body.

One way to calm the inflammation in your body is through an anti-inflammatory diet. Anti-inflammatory diets include fruits rich in color, leafy greens, whole grains (not wheat), sweet potatoes, winter squashes, berries, cherries, apples, pears, omega rich proteins, seeds, nuts, beans and lentils.

Stress-induced inflammation

Stress is something we are always under. Whether it's getting to work on time or getting the kids up and to school, even our daily stress can become overwhelming. Cortisol is a stress hormone that is secreted from your adrenal glands; it's that "fight or flight" response we get. Cortisol influences your insulin levels and metabolism, and it's a factor in inflammation in your body. Your body is made to react to stressors, and cortisol is released as a direct result, but your body can only take so much stress before it breaks down.



Another thing we forget is that our emotional state is very hard on the body and also contributes to inflammation. It is important to take the time for yourself and exercise to relieve stress and to calm the cortisol reactions. When your adrenal glands get really worn down and cortisol gets depleted, it is very hard to replenish them and bounce back. The constant feeling of fatigue is all too common.

Environmental causes

Environmental causes of inflammation are synthetic fibers, latex, glues, adhesives, plastics, air fresheners and household or commercial cleaners. We are often subjected to these at work or at home. We also have to include pesticides, pollution and heavy metals, not to mention our drinking water and our food. Many of these chemicals are fat-soluble, meaning they are stored in our body's fat and are therefore very hard to get rid of. This is another good reason to exercise and keep your body active, so that you can sweat out toxins on a regular basis.



Menopause

Menopause is another factor. As women age, their level of estrogen, progesterone and testosterone depletes, resulting in an increase in inflammation of the body. Balancing your hormones can help calm inflammation but it's best to try to balance your hormones in their most natural state. The loss of estrogen, which leads to osteoporosis, also puts stressors on the body. Regular weight-bearing exercises combined with aerobic exercise can help bone growth to ward off osteoporosis.

Also, old injuries can build up inflammation and scar tissue, which is a big contributor to the overall inflammation in our bodies.

Dangers of inflammation

Here are just a few of the illnesses that may result from prolonged or chronic inflammation:

- **Alzheimer's disease:** brain cells may be destroyed from chronically elevated levels of inflammation.
- **Congestive heart failure:** chronic periods of inflammation may cause the heart muscle to wear out and waste away.



- **Fibromyalgia:** inflammation attacks the connective tissues, leading to [pain](#).
- **Asthma:** small cytokines may cause autoimmune reactions to flare up in the lining of the airways.
- **Autism:** when inflammatory cytokines are released in the brain, it may arrest the development of the right hemisphere.
- **Gastroesophageal reflux disease (GERD):** the esophagus and digestive tract become riddled with inflammation, most often in response to food sensitivities and pH levels.
- **Arthritis:** inflammatory cytokines may cause cellular activity that leads to the destruction of synovial fluid and joint cartilage.
- **Neuropathy:** inflammation induces autoimmune reactions that attack the vascular, myelin and connective tissues, potentially causing nerve irritation.
- **Psoriasis:** the presence of chronic inflammation levels in the liver and gut may lead to poor natural detoxification and the build-up of irritating substances in the body, which can manifest in the skin.
- **Carpal tunnel syndrome:** chronically elevated levels of inflammation may cause shortened tendons in the forearm and wrist, and the excessive muscle tension may result in compressed nerves.
- **Celiac disease:** long periods of chronic immune system inflammation may bring about damages to the lining of the intestine.



Drugs are not always the best option

Frequently in Western medicine, doctors treat pain and inflammation with medication. While these drugs may ease the pain, they do little to combat the underlying cause and often come with a host of dangerous side effects.



What works?

Starting an exercise program and eating anti-inflammatory foods can help prevent and calm inflammation, help you fight stress, balance your hormones and remove toxins from your body. Are you ready to start your new program?

What does an anti-inflammatory diet look like?

Consuming more fruits, vegetables, whole grains (not wheat), fermented soy foods, fish, nuts and tea can help prevent the chronic diseases of aging. You might not be able to turn back the hands of time for every wrinkle and body ache, but you can reduce your risk or delay the onset of chronic diseases associated with aging, such as heart disease, diabetes, cancer and neurodegenerative ailments.



Your daily food and activity choices can significantly lower your risk of developing such diseases, according to scientific evidence. Preventing these conditions can make the difference between living a long, vibrant life or a shortened life riddled with disease and disability.

Optimal diet patterns

To reduce inflammation, follow a diet rich in whole foods, including carbohydrates such as whole grains and fruits, fats like nuts and avocados, and protein sources such as fish and legumes. Include regular exercise and don't smoke — lifestyle choices that seem to “cool down” inflammation, according to a 2006 review published in the *Journal of the American College of Cardiology*.

Conversely, the researchers found that a diet high in refined starches, sugar, saturated fats and trans-fats, and low in fruits, vegetables, whole grains and omega-3 fatty acids appears to turn on the inflammatory response. Indeed, evidence confirms that the Mediterranean diet, a traditional diet pattern that focuses on whole plant foods, is linked to lower inflammation and age-related disease risk.



Healthy aging in every bite

Scientists are also exploring the benefits of individual foods on inflammation, particularly berries, tomatoes, walnuts, spices, tea, extra virgin olive oil, fish and red wine, which appear to be especially promising.

You can protect yourself from inflammation at every meal by loading up on anti-inflammatory foods. In a randomized trial published in the *Journal of the American College of Nutrition* in 2010, a strawberry beverage consumed with a high-fat meal blunted the inflammatory response of that meal. This effect has been seen with other powerful anti-inflammatory foods, such as tomatoes.



Your best bet to reduce disease risk is to include an array of plant foods in your diet in order to gain the benefits of their interactive and naturally occurring nutrients and phytochemicals, which can tamp down chronic inflammation and promote optimal aging.



Healthy aging food strategy

To reduce your risk of age-related chronic diseases and promote healthy aging, try these anti-inflammatory eating approaches:

1. Balance your caloric intake to maintain a healthy weight.
2. Load up your diet with a variety of fruits and vegetables in every color, size, texture and shape to provide a range of nutrients and anti-inflammatory compounds.
3. Choose carbs that are less refined and high in fiber, such as unsweetened fruits, vegetables and whole grains, including quinoa and brown rice.



4. Focus on eating more fish — shoot for at least two servings per week. Don't over-do animal protein intake by consuming excessive amounts of red meat, poultry, eggs and dairy products — particularly avoiding meats that are factory farmed.



5. Include more plant proteins such as beans, lentils, peas, nuts and fermented foods (e.g., kefir, sauerkraut, pickles and fermented soy products such as miso, tempeh and fermented tofu. Note: most tofu is not fermented and should be avoided).
6. Select healthy fats like extra virgin olive oil, coconut oil, nuts and avocados. Minimize saturated fat from meats (particularly avoiding factory-farmed animals), dairy products and trans-fat found in processed foods like French fries and snack foods.
7. Boost omega-3 fatty acids through seafood choices like salmon, sardines and herring and plant sources such as walnuts and ground flaxseed.

8. Flavor your foods with anti-inflammatory spices and herbs, such as garlic, green herbs, ginger, black or red pepper and turmeric.
9. Drink unsweetened green, white or black tea more often.



10. If you drink alcohol, enjoy red wine in moderation — one glass per day for women, one to two glasses per day for men.
11. Enjoy antioxidant-rich dark chocolate (at least 70 percent cocoa) in small amounts (up to one ounce) as a treat.
12. Avoid foods that are refined, overly processed and low in nutrients, such as those made with white flour, sugars and refined oils, including donuts and sugary cereals.

In this book, we feature powerful anti-inflammatory foods that you can enjoy as frequently as possible in order to cool the fires within. To make it practical, we have included delicious recipes for each food to help you integrate them into your healthy lifestyle.

We recommend that you always use organic, free-range and fresh caught ingredients whenever possible.

And please make sure to take into consideration your own response to the foods you eat. While the foods we list as anti-inflammatory are considered healthy for the bulk of the population, each of us metabolizes our food differently. If you notice a certain food doesn't work for you, stay away from it and choose from the other choices that agree with your system.

Enjoy and be healthy.

Anti-Inflammatory Food Guide

1. Avocados

Avocados, also known as alligator pears, are the fruits of the *Persea americana*, a large evergreen tree. These fruits have been cultivated in Central and South America since about 8000 BCE and have been grown in the U.S. since the early 20th century.



Depending on the variety, avocados can weigh anywhere from eight ounces to three pounds. They have a dark green, fibrous skin and a soft, light green “meat” inside, surrounding a large pit. The Florida avocado has less healthy fat content and a more watery texture than the California variety.

Although they are most famous for their starring role in guacamole, avocados are an extremely versatile food and can be added to a wide array of meals and snacks.



Nutritional Profile

The nutrients you will enjoy alongside the yummy flavor of your avocado include:

- Copper
- Fiber
- Folate
- Magnesium
- Manganese
- Omega-3 fatty acids (alpha-linolenic acid)
- Pantothenic acid
- Potassium
- Selenium
- Vitamin B6
- Vitamin C
- Vitamin E
- Vitamin K
- Zinc

Health Benefits

Avocados are loaded with many different types of antioxidants, including the carotenoids lutein, beta-carotene and alpha-carotene, the flavonoids epicatechin and epigallocatechin 3-0-gallate, the phytosterols beta-sitosterol and stigmasterol and



polyhydroxylated fatty alcohols (PSAs). These, plus the vitamins and minerals, combine to make avocados anti-inflammatory by nature and help your body to prevent chronic diseases, including cancer.

Avocados have a low glycemic index and are high in fiber, making them important in blood sugar regulation. Some research has associated monounsaturated fats, such as those found in avocados, with improved insulin sensitivity. One cup of cubed avocado contains about 240 calories and 22 grams of fat — but don't let this fat fact scare you. Much of the fat found in avocados is comprised of monounsaturated oleic acid, the same kind found in olive oil.

According to the American Heart Association, monounsaturated fat can lower cholesterol and plays a role in keeping hair and skin healthy. Research indicates that avocado fat (along with its antioxidant content) reduces inflammation within the body and is especially useful for people suffering from arthritis.



Avocados promote heart health and may help lower the risk of heart disease. Their magnesium content may help to regulate blood pressure. The healthy fat content of avocados promotes optimal digestion and facilitates the transport of fat-soluble vitamins throughout the body.

Avocado Recipes

Simple and Delicious Avocado Soup

Ingredients

- 4 ripe avocados, pitted, peeled and chopped
- 3 cups whole milk
- Salt to taste
- Cayenne pepper to taste
- 2 tbsp freshly squeezed lemon juice

Equipment

- Blender



Instructions

1. Put the chopped avocados in a blender, add half the milk and a pinch each of salt and cayenne. Puree the ingredients together.
2. Beat in the remaining milk. Chill the soup for 6 hours.
3. Serve chilled topped with lemon juice.

Banana Avocado Smoothie Delight

Ingredients

- 1 soft avocado, peeled
- 1 banana
- 1/2 cup Greek yogurt
- 1 cup unsweetened almond milk
- 1 tsp vanilla extract
- 3 tbsp maple syrup
- Handful of ice cubes

Equipment

- Blender



Instructions

1. Place all ingredients in a blender and pulse until smooth. Serve in chilled glasses.

Green Avocado Juice

Ingredients

- 1/2 large pineapple, peeled and cubed
- 1 pear
- 6 large kale leaves
- 1 cup broccoli
- 1 handful spinach
- 1 large cucumber
- 4 large celery stalks
- 1-inch piece ginger
- 1 avocado



Equipment

- Juicer
- Blender

Instructions

1. Place all ingredients except avocado into your juicer. Process to create juice.
2. Put the juice and the avocado into a blender and blend the avocado in. Serve right away.

