

A FEW OF MY FAVORITE REMEDIES, RECIPES, SNACKS, AND DRINKS

Mustard Remedy for Cramps

The best relief I know from leg cramps is taking regular table mustard. There was a time when I would only take mustard when I had a severe leg cramp, which would cause me to wake up in the middle of the night or would happen after I had eaten too many sweets. I would take a squeeze bottle of mustard, turn it upside down and take a few big swigs. Within a minute or two, the cramps were gone. I now make taking mustard a habit. I will take a swig when I wake up, after a workout, and before bed. This has pretty much eliminated my leg cramps. By the way, mustard applied to a burn will take the sting out of the burn right away. Always keep mustard or a mustard pack in your bag, especially when traveling.

Water, Water, Water

I found out the value of drinking water when I started bodybuilding. I would see people walking around with a gallon jug of water and discount it. For me, drinking water has eliminated my constipation. It is a thing of the past for me. So, here is my recipe for drinking 64 to 128 ounces or more of water a day. Most days, I will get in 64 ounces, and on good days, I get the full gallon in. If I am training for a competition, the full gallon is a must. I find it easier to drink four 32 ounces to get it all in.

- 1 to 1.5 scoops of Extend BCCA fruit punch for every 32 ounces of water
- 4-6 slices of ginger cut in half
- 1-2 cups of Braggs Apple Cider Vinegar for every 32 ounces of water
- 3-4 slices of turmeric
- 4-5 cinnamon sticks
- 1 dash of cayenne pepper for every 32 ounces of water

I keep the ginger, cinnamon, and turmeric in my water bottle for 4-5 days before I replace it. Usually by that time, I have chewed the ginger and turmeric. On a hot day, I will add a few

ice cubes or put the water bottle in the freezer before I work out.

Tea

One of the best ways I have found to cut back if I find I am gaining weight is to drink hot tea in the morning and before bed.

- 2 mint tea bags
- 16 ounces of hot water
- 3 sticks of cinnamon—substitute for sugar or honey
- 2-4 slices of ginger

Seep for 10-15 minutes and drink

Keep the cinnamon sticks for the next round. The longer the cinnamon sticks stay in the tea, the sweeter it gets.

Quick Detox Tea (from my friend Ruby Carter-Pikes)

SmoothMove Tea found in most grocery stores and pharmacies Same recipe as above Drink at least 64 ounces of water Be careful. Your number two will come when you least expect it without any warning.

10 Day Detox

Eggs

I only like boiled eggs, and I eat a lot of eggs if I am competing. I will boil a dozen to eighteen eggs and keep them in the refrigerator. This usually lasts me six days since I'll have two or three a day. When I am not in competition mode, I like to make a simple deviled egg that tastes so good. To make deviled eggs, begin with a dozen to eighteen eggs.

1. Fill the pan with cold water, and place the eggs in it so they are covered with water.
2. Bring to a boil.
3. If you like your eggs soft, once they boil, turn off the heat and let them sit. If you like them hard boiled, once they come to a boil, let them boil for three to five minutes and then let them sit. Pour off the hot water and let them sit in cold water for a while.
4. To peel, always tap the egg on both ends. The hollow end

will allow you to crack the egg and peel without the shell sticking to the egg.

5. Cut the eggs in half, separating the yolk into a small bowl.

6. Add southwest mustard (found at Walmart) to the yolks.

No salt needed. Add pepper or cayenne pepper and put the yolks back in the egg whites.

This is a great anytime meal. If you choose, you can add pickled beets or asparagus, a few olives, or some capers in the egg yolks with the southwest mustard mixture.

Oatmeal

Invest in a small crockpot. It's worth it to make small portions of oatmeal.

1. Mix 2/3 cup of steel oats with 2. cups of water in the pot.

2. Add 3-4 cinnamon sticks.

3. Put on warm before you go to bed. Wake up to a great small batch of sweetened oatmeal.

4. If you are trying to cut way back, put a cup or two of dried oatmeal on a cookie pan lined with foil paper.

5. Spray oatmeal lightly with olive oil.

6. Sprinkle Stevia, ground cinnamon, and ginger over the oatmeal.

7. Toast in the oven until lightly brown.

8. When cool, place in a plastic bag and enjoy as a snack.

Roasted Nuts

1. Place two or three handfuls of raw nuts on a paper plate.

2. Place in the microwave for 1-2 minutes until toasty brown, turning over halfway between cooking times.

Edamame

1. Sprinkle a small amount of coarse sea salt and red pepper flakes on whole edamames.

2. Toss with olive oil.

3. Place in the microwave for 3-4 minutes.

216 Living Life to the Max

Dried Organic Unsweetened Mangoes

1. Cut mango slices in smaller strips.
2. Place on a paper plate or paper towel.
3. Set microwave to cook 45 seconds at cook power 3.

This softens the mangoes and brings out the flavor.

Rice Cakes—Plain, Chocolate, or Cinnamon

1. Use plain rice cakes and crunchy almond butter.
2. Microwave a teaspoon of crunchy almond butter for 45 seconds at cook power 3.
3. Spread butter on the rice cake.

Rice Cakes: Combine Plain with Sun Dried Tomatoes

Rice Cakes: Combine Plain with salmon or sardines with capers and boiled egg slices.

Chocolate or Cinnamon Rice Cakes: Add whipped cream and a few roasted nuts and or raisins/pitted dates.

UMP Pudding

UMP Protein Power-Chocolate

Mix together:

- 2. scoops of UMP (Beverly International product)

Powder

A Few of My Favorites 217

- . cup of egg whites
- 1 scoop of Extend BCCA fruit punch

Add chocolate Fairlife protein shake to desired thickness.

Chill until pudding consistency.

Craving Salty

- Drink three to four teaspoons of Kosher Dill Pickle juice.
- Eat two to three Kosher Dill Pickle spears.

My Perfect Protein Shake

This shake keeps me satisfied for most of the day.

1. 1 heaping scoop of Extend BCAA Fruit Punch
2. 1 Scoop Optimum Nutrition Turbo Chocolate Platinum Hydro Whey
3. 2 Scoops Chocolate UMP-Ultimate Muscle Protein
4. 1-2 tablespoons chunky almond butter (optional)
5. cup cold water
6. 10-12 ice cubes, depending on the consistency you want—I like mine very thick.
7. Blend in Vita Mix on setting 8 until all ice and protein powder is mixed.