Avocado Potato Salad

Ingredients

- 2 pounds red potatoes, cut into cubes
- 1 cup mayonnaise
- 5 tbsp raw apple cider vinegar
- 2 tbsp mustard
- Salt to taste
- Pepper to taste
- 4 green onions, sliced
- 2 ripe avocados, chopped into 1/2-inch cubes

Instructions

1. Place potatoes in a pan, cover with water and cook for 15 minutes after water has come to a boil. Drain and put in a bowl.
2. Combine remaining ingredients together and stir in with the potatoes.
3. Refrigerate for 4 hours before serving.



Avocado Coconut Ice Cream

Ingredients

- 3 ripe avocados
- 3/4 cup coconut sugar
- 1 cup sour cream
- 1/2 cup heavy cream
- 1 tbsp freshly squeezed lime juice
- Pinch of salt
- Fresh coconut meat, shredded

Equipment

- Blender or food processor
- Ice cream maker



Instructions

1. Place all ingredients in a blender or food processor and mix until smooth.
2. Pour the mixture into your ice cream maker and follow the manufacturer's instructions to finish the ice cream.
3. Top with fresh shredded coconut

Notes

- When choosing an avocado, you can tell it is ripe when it is dark green on the outside, and has a slight "give" when you press on it. If it is too soft, it is overripe.

- When peeling your avocados, be sure to remove only the peel, as the flesh just under the skin contains the highest carotenoid concentration.
- Avocados will start to turn brown within minutes after slicing. To keep them green longer, drizzle them with a bit of fresh lemon juice. This adds a citrus kick to the flavor as well.

2. Blueberries

Blueberries (*Vaccinium myrtillus*) are considered by many to be America's most popular superfood. Although some types of wild blueberries have been growing for centuries across Europe and Asia, sweet blueberry species come from North America and have been eaten, cultivated and used medicinally by Native Americans for many generations.



A relative of the cranberry, bilberry and rhododendron, many parts of the blueberry bush have traditional therapeutic uses. Blueberries were often used in the treatment of diarrhea, and blueberry leaves were traditionally employed to boost appetite, relieve urinary tract infections, balance blood sugar and soothe sore throats.

Blueberries are dark blue or purple in color, grow in clusters, and are covered by a thin, edible skin. Wild blueberries are usually smaller and more tart. They are often of the “lowbush” variety, which is native to North America, Asia and Europe. “Highbush” blueberries are larger, sweeter and primarily found in North America.

Highbush blueberries were introduced to the Europeans by the Native Americans, and their use around the world has expanded ever since.



Nutritional Profile

Each little blueberry is loaded with:

- Calcium
- Choline
- Copper
- Fiber
- Folate
- Iron
- Magnesium
- Manganese
- Pantothenic acid
- Phosphorus
- Potassium
- Protein
- Vitamin A
- Vitamins B1, B2, B3
and B6
- Vitamin C
- Vitamin E
- Vitamin K
- Zinc



Health Benefits

Blueberries, serving for serving, have one of the highest concentrations of antioxidants of any fruit or vegetable. They contain flavonoid antioxidants known as anthocyanins, which are responsible for providing the beautiful blue pigment.



Thanks to a body of research, anthocyanins have been associated with protecting the heart, possessing anti-aging properties and boosting eye health, among other benefits.



Another flavonoid found in blueberries is quercetin, which has anti-inflammatory and antihistamine properties, meaning it can aid in relieving allergies. It has also been linked to protection from heart disease, lowering blood pressure and LDL (“bad”

cholesterol, and easing the symptoms of rheumatoid arthritis. The flavonoids kaempferol and myricetin also aid in blueberries’ anti-inflammatory effects, as does resveratrol, an antioxidant also found in red wine which has notable anti-aging and heart-healthy properties.

All of these antioxidants combine to help protect the body from oxidative stress, which can reduce the risk of many chronic illnesses. Some exciting research also found that blueberries can help improve memory, protect the health of nerve cells and even inhibit the onset of cognitive decline such as Alzheimer's disease.



What's more, blueberries have been found to help keep blood sugar levels stable, and possibly protect against certain cancers. In lab and animal studies, blueberries have been tested against breast, colon,

small intestine and esophageal cancers, with many positive results noted. The vitamin C content of blueberries contributes to their anticarcinogenic potential, helps the immune system fight against invading bacteria and viruses and also keeps skin and gums healthy.

Blueberries may help to prevent urinary tract infections (UTIs) by keeping bacteria from attaching to bladder tissue. These delicious berries are also a great source of manganese, a mineral which is important to bone health and providing your body (and mind!) with optimal energy throughout the day.

All in all, this is definitely one berry to enjoy on a regular basis.

Blueberry Recipes

Blueberry Coconut Sugar Oatmeal

Ingredients

- 1 3/4 cups coconut milk
- 1 cup quick cooking oats
- 1/3 cup of coconut sugar
- A dash of sea salt
- 1/2 tsp of cinnamon
- 3/4 cup fresh or frozen wild blueberries



Instructions

1. Bring milk to boil in a saucepan and stir in oats.
2. Cook oats for 2 minutes or until thickened.
3. Stir in coconut sugar, salt and cinnamon.
4. Spoon oatmeal into bowls and top with blueberries before serving.

Blueberry Juice With Cucumber Twist

Ingredients

- 1 cup blueberries
- 1 cucumber
- 1/2 lemon, peeled
- 2 apples

Equipment

- Juicer

Instructions

1. Process all ingredients through your juicer.
2. Serve over ice and store in the refrigerator.



Blueberry vanilla silk smoothie

Ingredients

- 1 cup frozen blueberries
- 1 cup plain or vanilla Greek yogurt
- 1 tsp vanilla extract
- 1 tbsp raw honey
- 1/2 cup of ice

Equipment

- Blender



Instructions

1. Blend all ingredients in a blender on high speed until smooth.
2. Serve immediately for best results.



Blueberry and Raw Nut Salad

Ingredients

- 8 cups salad greens
- 1 cup fresh blueberries
- 1/4 cup raw walnuts
- 1/4 cup raw almonds
- 1/2 onion, sliced
- 1 apple, diced
- 2 cups chicken breast, cooked and cubed (optional)
- 1/2 cup raspberry vinaigrette dressing
- 1/4 cup crumbled feta cheese

Instructions

1. Toss salad greens, blueberries, walnuts, almonds, onion, apple and chicken breast together in a large salad bowl.
2. Drizzle dressing over the salad and top with cheese before serving.

Blueberry Frozen Pops

Ingredients

- 3 cups fresh blueberries
- 1/2 cup raw honey
- 1/4 cup lemon juice

Equipment

- Blender or food processor

Instructions

1. Process all the ingredients in a blender or food processor.
2. Pour the mix into popsicle molds.
3. Add popsicle sticks to the pops and freeze for 5 hours before serving.



Notes

- Fresh blueberries are in season from June to August.
- Look for berries that are all blue with no red tinge.
- The silvery coating on blueberries is a good thing — it is a natural protectant.
- Blueberries do not continue to ripen after harvest as some other fruits, so be sure they are ripe when you purchase them.
- Avoid moldy or overly soft fruit — if the package is leaking, the fruit is past its prime.

- Store unwashed blueberries in a container covered with plastic wrap.
- Fresh-picked berries will last up to two weeks in the fridge.
- Unwashed blueberries are easy to freeze and thaw beautifully — pack them in a rigid container leaving room for expansion. They will last up to a year this way.
- You can also dehydrate blueberries and store them if you have a dehydrator.

3. Broccoli

Broccoli (*Brassica oleracea italica*) is a green, cruciferous vegetable with a huge nutritional profile. A relative



of cabbage, cauliflower and Brussels sprouts, broccoli has been around since ancient times and has supported the health of numerous generations.

Historians trace the cultivation of broccoli back to the ancient Romans, who grew it by domesticating a wild cabbage and discovering that the flower heads made an excellent meal. As the Roman empire spread its influence throughout Europe and Asia, broccoli's use spread as well.

In traditional Chinese medicine, broccoli was used to cool down the body, especially in summer, and was also associated with eye health

and treating nearsightedness. Italian immigrants introduced broccoli to the American colonies during the 1700s, although its prevalence in the U.S. did not grow in popularity until the 1920s.

The broccoli plant is shaped like a tree, with florets emerging from a fibrous (but still edible) stalk. Depending on variety, it can be light green, dark green or slightly purple in color. The most common type eaten in the U.S. is Calabrese broccoli, also known as Italian green.

Nutritional Profile

These nutrition-packed flowers are rich in:

- Calcium
- Choline
- Chromium
- Copper
- Fiber
- Folate
- Iron
- Magnesium
- Manganese
- Omega-3 fatty acids
- Pantothenic acid
- Phosphorus
- Potassium
- Protein



- Selenium
- Vitamin A
- Vitamins B1, B2, B3 and B6
- Vitamin C
- Vitamin E
- Vitamin K
- Zinc

Health Benefits

Broccoli is a crucial part of an anti-inflammatory diet, thanks to its numerous antioxidant compounds, vitamins and minerals. Flavonoid antioxidants found in broccoli include kaempferol and quercetin. These flavonoids support heart health, reduce inflammation and may also help to relieve allergies.

This veggie is also rich in beta-carotene, which converts to vitamin A in the body. It also contains the carotenoids lutein and zeaxanthin. These carotenoids are important to eye



health and the prevention of macular degeneration, and they greatly contribute to broccoli's anti-inflammatory nature. The vitamin C in broccoli supports immune health and also keeps your skin and gums healthy.

Broccoli is an extremely heart-healthy superfood, thanks to omega-3 fatty acids as well as its high amount of soluble and insoluble fiber. Omega-3 fatty acids are monounsaturated fats that have been linked to significant cardiovascular benefits. Along with helping to keep arteries clear and LDL (“bad”) cholesterol levels low, fiber is important for healthy digestion, feeding beneficial gut bacteria and balancing blood sugar levels.

Glucosinolates, the sulfur chemicals found in broccoli, not only help to reduce inflammation, they possess cancer-fighting potential. An enzyme also found in broccoli — myrosinase — converts glucosinolates into anticarcinogenic isothiocyanates. So far, broccoli and its compounds have shown positive results in reducing the risk of colon, bladder, prostate, breast and ovarian cancers.

The glucosinolates in broccoli have also exhibited potential for combatting osteoarthritis, can help to heal skin that has been damaged by sun exposure, and make a



wonderful addition to a detox regimen. When broccoli is used as part of a detox, the glucosinolates work to flush built-up toxins out of the body at a cellular level.

Additionally, the high amounts of vitamin A and vitamin K found in broccoli help to support vitamin D metabolism in the body. Vitamin K also aids in blood clotting after wounds, and helps to move calcium throughout the body, making it essential for bone health.

Broccoli Recipes

Broccoli Banana Milkshake

Ingredients

- 1 cup almond milk (or whole milk)
- 1/2 cup Greek yogurt
- 1 frozen banana
- 1 cup broccoli florets
- 1 tsp cinnamon
- 1 tbsp coconut sugar



Equipment

- Blender

Instructions

1. Mix all ingredients in your blender on high speed until creamy. It's best to drink it right away.

Broccoli Orange Juice

Ingredients

- 2 cups broccoli florets
- 2 oranges, peeled
- 1 cucumber
- 2 carrots



Equipment

- Juicer

Instructions

1. Process all ingredients through your juicer.
2. Pour over ice and enjoy.



Cream of Broccoli Soup

Ingredients

- 6 tbsp butter (divided)
- 1 onion, chopped
- 2 stalks celery, chopped
- 3 cups chicken broth
- 8 cups broccoli florets
- 3 tbsp flour
- 2 cups whole milk
- Salt to taste
- Pepper to taste



Equipment

- Stock pot
- Blender

Instructions

1. Melt 3 tablespoons of butter in a large stock pot. Cook onion and celery in butter until soft.
2. Add broccoli and broth to stock pot and simmer for 10 minutes.
3. In blender, puree the soup in batches then pour back into the stock pot.
4. Add remaining butter, flour and milk to the soup. Stir until thick, season and serve.

Broccoli Salad Bowl

Ingredients

- 2 cups broccoli florets
- 1 red onion, chopped
- 1/2 cup sun-dried onions
- 1/2 cup sharp cheddar cheese, cut into chunks
- 1/2 cup of real mayonnaise
- 2 tbsp white vinegar
- 1/4 cup coconut sugar
- 1/2 cup cherry tomato halves
- Salt to taste
- Pepper to taste



Instructions

1. Combine all ingredients in a bowl.
2. Toss to combine and serve chilled.

Slow Cooker Beef and Broccoli

Ingredients

- 2 pounds beef sirloin, cut into strips
- 1 cup beef stock
- 1/4 cup soy sauce
- 1/4 cup oyster sauce
- 1/4 cup coconut sugar
- 2 tsp sesame oil
- 3 cloves garlic cloves, minced
- 1/4 cup water
- 2 tbsp cornstarch
- 4 cups broccoli florets, steamed
- Cooked rice

Equipment

- Slow cooker

Instructions:

1. Whisk broth, sauces, sugar, oil and garlic together. Marinate meat in this mixture for 15 minutes.
2. Cook meat for 4 hours in slow cooker.
3. Stir water and cornstarch together until thick. Pour over meat to thicken sauce and cook for an additional 30 minutes.
4. Serve on top of rice and steamed broccoli.



Notes:

- Fresh broccoli should be firm and dark green with crisp (not limp) leaves.
- Refrigerate broccoli in a plastic bag immediately after purchase.
- Wash broccoli in cool water before using. Do not soak.
- To preserve the highest amount of nutrients in broccoli, do not overcook it. Either serve it raw or lightly steam it, otherwise many of the beneficial compounds are depleted.
- Save cooking water to make soup.

4. Carrots

The carrot (*Daucus carota*) is the most popular root vegetable eaten in the United States, and for good reason — its health benefits are abundant. The bright orange carrot as we know it, however, has only been in

existence since the 15th or 16th century. Other types of carrots, which started out in yellow and red hues, have been around for thousands of years and are native to parts of Europe and the Mediterranean.

These nutrition-packed roots belong to the Umbelliferae family, also known as the Apiaceae family, along with parsley, cumin, dill and fennel. Since their origins, they have been cultivated in Asia and the



Middle East. Cultivation in Europe took off around the 15th century, and white, orange and purple carrot varieties were born.

Depending on the variety, carrots can be anywhere from two inches to three feet long with an elongated, somewhat conical appearance. Their leaves are clustered above ground and grow in an “umbrella” shape, hence their family name. Carrots are mildly flavored, both sweet and savory, and the greens have a mild bitter flavor.

Nutritional Profile

These icons of great health contain:

- Biotin
- Copper
- Fiber
- Folate
- Manganese
- Molybdenum
- Pantothenic acid
- Phosphorus
- Potassium
- Vitamin A
- Vitamins B1, B2, B3 and B6
- Vitamin C
- Vitamin E
- Vitamin K



Health Benefits

Carrots are rich in various antioxidants, including the carotenoids alpha-carotene, beta-carotene and lutein. Carotenoids are notorious for their vast eye health benefits. Inside the body, beta-carotene is converted into vitamin A by the liver. Vitamin A is linked to a lower risk of cataracts, glaucoma and macular degeneration and to healthy eyesight in general. The retina of the eye converts vitamin A into a purple pigment called rhodopsin, which allows for optimal night vision.

Vitamin A also protects the body from oxidative stress, which helps to prevent many chronic diseases. It also offers a multitude of skin-protecting benefits including protection from sun damage and aiding in the prevention of wrinkles, acne and uneven skin pigmentation. This important vitamin also helps to reduce fat and bile in the liver, keeping it clear of toxic build-up.



Carrots also contain phytonutrients known as polyacetylenes, two of which are falcarinol and falcarindiol. In research, these polyacetylenes have been associated with helping to reduce the risk of colon, lung and breast cancers, as well as to potentially fighting the growth of existing colon cancer cells.

The combination of carotenoids and polyacetylenes is mutually supportive and makes carrots a powerful superfood in the prevention of heart disease by helping to prevent red blood cells from clumping together. In addition, the other antioxidants found in carrots can help to reduce systemwide inflammation, which is at the root of many chronic conditions. Purple carrots have the added benefit of anthocyanins, which have been linked to anti-aging and heart-protecting properties.

Additionally, carrots can help keep your mouth clean and healthy. Chewing on a raw carrot helps remove plaque from teeth and can aid in neutralizing oral bacteria that leads to cavities.

Carrot Recipes

Carrot Orange Juice

Ingredients

- 2 lb carrots
- 8 oranges, peeled

Equipment

- Juicer



Instructions

1. Run all the carrots and oranges through your juicer.
2. Serve the juice over ice. Best if consumed immediately.

Pineapple Carrot Smoothie

Ingredients

- 3/4 cup frozen pineapple chunks
- 1/2 cup ice
- 1/3 cup orange juice
- 1/4 cup carrot slices
- 1/2 frozen banana



Equipment

- Blender

Instructions

1. Place the ingredients in a blender.
2. Process until smooth and serve in chilled glasses.

Ginger Carrot Soup

Ingredients

- 3 tbsp butter
- 7 carrots, peeled and sliced thinly
- 2 onions, chopped
- 1 tsp sea salt
- 1 tsp ginger powder
- 2 cups chicken broth (or vegetable broth)
- 2 cups water
- 2 tbsp orange zest
- Chopped herbs for garnish



Equipment

- Stock pot
- Blender

Instructions

1. Melt the butter in a large stock pot. Saute the carrots and onions in the butter until soft.
2. Add ginger and salt, stir to combine.
3. Add broth, water and zest to the pot. Bring to a boil then simmer for 20 minutes.
4. Remove the zest from the soup.
5. Process the soup through a blender in batches. Serve warm or chilled.

Carrot Cucumber Summer Salad

Ingredients

- 1/4 cup rice vinegar
- 1 tsp coconut sugar
- 1/2 tsp extra virgin olive oil
- 1/4 tsp ginger powder
- 1/4 tsp sea salt
- 1 cup carrots, sliced
- 2 tbsp green onion, sliced
- 2 tbsp red bell pepper, minced
- 1 cucumber, sliced

Instructions

1. Mix the vinegar, sugar, olive oil, ginger and salt together in a bowl. Whisk until sugar dissolves. Set aside.
2. Toss the carrots, onions, pepper and cucumbers together.
3. Drizzle dressing over salad, toss to evenly coat. Chill before serving.



Raw Carrot Cake

Step One: Cake

Ingredients

- 1 cup carrots, chopped
- 2 cups walnuts
- 1 cup sun-dried raisins
- 1/2 cup shredded coconut
- 1 tbsp raw sunflower seeds
- 1/8 tsp raw honey
- 1 tsp vanilla extract
- 1 tsp cinnamon
- 1/2 tbsp water



Equipment

- Food processor
- Glass baking dish

Instructions

1. Place all ingredients in a food processor. Process until well combined and a few chunks remain.
2. Press the cake mixture into the bottom of a glass baking dish.

Step Two: Icing

Ingredients

- 1 cup cashews
- 2 tbsp lemon juice
- 2 tbsp raw honey
- 1 tsp vanilla
- 1 tsp water



Equipment

- Blender or food processor

Instructions

1. Place all ingredients in a blender and process until the mixture is smooth with the texture of icing.
2. Spread icing thinly over the cake.
3. Refrigerate for 2 hours before serving.

Notes

- Look for carrots that are firm, straight and bright in color.
- Thicker carrots have a larger core and are usually sweeter.
- If greens are attached, be sure they are brightly colored.
- Don't use limp or rubbery carrots.
- Store carrots in the refrigerator in a plastic bag — be sure to get all of the air out of the bag first.

- Keep carrots away from apples, pears and potatoes— the ethylene gas produced by these foods will make your carrots bitter tasting.
- Do not wash carrots before storing.
- Rinse carrots under cold water before using — do not soak as the nutrients will leach into the water.
- If you wish to eat carrots raw, slice them first for easier digestion.

5. Cherries

Cherries can be called the “all-American” superfood due to the celebration they receive in the U.S. Wild cherries (*Prunus avium*) have been around since the Bronze age — perhaps earlier — and are native to Western Asia and Europe. Cherry trees were first brought to the U.S. in the 1600s, and today, over 650 million pounds of cherries, both sweet and tart, are cultivated there each year.



Celebrated for thousands of years for both their delicious flavor and their medicinal properties, these summer stone fruits have been traditionally used in cleansing regimens, as a diuretic aid, to boost blood and heart health and to ease menstrual symptoms.

Cherry trees often grow wild in beech forests, and are as beautiful as they are useful. In springtime, the trees bloom in fragrant white blossoms. In summer, the fruits become ripe and ready to eat, and in autumn, the leaves turn bright red and yellow. Wood from these picturesque trees has been used for generations for a variety of functional purposes, including furniture and craftsmanship.

Nutritional Profile

Each sweet or tart cherry you bite into contains:

- Calcium
- Choline
- Copper
- Fiber
- Folate
- Iron
- Magnesium
- Manganese
- Omega-3 fatty acids
- Pantothenic acid
- Phosphorus
- Potassium
- Protein
- Vitamin A
- Vitamins B1, B2, B3 and B6
- Vitamin C



- Vitamin E
- Vitamin K
- Zinc

Health Benefits

Cherries are packed with a wide variety of phytonutrients to help fight free radical damage and oxidative stress, which can lead to many chronic diseases and may accelerate aging when left unchecked. One of the best-known antioxidant groups in cherries is the anthocyanin group. Anthocyanins are flavonoids which have been associated with a reduced risk of heart disease and certain cancers.



Flavonoids, including anthocyanins, are anti-inflammatory in nature, and may help to relieve the pain of arthritis, gout, muscle and joint pain, as well as other inflammatory conditions. Quercitrin, another flavonoid found in cherries, has been under a significant amount of research scrutiny for its potential to fight cancer cells. Isoquercitrin, yet another flavonoid, adds to the anti-aging effects of cherries. Ellagic acid, another phenolic compound contained in cherries, has been found to have anticarcinogenic properties.

Cherries contain high levels of beta-carotene, approximately 19 times the levels found in strawberries and blueberries. Beta-carotene converts to vitamin A inside the body, and along with vitamins C and E, is instrumental in eye, hair and skin health. Vitamin C is also important for an optimally functioning immune system.

Another unique benefit of cherries, especially tart cherries, is their melatonin content. Melatonin is a hormone that is naturally produced by the body when it is dark, signaling the brain that it is time to sleep. Sometimes, however, due to a variety of factors, melatonin production may not be optimal, which leads to sleep issues such as insomnia. Cherries are one of the few food sources of melatonin, and can therefore aid in improving sleep quality and balancing circadian rhythms.

Cherry Recipes

Blender Cherry Juice

Ingredients

- 15 cherries, pitted
- 2 tbsp raw honey
- 1/2 cup water



Equipment

- Blender

Instructions

1. Place all ingredients in a blender. Process until smooth.
2. Sift the seeds out of the juice and serve over ice.

Cherry Smoothie

Ingredients

- 1 cup apple juice
- 1/2 cup vanilla Greek yogurt
- 1 tsp vanilla extract
- 1 1/2 cups frozen cherries

Equipment

- Blender



Instructions

1. Blend ingredients in a blender until smooth.
2. Serve or store in the freezer.

Cherry Pecan Salad

Ingredients

- 12 oz salad greens
- 2 apples, thinly sliced
- 1/2 cup pecan halves
- 1/4 cup dried cherries
- 6 oz blue cheese, crumbled
- 1 tbsp dijon mustard
- 1 tsp maple syrup
- 1 tsp apple cider vinegar
- 1/4 cup extra virgin olive oil
- Salt to taste
- Pepper to taste

Equipment

- Glass mason jar

Instructions

1. Toss the salad greens, apples, pecans, cherries and cheese together in a large bowl.
2. Place the remaining ingredients together in a mason jar. Put the lid on and shake to combine.
3. Divide the salad onto plates. Drizzle a bit of dressing onto each serving.

Raw Chocolate Cherry Cookies

Ingredients

- 1 cup almond meal
- 1/3 cup coconut flour
- 3 tbsp cocoa powder
- 12 dates, pitted
- 1/3 cup dried cherries
- 1/4 cup raw dark chocolate, chopped

Equipment

- Food processor
- Cookie cutter

Instructions

1. Process almond meal, coconut flour and cocoa powder through a food processor to combine.
2. Add dates and process until the mixture is sticky.
3. Add chocolate and cherries to the food processor. Pulse to combine.
4. Place the dough between two sheets of wax paper. Roll out to about 1/2 an inch thick. Use a cookie cutter to cut the cookies into shape. Place on a cookie sheet and refrigerate until firm.

Cherry Ice Cream

Ingredients

- 2 cups heavy cream
- 1 cup whole milk
- 3/4 cup coconut sugar
- 2 tsp vanilla extract
- 2 cups cherries, pitted and halved



Instructions

1. Stir the cream, milk and sugar together in a bowl. Mix until the sugar is dissolved.
2. Mix in the vanilla and cherries.
3. Pour into ice cream maker and freeze following the machine's instructions.

Notes

- Cherries are normally available May through August. Look for them in your local farmer's market first.
- Look for cherries that are dark in color — this is the best indication of maturity. Bing, black, tartarian, Schmidt, Chapman and Republican types should be deep maroon or mahogany red to black. Lambert cherries should be dark red and Rainier cherries should be straw-colored.

- If the cherries are good, they will be bright and plump with fresh looking stems. Do not purchase cherries that have dried stems or are dull in appearance.
- Cherries do best when kept in the refrigerator. To freeze, place cherries in a single layer on a cookie sheet or in a dish and freeze. After they are frozen, transfer to a bag.

6. Dark Chocolate

Chocolate is made from the bean of the cacao tree (*Theobroma cacao*), and has unfortunately received a bad name because of processing, added sugars and added chemical preservatives. However, chocolate — in its raw, unprocessed form — is a powerful superfood.



Raw chocolate was celebrated by the ancient Olmec people of Mexico, who are thought to have introduced it to the ancient Mayans. The Mayan civilization truly loved chocolate, referring to it as the “food of the gods,” cultivating cacao trees in their gardens, using it in ceremonies and potions, and depicting it in their artwork. It was also later used by the Aztecs for ceremonial purposes and in sacrificial offerings.

Cacao beans grow on evergreen trees in pods containing about 50 beans each. They are native to Central and South America, as well

as Mexico, and flourish in tropical climates. The raw cacao beans are removed from the pods and undergo a natural drying and fermentation process, which takes a week or two. The beans are then sold whole or ground into a powder. If any further roasting or processing is done, they lose much of their nutritional value.

Nutritional Profile

Raw, dark chocolate is rich in:

- Beta-carotene
- Calcium
- Copper
- Fiber
- Folic acid
- Iron
- Magnesium
- Manganese
- Pantothenic acid
- Potassium
- Protein
- Sulfur
- Vitamins B1, B2 and B3
- Vitamin E
- Zinc



Health Benefits

Raw, dark chocolate is teeming with antioxidants, including flavonoids, which have been strongly associated with heart health. The benefits include fighting inflammation, stabilizing blood pressure, boosting circulation and reducing arterial plaque build-up. Cacao beans also contain epicatechins, which help to prevent blood clots, and resveratrol, the compound also found in red wine that has been associated with longevity. The combination of antioxidants found in raw chocolate can help to prevent a wide range of chronic illnesses.

Another benefit of raw chocolate is its concentration of health-promoting fats. These include oleic acid, which is also found in coconut and olive oils. This monounsaturated fat helps to lower blood pressure and blood levels of LDL (“bad”) cholesterol, and also supports hair and skin health. Raw chocolate also contains healthy saturated fats, which are, contrary to popular belief, actually healthy for the heart and support an array of vital bodily functions.



As many people are aware, chocolate has unique “feel-good” characteristics. A compound found in chocolate, phenylethylamine (PEA), affects the brain in a similar way as falling in love. Chocolate also increases the availability of neurotransmitters in the brain,

including serotonin and anandamide. Serotonin helps to improve mood, and anandamide, derived from the Sanskrit word for “bliss,” helps to block feelings of pain. Both of these neurotransmitters work to combat depression.

Chocolate may help to lower levels of cortisol (the stress hormone) in the body, and also contains theobromine, an alkaloid that is associated with energy and central nervous system (CNS) stimulation.

Dark Chocolate Recipes

Raw Cacao Oatmeal

Ingredients

- 1/2 cup oats
- 1/2 cup almond milk
- 1/2 cup water
- 1 banana
- 1 tsp vanilla extract
- 1 tbspcacao powder
- Fruit and nuts for toppings



Instructions

1. Bring the milk and water to a boil on medium heat.
2. Add oats, reduce heat and allow to simmer.
3. Mash half the banana and mix it in with the oats.
4. Add vanilla and cacao and stir thoroughly.
5. When the cereal is thickened, pour into a bowl and top with desired fruits and nuts.

Cacao and Peanut Butter Smoothie

Ingredients

- 1 tbsp raw honey (or maple syrup)
- 1 frozen banana
- 2 tbsp peanut butter
- 1 1/2 tbsp cacao powder
- 1/2 cup almond milk



Equipment

- Blender

Instructions

1. Place all ingredients in a blender.
2. Mix until well combined. Add more almond milk for a thinner smoothie, or ice for a thicker one.

Chocolate Almond Milk

Ingredients

- 1 cup almonds, soaked and drained
- 4 cups water
- 4 dates, pitted
- 1 tsp vanilla extract
- 2 tsp maca powder
- 4 tbsp raw cacao powder



Equipment

- Blender
- Cheesecloth

Instructions

1. Place all ingredients in blender.
2. Blend for 2 minutes to mix.
3. Cover a bowl with cheesecloth.
4. Pour the mixture onto the cheesecloth. Allow the milk to strain for 2 hours.
5. Use the pulp for smoothies or cookies. Store the milk in an airtight container in the fridge.

Raw Chocolate Truffle Balls

Ingredients

- 1 cup dates, pitted
- 1/4 cup coconut oil
- 1/4 cup raw honey
- 1/2 tsp cardamom powder
- 1/4 tsp cinnamon
- 1/4 tsp sea salt
- 1 tsp vanilla
- 1/2 cup raw cocoa powder
- 3/4 cup walnuts, soaked and drained
- 1/4 cup dried cranberries



Equipment

- Food processor

Instructions

1. Process the dates alone in food processor for 10 seconds.
2. Add coconut oil to the food processor. Pulse to mix in.
3. Add honey, cardamom, cinnamon, salt and vanilla. Process for another 10 seconds.
4. Place mixture in a bowl. Stir in cocoa, walnuts and cranberries.
5. Form the dough into balls and place on a baking sheet. Refrigerate for 30 minutes before serving.

Chocolate Pistachio Avocado Pudding

Ingredients

- 2 ripe avocados
- 2 tbsp coconut oil
- 1/3 cup raw honey (or maple syrup)
- 3 dates, pitted, soaked and chopped
- 1/2 cup cacao powder
- 2 tsp vanilla extract
- 1 cup almond milk, divided
- Chopped pistachios and shredded coconut for toppings



Equipment

- Blender

Instructions

1. Add oil, dates, honey, vanilla, half of the almond milk, avocados and cacao powder to a blender.
2. Blend for 3 minutes. Add remaining almond milk and stir.
3. Refrigerate for 15 minutes to allow to thicken.
4. Dish into bowls and top with pistachios and coconut.

Notes:

- When choosing your chocolate, look for organic, raw, unroasted cacao beans or nibs, or raw cacao powder.

- Real chocolate, without the added sugars, is bitter. You can sweeten it with raw honey, coconut crystals or stevia leaf when using it in dessert recipes or in delicious, raw hot chocolate.

7. Green Tea

Green tea has been celebrated by numerous cultures, especially throughout Asia, for thousands of years. This amazing tea is steeped from the unfermented leaves of the *Camellia sinensis* plant, which is thought to have originated in Western China, Northern India and Tibet. Chinese legend states that tea was discovered by Emperor Shen Nung in 2737 BCE, when he was boiling water and a few leaves from a wild tea bush fell into his pot.



In India, the discovery of tea is credited to the Buddhist monk Siddhartha. The legend tells us that in the 6th century Siddhartha journeyed to China and vowed to meditate without sleep for nine years. He found himself feeling tired, but after chewing some tea leaves, his alertness renewed. It is also said that he brought tea to Japan during the course of his journey, and its popularity exploded across Asia from there. Tea was introduced to European traders in the 1500s, and is today the most popular beverage on Earth.

The *Camelia sinensis* plant is actually an evergreen tree that can grow up to 30 feet. However, it is trimmed into short shrubs so that tea leaves can be harvested more efficiently. To make green tea, the leaves are quickly steamed, then rolled and dried. When prepared this way, the leaves retain maximum antioxidant content and have minimal caffeine. Black and oolong teas are made from the same leaves, however, they are fermented and go through further processing. The flavor of green tea is fresh and slightly sweet, like the essence of springtime.

Nutritional Profile

Every cup of soothing and refreshing green tea contains:

- Biotin
- Chromium
- Manganese
- Selenium
- Vitamin A
- Vitamin C
- Vitamin E
- Vitamin K
- Zinc

Health Benefits

The principal benefit of green tea lies in its dense polyphenol antioxidant content. These antioxidants include catechins, epicatechins and thearubigins, all of which are flavonoids



that work to reduce chronic inflammation in the body. Inflammation left unchecked can lead to a range of serious illnesses. Perhaps the most noteworthy (and researched) antioxidant in green tea is epigallocatechin-3-gallate (EGCG). Lab studies have found that EGCG is significantly more potent than even vitamins C and E as far as combating harmful oxidative stress.

EGCG is thought to be the primary reason behind green tea's connection to fighting disease. Research has found a connection between green tea and a reduced risk of multiple cancers, including bladder, breast, colon, esophageal, lung, prostate and skin cancers (some studies specifically looked at EGCG, some at green tea as a whole).

Catechins in general have been linked to optimal tooth and gum health, as they reduce inflammation in the mouth. Green tea also contains alkaloid compounds, which keep the body's pH from becoming too acidic. When acid content in the body is too high, a number of health conditions are able to arise.

The vitamins, minerals and antioxidants in green tea combine to make it very beneficial to the cardiovascular system; green tea may help reduce heart disease risk, lower hypertension risk, increase HDL (“good”) cholesterol and aid in blocking the oxidation of LDL (“bad”) cholesterol. The amino acids in green tea are associated with a reduction in stress levels. Chronic stress is closely associated with an elevated risk of cardiac problems.

Green tea can be a great addition to a weight loss plan and has even been found to help burn belly fat when combined with regular exercise. Drinking this celebrated beverage can also give you the endurance you need to get the most out of your exercise session. Additionally, green tea can keep you looking young and radiant, due to its ability to fight free radicals. Cooled green tea can be used as a facial toner to help even skin tone and improve its overall condition.



Green Tea Recipes

Spicy Green Tea Smoothie

Ingredients

- 3/4 cup strongly brewed green tea, chilled
- 1/8 tsp cayenne pepper
- 1/4 cup lemon juice
- 2 tsp honey
- 1 pear, sliced
- 2 tbsp Greek yogurt
- 1/2 cup ice



Equipment

- Blender

Instructions

1. Place all ingredients in a blender.
2. Mix on high until smooth. Best if served right away.

Sparkly Green Tea Orange Juice

Serves: 4

Ingredients

- 2 cups strongly brewed green tea
- 1/4 cup honey
- 1/2 cup orange juice
- Ice
- Sparkling water

Equipment

- 4 chilled glasses

Instructions

1. Mix honey with green tea while it is hot. Allow to cool.
2. Mix the green tea and orange juice together.
3. Put ice into chilled glasses. Fill each glass halfway with the green tea mixture. Fill the rest of the glass with sparkling water and serve.



Green Tea Egg Drop Rice Soup

Ingredients

- 4 cups water
- 2 green tea bags
- 2 cups cooked rice
- 2 tbsp soy sauce
- 1/2 cup dried mushrooms
- 2 eggs
- 1/2 cup green onions, thinly sliced

Instructions

1. Heat water in a pot until it boils.
2. Add tea bags to water and brew for for 3 minutes. Remove tea bags.
3. Add soy sauce and mushrooms to the tea. Remove from heat.
4. Beat eggs and drizzle into soup.
5. Stir in green onions.
6. Serve in bowls over rice.



Iced Lemon Green Tea

Ingredients

- 4 cups water
- 8 green tea bags
- 1 1/2 cups cold water
- 1/2 cup lemon juice
- 1/4 cup coconut sugar



Instructions

1. Heat water in a pot until it boils.
2. Add tea bags to boiling water. Cover and let brew for 5 minutes.
3. Squeeze the tea bags and remove from water.
4. Stir in water, lemon juice and sugar.
5. Serve over ice.

Avocado Green Tea Pops

Ingredients

- 1 ripe avocado, pitted and cubed
- 1/2 cup green tea
- 1/2 cup almond milk
- 1 tbsp vanilla extract
- 2 tbsp honey



Equipment

- Blender
- Popsicle molds

Instructions

1. Place all ingredients in a blender and mix until smooth.
2. Pour into popsicle molds, add a stick, cover and freeze.

Notes:

- To get the absolute most out of your cup of green tea while avoiding potential pesticide exposure, choose organic, loose-leaf varieties.

8. Kale

Kale has been called the “queen of greens” for good reason — this dark, leafy cruciferous veggie is not only delicious but also packs a strong nutritional punch.



There are a number of different types of kale. The three most popular are curly kale, lacinato kale (a.k.a. dinosaur kale, Tuscan kale, black kale) and red Russian kale. When you shop in your local supermarket, you are most likely to encounter curly kale.

Curly kale is slightly bitter and has curled edges. It can range from light green to purple. Lacinato kale has beautiful deep blue-green leaves and a narrow, firm, spear-shaped leaf that is slightly wrinkled. It has a rich earthy flavor that is almost nutty. Russian kale has flat leaves and is reddish purple in color. It tastes mild and sweet but also has woody stems that must be removed before using.

Nutritional Profile

A must-have superfood for any diet, kale contains:

- Calcium
- Copper
- Fiber
- Folate
- Iron
- Magnesium
- Manganese
- Phosphorus
- Potassium
- Protein
- Omega-3 fatty acids
- Vitamin A
- Vitamins B2, B3, B6 and B15
- Vitamin C
- Vitamin E
- Vitamin K

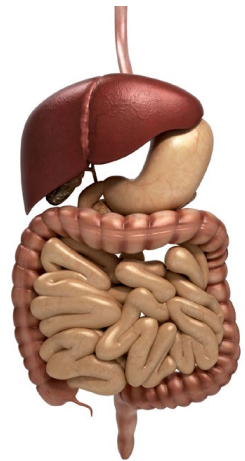


Health Benefits

The vitamins, minerals and other nutrients found in kale have powerful antioxidant properties. Two of these antioxidant groups are carotenoids and flavonoids. The carotenoids beta-carotene and lutein are found in large amounts in kale, and both are associated with protection from oxidative stress and free radicals. Oxidative stress is a primary cause for the body's susceptibility to disease. Lutein has also been studied for its role in eye health with promising results.

Kale contains more than 45 different flavonoids, including quercetin and kaempferol. These flavonoids are, like carotenoids, key in guarding against free radicals and lowering inflammation. Keeping inflammation in check is crucial, because when it reaches chronic levels, it can lead to a number of illnesses, including — but not limited to — asthma, autoimmune conditions such as rheumatoid arthritis and lupus, as well as certain cancers.

The high fiber content of kale, especially raw kale, can help keep your digestive system healthy and regular. A healthy bowel is a key to good overall health, as many illnesses are rooted in the gut. Kale contains some prebiotic properties, helping to keep your number of “good” gut bacteria high so they can balance out the “bad” gut bacteria that leads to illness if left unchecked.



Besides being an excellent part of an anti-inflammatory diet, kale can also help detoxify the body at the cellular level. This is largely thanks to the isothiocyanates (ITCs) which are formed from the glucosinolates found in kale. Incorporating kale into your diet as a staple food can help your cells to regularly release any toxic buildup. If you are thinking of undergoing a detox, kale can be a superstar in this process and really give your cleanse a boost.

Because of the ITC's ability to detoxify the cells, kale is a key food in cancer prevention. Kale has been associated with lowering the risks of bladder, colon, ovary, breast and prostate cancers, and may possibly lower the risk of other cancers as well.

Additionally, kale helps support a healthy heart and circulatory system and may lower levels of LDL ("bad") cholesterol if eaten regularly.

All in all, this is one leafy green not to be underestimated.



Kale Recipes

Kale Quinoa

Ingredients

- 1 cup quinoa
- 2 tbsp extra virgin olive oil
- 2 small sweet potatoes peeled and cut into 1/2-inch pieces
- 10 oz button mushrooms, quartered
- 2 cloves garlic, thinly sliced
- 1 bunch kale, torn into 2-inch pieces
- 3/4 cup dry white wine
- Salt to taste
- Pepper to taste
- 1/4 cup grated Parmesan cheese
- 2 cups water

Instructions

1. Place your quinoa and water in a saucepan and bring to a boil.
2. Reduce heat and simmer 12 to 15 minutes.
3. Heat oil over medium heat in a large pot.
4. Add potatoes and mushrooms and cook, tossing occasionally for 5 minutes.
5. Stir garlic in with potatoes and cook for 1 minute.

6. Add all remaining ingredients (except cheese) and cook for 10 to 12 minutes, tossing occasionally.
7. Serve the vegetables over quinoa and top with cheese.

Chicken with Kale

Ingredients

- 4 tbsp coconut oil
- 4 chicken quarters, skinned
- Salt to taste
- Pepper to taste
- 1/4 cup all-purpose gluten-free flour
- 5 garlic cloves, chopped
- 1 oz chopped and washed kale
- 1 can diced tomatoes
- 1 can chicken broth
- 1 tbsp red wine vinegar



Instructions

1. Preheat oven to 325°F.
2. Heat a pan over medium heat and add 2 tablespoons coconut oil.
3. Sprinkle chicken with salt and pepper and dredge in flour.

4. Place 2 quarters in the pan and cook for 1 1/2 minutes on each side. Remove and do the same with the other quarters and 2 more 2 tablespoons of coconut oil. Remove chicken from pan.
5. Bake chicken for 1 hour and 15 minutes in Dutch oven.
6. When chicken is almost ready, add remaining oil and garlic to pan. Cook for 20 seconds.
7. Add half the kale and cook for 2 minutes.
8. Add remaining kale and cook for 3 minutes.
9. Stir in the tomatoes and broth and bring to a boil.
10. Remove from heat and stir in vinegar.
11. Remove chicken from oven and serve on top of the kale mixture.

Kale and White Bean Soup

Ingredients

- 2 tbsp coconut oil
- 1 yellow onion, diced
- 4 large garlic cloves, chopped
- 4 32-oz containers vegetable broth
- 4 cups chopped kale
- 1 can Italian diced tomatoes
- 1 can cannellini beans, rinsed and drained
- 2 large carrots, sliced



Instructions

1. Heat oil in saucepan over medium heat. Add onion and garlic and cook for 5 minutes.
2. Add remaining ingredients (except beans) and cook for 5 minutes.
3. Add beans and cook until hot. Serve while warm.

Braised Kale Frittata

Ingredients

- 6 large eggs
- 4 large egg whites
- Salt to taste
- Pepper to taste
- 3 tbsp grated Parmesan cheese
- 2 tbsp chopped oregano
- Coconut oil spray, as desired
- 2 cups braised kale, drained and chopped
- 3/4 cup chopped cherry tomatoes



Equipment

- 8-inch oven-proof skillet

Instructions

1. Preheat oven to 375°F.
2. Whisk eggs, egg whites, salt, pepper and cheese together in a small bowl.
3. Spray oven-proof skillet with coconut oil.
4. Heat over medium heat and add kale, tomatoes and egg mixture. Swish around to evenly distribute.
5. Transfer to the oven and bake for 20 minutes.
6. Cut into wedges and serve.

Kale and Aloe Smoothie

Ingredients

- 1 aloe vera leaf, skinned
- Juice of 1 lemon
- 1 banana
- 1 thumb of fresh ginger
- 1 cup frozen pineapple chunks
- 1/2 cup apple juice
- 3 leaves kale

Equipment

- Blender

Instructions

1. Remove the skin from the aloe.
2. Combine all ingredients and mix in a blender. Serve chilled.

Notes

- Don't wash kale until right before you are going to use it — this keeps it fresh longer.
- Remove thick stems by holding the kale upside down and pulling the leaves off. Stack the greens on top of each other and roll them into a tight bundle. Slice them into the desired width — you can use the stems for soups!
- The best way to reduce bitterness and soften thick greens is to blanch them. After this, saute or freeze them for later use. To blanch kale, stir the leaves into boiling water for about a minute, drain and immediately run them under cold water.
- Braising is another great way to tenderize tough greens and add flavor. Slow cook the greens in about 3/4 cup of vegetable stock for about 20 minutes until they are tender and ready to eat.

9. Mushrooms

Mushrooms have been prized since ancient times for both their culinary appeal and their medicinal qualities. In ancient Egypt, it was thought that mushrooms could grant immortality, and therefore were only eaten by pharaohs. They have also been a huge focus of traditional Chinese medicine for thousands of years.



This unique fungus has been around since the days of hunter-gatherers, who collected them for food, and likely learned which ones were edible — and which were not — by trial and error. Historians speculate that mushrooms were first cultivated in Asia and began to be cultivated in Europe in the 17th century.

There are over 10,000 different identified species of mushroom, and it's likely that many more have yet been discovered. Of these, it is estimated that most are either inedible, tasteless or may cause mild indigestion. Just under five percent are the tasty and nutritious morsels that we eat today, and about one percent are poisonous. In some cultures, like Russia for example, knowledge of which mushrooms can be eaten, and which to avoid, is taught to children at a young age.



For the sake of brevity, we will focus on three different groups of mushrooms: button mushrooms (including white, crimini and portobello), shiitake and oyster mushrooms.

White, crimini and portobello mushrooms are different strains of button mushrooms, harvested at different times in their maturity. White mushrooms are harvested when they are very young.



Criminis, also known as brown mushrooms, baby portobello and mini bella, are “middle aged” and portobellos are mature button mushrooms. White mushrooms are the mildest in flavor, crimini mushrooms are brown and have a slightly deeper taste and portobellos have a rich, steak-like quality.

Shiitake mushrooms originated in Asia, and are considered to be a symbol of longevity in many Asian countries. They grow naturally on the pasania tree species, and are sometimes referred to as “Black Forest mushrooms” after the German region where they also grow wild. Shiitake mushrooms are light to dark brown and have a smoky flavor that holds up well against other flavors.





Oyster mushrooms are also thousands of years old, growing on conifer and deciduous hardwood trees. Their shape is reminiscent of trumpets, and they can have either gray, brown or reddish caps. When cooked they have a mild flavor, and when served raw they have a slightly peppery taste.

Nutritional Profile

While nutrient content varies depending on the species of mushroom, the basic nutrients that these mushrooms share are:

- Choline
- Copper
- Folate
- Manganese
- Pantothenic acid
- Phosphorus
- Potassium
- Protein
- Selenium
- Vitamins B1, B2, B3, B6 and B12
- Zinc



Health Benefits

The unique blend of phytonutrients and antioxidants found in mushrooms give them potent anti-inflammatory and immune system protective properties. Scientists have isolated numerous different compounds from button, shiitake and oyster mushrooms that have been found to stimulate the immune system in various ways, protecting against chronic diseases including heart disease, cancer and autoimmune conditions.

Crimini mushrooms have been found to support the optimal functioning of white blood cells, and have been especially studied in terms of arthritis protection. Shiitake mushrooms have been used in traditional Chinese medicine as an immune-boosting tonic, among other functions. Oyster mushrooms contain natural lovastatin, a compound that has been found to be potentially beneficial against breast and colon cancers, along with supporting optimal heart function.



Crimini mushrooms (and other button mushrooms) contain conjugated linolenic acid (CLA), a fatty acid that has been linked to decreasing the production of estrogen, making it potentially effective against breast cancers. Shiitake mushroom extracts have been the

subject of many studies for their anticarcinogenic potential, as some of their components have been found to cause programmed cell death (apoptosis) of tumor cells. It is currently thought that there are over 100 compounds present in shiitake mushrooms, including non-polysaccharide substances, which team up to fight cancers.

The vitamins and minerals found in mushrooms are vital to optimal well-being. The B-vitamins that they contain are not produced naturally by the body, and must therefore be obtained from food. These help support the nervous and digestive systems, are important in the health of red blood cells and are also key in skin health.

As far as mineral content, the potassium found in mushrooms is essential for proper nerve, muscle and heart function and also helps to keep blood pressure levels stable. Selenium protects the body's cells from damage and also aids the immune system. Copper is necessary for the production of red blood cells, as well as nerve and bone health. Shiitake mushrooms also contain iron, which is necessary for the health and production of red blood cells.



Mushrooms have been the subject of research in relation to heart disease for some time, and it has been found that button, shiitake and oyster mushroom extracts can help lower the risk of aorta damage from immune cells binding to the lining and can promote healthy blood flow to and from the heart. They have also been found to help lower cholesterol levels.

A particularly unique benefit of mushrooms is their contribution to environmental health. As they are in the fungus family, mushrooms do not require soil or light and can thrive on almost any



organic material. This makes them a very sustainable food. Shiitake mushrooms can be “forest-farmed” on hardwood logs that naturally occur in wooded areas, so that they take up no extra space in their cultivation.

Oyster mushrooms can actually degrade certain environmental toxins, including hydrocarbon pollutants. They can also eat nematode worms. This means that they are not subject to these pests feeding on them and may one day be able to replace certain pesticides in agriculture, as they could possibly control rootworms naturally if employed in the right conditions.

Due to the fact that mushrooms can be grown on various mediums, conventional mushrooms are grown in a wide variety of ways, some of which involve the heavy use of pesticides. To avoid potential exposure to harmful chemicals, it is important to purchase organic mushrooms.

Mushrooms — whichever type you choose — can both accent and absorb a wide variety of flavors. The unique benefits that they add to your meals could greatly improve your overall well being in a number of ways as well.

Mushroom Recipes

Sautéed Mushrooms

Ingredients

- 1 tbsp butter
- 2 cloves garlic
- 1 1/2 lbs mushrooms, sliced
- 1/4 cup gluten-free soy sauce
- Garlic powder to taste
- Sea salt to taste
- Black pepper to taste



Instructions

1. Melt the butter in a skillet over medium heat.
2. Add the garlic to the pan and saute for 2 minutes.
3. Add the mushrooms with the garlic, stir and cook for 5 more minutes.
4. Add soy sauce and stir.
5. Add seasonings as desired. Cook for 10 more minutes. Serve while warm.

Creamy Mushroom Soup

Ingredients

- 8 oz mushrooms, sliced
- 2 tbsp onions, chopped
- 2 cloves garlic, minced
- 2 tbsp butter
- 3 tbsp gluten free flour, divided
- 1/4 tsp xanthan gum
- 2 cups chicken broth
- 1 cup half and half cream
- 1/2 tsp salt
- 1/4 tsp pepper
- 1/4 tsp nutmeg



Instructions

1. Melt the butter in a skillet.
2. Put the onions, garlic and mushrooms in the skillet and cook until the onions are translucent.
3. Add the 2 tablespoons of the flour and 1/8 teaspoon of xanthan gum and stir to combine.
4. Stir in the broth and heat until thickened.
5. In a separate bowl, stir together cream, remaining 1 tablespoon flour, 1/8 teaspoon xanthan gum and seasonings. Stir into soup.
6. Serve while warm.

Mushroom Chicken Bake

Ingredients

- 4 boneless, skinless chicken breasts
- 1/4 cup gluten-free flour
- 3 tbsp butter
- 1 cup mushrooms, sliced
- 1/2 cup chicken broth
- 1/4 tsp salt
- 1/8 tsp black pepper
- 1/3 cup mozzarella cheese, shredded
- 1/3 cup parmesan cheese, shredded
- 1/4 cup green onion, sliced



Instructions

1. Put the chicken and flour in a plastic bag. Shake to coat the chicken evenly.
2. Melt butter in a skillet.
3. Add the chicken to the skillet and cook until brown. Transfer to a baking dish.
4. Preheat your oven to 375°F.
5. Saute the mushrooms in the same skillet until they are soft.
6. Add broth and seasonings to the skillet and boil for 5 minutes.
7. Spoon the mushroom mixture over the chicken.
8. Bake uncovered in the preheated oven for 15 minutes.
9. Add the cheese and green onions on top of the chicken and bake for 5 more minutes.

Vegetarian Mushroom Burgers

Ingredients

- 1 can kidney beans, drained
- 1/2 cup rolled oats
- 1/2 cup mushrooms, chopped finely
- 1/4 cup onion, chopped finely
- 1 carrot, shredded
- 1/2 cup red bell pepper, chopped
- 1 clove garlic, minced
- 2 tbsp tomato paste

- 1/2 tsp sea salt
- Black pepper to taste

Equipment

- Food processor or blender

Instructions

1. Place all the ingredients in a food processor or blender. Mix until well combined.
2. Pulse until all ingredients are coarsely chopped.
3. Chill the mixture in the fridge until it is easy to form into patties.
4. Form the mixture into 4 patties.
5. Cook patties in a skillet for 5 minutes on each side.
6. Note: patties can be stored in the freezer and cooked at a later time.

Mushrooms and Rice

Ingredients

- 1 cup long grain rice
- 1/4 cup butter
- 1/2 cup celery, finely chopped
- 1/2 cup onion, finely chopped
- 1 cup mushrooms, sliced
- 1 can chicken broth

- 1/3 cup water
- 2 tbsp fermented gluten free soy sauce
- 1 tbsp dried parsley

Instructions:

1. Preheat your oven to 350°F.
2. Melt the butter in a large skillet over medium heat.
3. Saute the rice until brown.
4. Add the celery and onion to the rice and cook for 2 minutes.
5. Add mushrooms and cook until tender.
6. Pour the mixture into a baking dish. Mix in the broth, sauce and parsley.
7. Bake in preheated oven for 45 minutes.
8. Serve while warm.

Notes:

- Seeking out wild mushrooms is only encouraged if you are going with an experienced forager, as there are a few varieties that can be toxic.
- Keep unopened mushrooms in their package in fridge for up to a week.
- If you are only going to use a few mushrooms, put a small cut in the plastic, take out what you need and re-wrap the container in plastic.
- Loose mushrooms that you don't use can be put in a container and covered with plastic to store in fridge. Even better, once opened from their package, store them in a brown paper bag.

10. Peppers

While a wide range of peppers exist, they all stem from the same plant known as *Capsicum annuum* and are members of the nightshade family. This family also includes potatoes, tomatoes and eggplant.



Peppers have been cultivated for over 9,000 years, originating in South and Central America. Thanks to their hardiness and ability to tolerate most climates, peppers can be found growing just about anywhere. China produces the most pepper crops from a global standpoint, followed by Mexico and the United States where the largest pepper-producing states are California and Florida.

Hot peppers differ from sweet and bell peppers in capsaicin concentration. Capsaicin is the phytonutrient responsible for giving peppers their “heat.” While bell peppers lack the fire associated with the chili and cayenne varieties, they contain just enough to offer the numerous health benefits associated with this potent phytonutrient.

Nutritional Profile

Whether you like them hot or not, peppers supply an ample amount of nutrients including:

- B-complex vitamins
- Fiber
- Folate
- Manganese
- Pantothenic Acid
- Phosphorous
- Potassium
- Vitamin A
- Vitamin C
- Vitamin E
- Vitamin K



Health Benefits

Peppers are an excellent source of the antioxidant vitamin C, supplying more than twice the amount of an orange in one cup. Beyond their superior vitamin C concentration, they reign supreme among other fruits and vegetables in terms of carotenoids, as they contain over 30 different members of the carotenoid family. Together, these potent antioxidants offer numerous health benefits including protection from various inflammatory and degenerative diseases caused by free radicals.

Peppers also contain 3.14 milligrams per cup of two extremely important antioxidants, lutein and zeaxanthin. In the human body, lutein and zeaxanthin are found in the macula of the eye and are essential for protecting the delicate tissue from oxidative damage. Over time, this damage can lead to a condition called age-related macular degeneration that can cause vision-loss. Luteolin can also be found in abundance in peppers, providing anti-inflammatory protection as well.

Enzymes such as cysteine and S-conjugate beta-lyases are found in abundance in all pepper varieties. These enzymes, in conjunction with the sulfur-containing compounds also found in peppers, have been found to exhibit numerous anticancer properties and are especially protective against gastric and esophageal cancers.



The “hot” variety of peppers including cayenne, jalapeno and chili contain a higher concentration of capsaicin. Capsaicin has been found to provide anticancer, anticarcinogenic, anti-diabetic and analgesic benefits. Bell peppers contain smaller quantities of capsaicin yet still yield a majority of the phytonutrient’s many benefits.

Though very low in calories, peppers contain just enough fat so that their fat-soluble nutrients — such as vitamins A and E — are easily absorbed and utilized by the body.

Peppers come in all shapes, sizes and colors. While green and red are most popular, yellow, orange, black, purple and brown varieties exist as well. Color should not be used as an indicator of ripeness. All green peppers will eventually turn red, yet they are often past peak ripeness at that point.

It is important to consume ripe peppers as their vitamin A and C concentrations increase over time. Ripe peppers should feel slightly heavy and be free of any soft spots. Nutrient content greatly decreases with heat, so the best way to prepare peppers is to heat them over very low heat for only a few minutes.



Pepper Recipes

Savory Pepper Smoothie

Ingredients

- 1 handful spinach
- 1 bell pepper, seeded
- 1/2 avocado
- 2 cloves garlic
- 2 tomatoes
- 2 cups water

Equipment

- Blender



Instructions

1. Process all ingredients together in a blender. Pour into glasses and serve.

Sauteed Pepper with Onions

Ingredients

- 6 yellow onions, sliced
- 1/4 cup coconut oil
- 2 red bell peppers, sliced
- 2 yellow bell peppers, sliced
- 2 cloves garlic, minced
- 1/4 cup sherry vinegar
- 1 tbsp tomato puree
- 1 tsp red pepper flakes
- 1 tsp salt
- 1/2 tsp red pepper



Instructions

1. Put the oil in a skillet and heat it over medium heat.
2. Add the onions and saute for 20 minutes.
3. Add remaining ingredients to the skillet, stir to combine and cook for an additional 10 minutes.

Bell Pepper Salad

Ingredients

- 6 oz baby spinach
- 1 red pepper, chopped
- 1/2 cup grated parmesan cheese
- 1/4 cup olive oil
- 1/4 cup sherry vinegar



Instructions

1. Put the spinach, pepper and cheese in a large bowl. Toss well to combine.
2. Whisk the olive oil and vinegar together. Drizzle over salad and serve.

Multicolor Pepper Soup

Ingredients

- 1 green pepper, halved
- 1 red pepper, halved
- 1 orange pepper, halved
- 1 yellow pepper, halved
- 8 cloves garlic, peeled
- 1/2 lemon

- 3 cups vegetable broth
- 1/4 tsp salt
- 1/4 tsp pepper
- 1 tsp fennel seed
- 1/4 tsp dried thyme

Equipment

- Food processor



Instructions

1. Preheat oven to 375°F.
2. Place the pepper halves face up in a baking dish. Place a clove of garlic in each pepper half. Squeeze the lemon over the peppers.
3. Roast the peppers in the oven for 1 hour.
4. Pour vegetable broth in a saucepan. Add seasoning. Bring the mixture to a boil.
5. Remove peppers from the oven and allow to cool. Remove the skins from the peppers.
6. Strain the fennel seeds out of the broth and return to a boil. Simmer for about 15 minutes.
7. In batches, puree the broth and peppers until done. Return to pot, heat through and serve.

11. Pineapple

The very mention of pineapple can bring to mind island coastlines, swaying palm trees and warm, salty breezes. These yellow tropical fruits require a bit of knife work to prepare, but the sweet flavor and nutrient content is well worth the effort.



Pineapple is formally known as *Ananas comosus* and is part of the Bromeliaceae family. It is scaly on the outside with sharp green leaves. The inside is made up of juicy, bright yellow “fruitlets” which are sweeter towards the center of the pineapple.

Presumably hailing from South American regions, pineapples were traditionally used in South and Central America to ease indigestion and soothe inflammation. Pineapple was first brought to the attention of Europeans when they visited the Caribbean island of Guadeloupe in the late 1400s.

Today, pineapples are grown in Brazil, China, Thailand, the Philippines, other nations with similar climates and Hawaii. Pineapples thrive in tropical regions and are shipped worldwide, as they are in high demand in many countries.

Nutritional Profile

Each delicious chunk of fresh pineapple contains:

- Bromelain
- Copper
- Fiber
- Folate
- Manganese
- Pantothenic acid
- Vitamins B1 and B6
- Vitamin C



Health Benefits

One of the main nutritional benefits of pineapple is the presence of bromelain, a compound that is found in every part of the fruit. Bromelain possesses anti-inflammatory and analgesic (pain-killing) characteristics, making pineapple an ideal food to eat when healing from an injury. Some research has found that healing times and pain after surgery were notably reduced when the patients were given bromelain extract.

Pineapple is an excellent fruit to accompany a workout, as the bromelain content can help ease muscle and joint pain and swelling. It can also help reduce swelling in the upper respiratory system and may

ease coughs and help relieve symptoms of sinusitis. Bromelain may also aid in digestion and help to heal stomach ulcers and damaged tissue.

Pineapple also has a high concentration of vitamin C, which is essential for boosting the immune system and warding off seasonal illnesses such as colds and flus. If you are already afflicted with one



of these ailments, pineapple may help you to get rid of the bug faster. The juice of pineapples also contains collagen, which can further strengthen your immune system.

The anti-inflammatory nature of pineapple makes it a powerful ally in the prevention of chronic diseases, including autoimmune diseases and cancers. Many of these diseases are triggered or worsened by chronic inflammation and oxidative stress on the body. If inflammation and oxidative stress are kept under control, the risk of these diseases may drop significantly.

Pineapple is a heart-healthy food and helps to break down LDL (“bad”) cholesterol in the blood. It also has detoxifying properties, and can aid the kidneys in the elimination of harmful, built-up toxins, making

it a great fruit to add to a seasonal cleanse. Additionally, eating an abundance of pineapple, or drinking its fresh juice, has rejuvenating properties. It may help to improve the condition of your skin, especially after sunburn or other environmental damage.

Pineapple Recipes

Green Pineapple and Citrus Juice

Ingredients

- 3 medium carrots
- 1/2 pineapple, cut into chunks
- 1 large orange, peeled and sliced
- 1 cup baby spinach

Equipment

- Juicer



Instructions

1. Process ingredients through your juicer.
2. Pour over ice and serve.

Pineapple Avocado Salsa

Ingredients

- 2 cucumbers, chopped
- 1/2 red onion, chopped
- 1 serrano pepper, chopped
- 2 tbsp lime juice
- 1 tsp sea salt
- 1 pineapple, cut into chunks
- 2 avocados, peeled and sliced



Instructions

1. Place all the ingredients in a large bowl and toss to combine.

Pineapple Chicken Stir Fry

Ingredients

- 1 lb chicken breasts
- 1 tbsp extra virgin olive oil
- 1 cup pineapple chunks
- 2 tbsp gluten-free soy sauce
- 2 tbsp raw honey
- 2 tbsp fresh ginger, grated

- 2 tbsp fresh garlic, minced
- 14 oz frozen broccoli
- 1/2 red bell pepper, chopped
- 1/2 orange bell pepper, chopped
- 1/2 tsp sea salt
- 1/2 tsp ground black pepper
- 1 tsp cornstarch
- 1 tsp sesame seeds

Instructions

1. Heat a skillet over medium heat. While skillet is heating, cut chicken into thin strips.
2. Put oil in skillet and add chicken. Sprinkle with salt and pepper and cook until brown.
3. Combine pineapple chunks, soy sauce, honey, ginger and garlic in a large bowl. Stir to combine.
4. Slice the peppers into strips.
5. Add pineapple mixture to the pan with chicken. Cook for 5 minutes then add peppers and broccoli. Allow to cook until crisp.
6. Combine the cornstarch and a tablespoon of water in a bowl. Whisk into the skillet to make a thickened sauce. Sprinkle with sesame seeds and serve.

Pineapple Berry Smoothie

Ingredients

- 1/2 cup frozen strawberries
- 1/2 cup frozen pineapple chunks
- 3/4 cup whole milk
- 3/4 cup coconut milk
- 1/2 cup vanilla Greek yogurt
- 2 tbsp coconut sugar
- 6 ice cubes



Equipment

- Blender

Instructions

1. Place all ingredients in a blender and mix until smooth.

Honey Pineapple Sweet Pops

Ingredients

- 3 cups fresh pineapple chunks
- 1/3 cup coconut milk
- 1/4 cup raw honey

Equipment

- Food processor or Blender

Instructions

1. Combine all ingredients in a food processor or blender. Pulse until just combined and a few chunks of pineapple remain.
2. Pour the mixture into popsicle molds and insert sticks. Freeze for at least 5 hours before serving.



Notes:

- Look for pineapples that are fully ripe. You should smell the pineapple when you buy it — the aroma should be sweet. A ripe pineapple also gives slightly to pressure, and the leaves should be bright and green. Avoid pineapples that are overly soft or have a sour smell.

- If you refrigerate pineapple, put it on the top shelf. Pineapple stored in the fridge will have less flavor but will last longer than pineapple left on the counter. Avoid storing pineapple in plastic bags.
- Always remove the crown and the base pieces before cutting. Cut, peel and slice pineapple in fourths — use a knife to remove eyes if they are deep.

12. Salmon

Salmon are truly incredible creatures, being able to swim up streams and waterfalls with incredible speed and strength. Humans have been enjoying this



fatty fish for centuries with its unique texture, often considered more desirable than other popular varieties of fish.

By 1980, global production of fish skyrocketed and farming techniques became necessary to keep up with the demand. Over 80 percent of the salmon consumed today is farm-raised. In 2014, there were over one one million metric tons more of the farmed variety produced than in 1980.

Due to excessive contamination with mercury, fungicides and other hazardous substances including dioxins, dioxin-like compounds,

polychlorinated biphenyls and other POPs (persistent organic pollutants), along with poor farming and sustainability practices, health experts recommend consuming only wild caught salmon as it contains far fewer contaminants.

The lowest risk category for contamination include Southeast Alaska chum, sockeye, coho and pink salmon as well as the Kodiak coho, pink and chum varieties.

Nutritional Profile

Salmon are an incredibly healthy food and the wild caught variety boasts an even higher concentration of various nutrients including:

- Biotin
- Choline
- Omega 3 Fats
- Potassium
- Protein
- Pantothenic Acid
- Phosphorous
- Selenium
- Vitamin B3, B6 and B12
- Vitamin D



Health Benefits

Salmon is perhaps most well-known for its valuable omega-3 fatty acid content. One four-ounce serving provides two grams, more than most adults get from all other food sources over the course of several days. Flaxseed and walnuts contain higher amounts of omega-3 fatty acids per serving than salmon, yet this fatty acid is of the alpha-linolenic variety which is not nearly as potent or bioavailable as the EPA (eicosapentaenoic acid) and DHA (docosahexaenoic acid) varieties found in salmon.

Salmon is unique in that it contains what experts consider to be the perfect ratio of omega-3 fatty acid to omega-6 fatty acid of 5.5 to 1. Regular consumption of omega-3s have been proven to decrease the risk for heart attack, stroke, arrhythmia, high blood pressure and high blood triglycerides. Many of these benefits can start to be experienced with just one six-ounce serving of wild caught salmon per week, but even more outstanding benefits can be seen with two or three servings weekly.



In the body, EPA is converted into three important compounds: prostaglandins, thromboxanes and resolvins. This unique class of compounds provide much of the anti-inflammatory protection that

regular fish-eaters experience, which reduces the risk of numerous cancers as well as the risk of macular degeneration.

The DHA plays an integral part in brain health as well. The brain is comprised of 60 percent fat, much of which is in the form of DHA. Consuming DHA from food sources like wild caught salmon reduces the risk of cognitive decline, depression, hostility and other brain-related conditions. Protectins are a newly discovered class of compounds that are formed from DHA in the body. Researchers believe protectins provide powerful anti-inflammatory properties.

Wild caught salmon is rich in other important and unique nutrients as well. Calcitonin is a bioactive peptide produced by the thyroid gland. In humans, the hormone helps to stabilize the balance of calcium and other minerals in bones and the surrounding tissue. Wild caught salmon provides ample quantities of calcitonin as well as other important bioactive peptides that provide joint support, increase insulin effectiveness and help control digestive tract inflammation in the human body.



Selenium and vitamin D are both found in high concentrations in wild caught salmon. One four-ounce serving provides a full day's worth of

the recommended daily intake of vitamin D (though the recommended daily intake may in fact be too low), which protects against various cancers, cardiovascular disease and autoimmune diseases such as multiple sclerosis and rheumatoid arthritis. One serving of wild caught salmon also provides 62 percent of the recommended daily intake of selenium, a potent antioxidant associated with cancer protection as well as decreasing joint inflammation.

Salmon Recipes

salmon spinach salad

Ingredients

- 2 skinless salmon fillets
- Salt to taste
- Pepper to taste
- 10 oz baby spinach
- 1 cup baby grape tomatoes, halved
- 3/4 cup goat cheese, crumbled
- 1/4 cup pecans
- 1/4 cup balsamic vinaigrette



Instructions

1. Heat your oven's broiler setting. Place salmon on a foil sheet and bake for 9 minutes. Cool slightly, then flake.
2. Toss all ingredients together in a large bowl.

Salmon Soup

Ingredients

- 5 cups chicken broth
- 1 lb fresh salmon, thinly sliced
- 1 yellow onion, thinly sliced
- 4 tbsp olive oil
- 1 fresh bunch spinach, sliced
- 1/4 tsp cayenne pepper



Equipment

- Stock pot

Instructions

1. Heat oil in a stock pot. Saute the onion until soft.
2. Add the chicken broth and bring the mixture to a boil.
3. Add the salmon to the mix and simmer for about 10 minutes.
4. Add pepper and spinach. Remove from heat, serve.

Salmon Patties

Ingredients

- 3 tsp extra virgin olive oil
- 1 small onion, chopped finely
- 1 stalk celery, diced
- 2 tbsp fresh parsley, chopped
- 1 1/2 cups salmon, cooked and flaked
- 1 egg, beaten
- 1 1/2 tsp dijon mustard
- 1 3/4 cups gluten-free breadcrumbs
- 1/2 tsp black pepper



Instructions:

1. Preheat your oven to 450°F.
2. Heat the oil in a skillet. Cook the onion until soft and stir in parsley. Remove from heat.
3. Mix the flaked salmon with the eggs and mustard. Add remaining ingredients including onions and mix well.
4. Shape the mixture into patties and place on a greased baking sheet. Bake for 3 minutes on each side or until golden brown.

Salmon and Salsa

Ingredients

- 4 salmon fillets
- Salt to taste
- Pepper to taste
- 1 cup salsa



Instructions

1. Preheat your oven to 450°F.
2. Sprinkle salt and pepper on both sides of each salmon fillet.
3. Bake for 12 to 15 minutes.
4. Serve, topped with salsa (make sure to get a healthy, organic variety).

Salmon Snow Pea Stir Fry

Ingredients

- 6 oz salmon fillet, cubed
- 1/4 cup gluten-free soy sauce
- 1/4 cup orange juice
- 1 garlic clove, minced
- 1 tsp sesame oil
- 1 onion, sliced
- Coconut oil as needed

- 6 oz snow peas
- Cooked brown rice

Instructions

1. Place the salmon cubes, soy sauce, orange juice, sesame oil and garlic in a large bowl. Cover and place in the fridge. Marinate in the fridge for 30 minutes.
2. Melt enough coconut oil in a skillet to coat it.
3. Remove the salmon from the bowl and cook for about 5 minutes in the coated pan. Remove from pan.
4. Add a bit more coconut oil to the skillet and saute the onions until soft. Add snow peas and cook for 3 more minutes.
5. Return the salmon to the pan and pour the marinade over top. Cook for 3 minutes then serve with brown rice.

Notes:

- Wild caught salmon is the preferred choice for salmon consumption. Farm-raised salmon is often contaminated with numerous toxins and lacks much of the nutrients of the wild caught variety, including reduced concentrations of omega-3 fatty acids.
- Astaxanthin is a unique carotenoid produced by certain types of algae. Wild caught salmon consume this algae and the astaxanthin is responsible for both the salmon's pink-colored flesh as well as providing the strength and stamina to swim upstream. Farm-raised salmon are denied access to the astaxanthin-producing algae, therefore the artificial dye canthaxanthin is often used to color the flesh.

13. Tomatoes

Though commonly associated with Italian cuisine, the tomato is believed to have originated from the western side of South America with the very first tomatoes more closely resembling what we now refer to as the “cherry tomato.”



The fruit, which is technically also a berry since it is grown from a single ovary, spread throughout Europe during the 1500s thanks to Spanish explorers. Tomatoes were not warmly received at first, as they are a member of the nightshade family and many individuals considered the fruit unfit for consumption. Over time, however, tomatoes were embraced and are today a staple in a wide variety of ethnic cuisines.

Over a thousand varieties of these popular red fruits are cultivated, ranging in size from the littlest grape tomatoes to the larger beefsteak varieties. And while most tomatoes are indeed red in color, they can range from yellow to orange to green.

Approximately 130 million tons of tomatoes are consumed annually. China is the largest producer followed by the United States, where the majority of cultivation takes place in either Florida or California.

Nutritional Analysis

While most noted for their lycopene content, tomatoes are an excellent source of a wide variety of nutrients including:

- B complex vitamins
- Biotin
- Chromium
- Coline
- Copper
- Magnesium
- Manganese
- Potassium
- Vitamin A
- Vitamin C
- Vitamin E
- Vitamin K
- Zinc



Health Benefits

Tomatoes are probably most known for their lycopene, a carotenoid pigment that provides the fruit with its rich red color. Carotenoids are phytonutrients with incredible antioxidant capabilities. It is commonly believed that the deeper the shade of red, the more antioxidant potential in the fruit.

However, recent research suggests that lighter colored tomatoes, those that fall into the orange or tangerine-colored variety, may possess a more absorbable form of lycopene than their red counterparts. While more research is needed in this area, food scientists find it encouraging that light-colored tomatoes may be just as rich in lycopene as their darker cousins.

Lycopene, along with other phytonutrients abundant in tomatoes, have been found to play a key role in heart health, which is why this fruit is so often incorporated into “heart healthy” eating plans. One reason is that these phytonutrients work synergistically to both lower cholesterol and triglyceride levels in the blood and prevent blood clots from forming.



Researchers are now discovering that this same lycopene, along with beta-carotene, can protect us from free radical damage to cells that can cause dementia, especially dementia related to Alzheimer's disease.

The glucoside compound esculoside, along with the flavonoid chalconaringenin, have been of particular interest to researchers as these two compounds are believed to play a direct role in lowering blood fat concentrations. Tomatoes contain high concentrations of both of these compounds among many others.

Tomatoes are also considered an important fruit in a cancer prevention diet.

The antioxidant capacity coupled with the strong anti-inflammatory effects of tomatoes aid in preventing both the mutation of healthy

cells and the proliferation of cancer cells. The phytonutrient alpha-tomatine plays a key role in prostate cancer prevention, as it has been proven to alter the metabolic activity in developing prostate cells as well as trigger cancer cell death.



Tomatoes play an often overlooked role in bone health. When researchers removed lycopene-containing foods from postmenopausal women for a period of four weeks, they noted increased oxidative stress in the bone as well as degenerative alterations in bone tissue. Researchers strongly believe these changes were due to a lack of lycopene in the diet.

These delicious red fruits can be enjoyed in a variety of ways. Cooking tomatoes often makes the lycopene more bioavailable, which is why tomato sauces and ketchup can be excellent sources of this antioxidant.



All tomato varieties — be they red, yellow, orange or green — contain a wealth of antioxidants, yet four varieties stand out among all others. These include: new girl, jet star, fantastic and first lady. So if you find yourself faced with a variety to choose from, these four will get you the most antioxidant bang for your buck.

Tomato Recipes

Tomato Juice

Ingredients

- 3 lb ripe tomatoes, roughly chopped
- 1 1/4 cups celery with leaves, chopped
- 1/3 cup onion, chopped
- 2 tbsp coconut sugar
- 1 tsp salt
- 1 tsp black pepper
- 6 drops Tabasco sauce



Equipment

- Sieve

Instructions

1. Place all ingredients in a large stainless steel pot. Bring to a simmer. Cook uncovered for 25 minutes.
2. Force the mixture through a sieve.
3. Place in the fridge to chill. Pour over ice to serve.

Green Tomato Smoothie

Ingredients

- 1 cup kale
- 1/4 cup red bell pepper, chopped
- 1/2 cup celery, chopped
- 1 cup grape tomatoes
- 1 tbsp hemp seeds
- 1 tbsp cayenne pepper
- 1 cup water



Instructions

1. Blend all ingredients until smooth.
2. Pour into glasses and drink right away.

Tomato Soup

Ingredients

- 1 tbsp extra virgin olive oil
- 1 cup chopped onion
- 2 cloves garlic, minced
- 1/2 cup carrot, chopped
- 1/4 cup celery, chopped
- 2 cans crushed tomatoes
- 3 1/2 cups vegetable broth
- 1 tbsp worcestershire sauce
- 1 tsp salt
- 1/2 tsp dried thyme
- 1/2 tsp ground black pepper
- 4 drops hot sauce



Instructions:

1. Heat a large pot over medium heat. Add the oil, onion and garlic. Cook until soft.
2. Add carrots and celery and cook for 8 minutes.
3. Stir in remaining ingredients. Cook covered on low for 20 minutes.

Corn and Tomato Salad

Ingredients

- 3 cups frozen corn, thawed
- 2 tbsp lemon juice
- 1 1/2 tsp sea salt
- 1/4 tsp ground black pepper
- 3 tbsp extra virgin olive oil
- 3 cups cherry tomatoes, halved
- 1 red onion, diced
- 1/4 cup basil, sliced thinly



Instructions

1. Whisk the lemon salt, pepper and olive oil together until well combined.
2. Add remaining ingredients. Toss to evenly coat. Chill, and serve.

Mint and Basil Baked Tomatoes

Ingredients

- 4 ripe tomatoes, halved and seeded
- 1/2 cup extra virgin olive oil, divided
- 2 garlic cloves, minced
- 6 fresh mint leaves, shredded

- 1/2 cup shredded basil leaves
- Salt to taste
- Pepper to taste



Instructions:

1. Preheat oven to 350°F.
2. Cover the bottom of a muffin tin with c
3. Combine the basil and mint with a few drops of olive oil.
4. Place a tomato half in each muffin cup. Drizzle the herb mixture inside the tomatoes, dividing evenly amongst the tomatoes.
5. Bake for 25 minutes.

Notes:

- When purchasing canned tomatoes, be sure to avoid any cans containing BPA as the acidic nature of the fruit can easily corrode the can and allow for chemicals to leach into the food. Even organic tomatoes may be packaged in BPA-containing cans, so be sure to read labels properly.
- Strange shapes and some cracking is normal in tomatoes but leaking wounds are not.
- Healthy tomatoes will be heavy for their size.
- Tomatoes should also have an earthy smell.
- Keep tomatoes at room temperature until they are ripe.
- Once ripe, store in an unsealed container in the fridge.

Conclusion

Do your best to include as many of the foods discussed in this book as possible in your diet. Remember, food is powerful — very powerful. It can change the way you feel and the way you look. Don't ever underestimate the power of food to reduce inflammation in your body, to reverse chronic illness and to keep you healthy and vibrant.

Be well.

