

Greens from the Sea



A Guide to the Deliciously Nutritious Bounty from the Ocean

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Austin, Texas, USA.

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The Incredible Health Benefits of Sea Vegetables

Sea Vegetables are generally underutilized and under appreciated in our Western Culinary regime. For those who frequent Japanese restaurants, sushi and seaweed salad may be familiar menu items, but few, save for those on a macrobiotic diet, a raw foods diet or of Asian origin, serve these gems from the sea at home. They are simple to prepare and serve and can add fun and diversity to your daily culinary repertoire.

I have to admit...the thought of eating a plate of slimy green stuff from the ocean just does not usually get people jumping for joy and anticipation! Too bad! Sea vegetables are amongst the most powerful foods on the planet. And with a bit of creativity and experimentation, wonderfully delicious dishes can be prepared from them!

Food manufacturers often use processed sea vegetables as thickeners or stabilizers in a variety of common products, from instant pudding to toothpaste. As "hidden" ingredients, sea vegetables are not be of significant nutritional value. Served as part of main meals and in salads, soups and wraps, sea vegetables offer an abundance of otherwise hard to get nutrients.

Sea vegetables are very rich in nutrients and phytochemicals. They are loaded with chlorophyll, fiber, and minerals, including significant amounts of sodium, potassium, calcium, phosphorus, magnesium, iron and many other trace minerals naturally found in the ocean. When reconstituted, sea vegetables expand three to seven times their original volume, so small amounts go a long way.

Available in dried form year-round, most sea vegetables are re-hydrated before adding to dishes. Some, like kelp, dulse, nori and sea palm are delicate enough to eat dry. Others, like arame, wakame and hijiki become more tender and appealing when they soaked in water to soften. Irish moss can be soaked and used as a thickener in puddings, pies and gravies. Still others like Kombu are usually not eaten by themselves, because they are tougher, but are either ground and used as a seasoning or used whole as a flavoring in soups and stews.

To make a basic sea vegetable salad, simply soak the sea vegetables in water to soften. Drain, reserving the soak water for future use. I usually do equal amounts of sea and land vegetation, like carrots or cucumbers. Kale, collard greens and cabbage make great additions as well. Combine the sea vegetable with the land vegetable and pour a sauce or marinade over them. Let it stand at least 15 minutes to absorb flavor. One of my favorite marinades contains ginger, garlic, sesame oil, lime juice, cayenne and salt. In cooking, dried sea vegetables can be added directly to soups or stews and to the cooking liquid of beans or rice.

While there are thousands of different types of sea vegetables, a small handful are most commonly used. The sweet, mild flavors of arame, dulse and bullwhip kelp make them perfect choices for the novice.



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Nutritional Aspects of Sea Vegetables

The following nutritional chart is courtesy RISING TIDE SEA VEGETABLES P.O.Box 1914 Mendocino, CA 95460 707-964-5663: <http://www.love seaweed.com> , email: risingtide@mcn.org

Nutritional Analysis of Sea Vegetables

per 100 gram servings (100 gms= 3.5 ounces)	Kombu (<i>Laminaria dentigera</i>)	Wakame (<i>Alaria marginata</i>)	Dulse (<i>Rhodo- menia palmata</i>)	Nori (<i>Porphyra perforata</i>)	Arame (<i>Eisenia bicyclis</i>)	Hijiki (<i>Hizikia fusiforme</i>)
Calories	241.0	262.0	264.0	318.0	267.0	236.0
Protein (gms)	7.3	12.7	21.5	35.6	12.0	10.0
Fat (gms)	1.1	1.5	1.7	0.7	1.3	0.8
Carbohydrates (gms)	55.0	48.0	44.6	44.3	51.8	47.3
Fiber (gms)	3.0	3.6	1.3	4.7	7.0	17.0
Ash (gms)	22.0	18.0	22.0	8.0	-	-
Calcium (mgs)	800.0	1300.0	213.0	260.0	830.0	1400.0
Potassium (mgs)	5300.0	7500.0	7820.0	510.0	3760.0	44000.0
Sodium (mgs)	3000.0	1100.0	1700.0	600.0	2900.0	14000.0
Magnesium (mgs)	760.0	950.0	271.0	380.0	-	1980.0
Phosphorus (mgs)	240.0	260.0	408.0	400.0	-	59.0
Iron (mgs)	15.0	13.0	33.1	12.0	12.0	29.0
Iodine (mgs)	150.0	13.0	5.2	1.4	98-564	40.0
Niacin (mgs)	5.7	10.0	1.89	10.0	2.6	4.6
Vit.A (I.U.)	430.0	140.0	663.0	11000.0	50.0	150.0
Vit.B-1 (mgs)	0.08	0.11	0.073	0.25	0.02	0.01
Vit.B-2 (mgs)	0.32	0.14	1.91	1.24	0.02	0.2
Vit.B-12 (mcgs)	5.0	6.0	6.6	17.5	-	0.57
Vit.C (mgs)	15.0	29.0	6.34	20.0	0	0

Sources for chart: U.S. Dept of Agriculture; Japan Nutritionist Assoc., Composition and Facts About Foods, Ford Heritage Health Research, Mokelumne Hill, CA 95245, 1698; Seaweeds and Their Uses, V.J. Chapman, Methuen & Co., Ltd., London, 1950; "Kelp", Roseann C. Hirsch, Bestways, "Food from the Sea", Mary Schooner, East/West Journal, Vol 1, No. 6.; "Sea Vegetable Celebration" Erhart, Shep and Cerier, Leslie, Book Publishing Company, Summertown, TN 154-155; "Japanese Book of General Nutrition".

Nutritional assays vary according to maturity of plant at time of harvest, drying techniques, storing techniques, etc.

Minerals and Trace Elements in sea vegetables

According to Dr. Ryan Drum, noted herbalist and sea vegetable gatherer, and an international expert on sea vegetables, 3-5 pounds of sea vegetables will fully mineralize an adult human for one year! He claims his personal consumption to be about 10 pounds a year. A 1/3 cup (1/4 oz.) serving of Dulse or Kelp provides up to 30% of the RDA for iron, which is 4 times the amount of iron in a serving of spinach. Magnesium is twice as abundant in Kelp and Alaria as in collard greens. Sea vegetables contain the following essential nutrients in a chelated, colloidal, optimally balanced, bioavailable form: Calcium, Magnesium, Potassium, Sodium, Iron, Chromium, Copper, Lithium, Manganese, Selenium, Vanadium, Sulfur, and Iodine.

Sea vegetables are the best natural food sources of iodine. According to Dr. Drum, since no land plants are reliable sources of dietary iodine, you'd have to eat about 40 lb. of fresh vegetables and/or fruits to get as much iodine as you would from 1 gram of whole leaf kelp! In *Therapeutic Use of Seaweeds* (Proceedings of the 2001 Pacific Northwest Herbal Symposium) "Seaweeds, eaten regularly, are the best natural food sources of biomolecular dietary iodine... no land plants are reliable sources of dietary iodine."

Unfortunately, not all iodine is good for us and the human thyroid cannot distinguish between life sustaining iodine-127 and radioactive iodine-131. Dr. Drum warns, "The real reason for making sure that iodine consumption is at the high end is to insure a full body complement of iodine at all times as preventative medicine against the next nuclear disasters [whether from intentional radioactive pollution as the result of armed conflict or terrorism, nuclear power plant failures, or industrial contamination]. A full body load of iodine 127 from seaweeds (or any source) will tend to allow the body to reject topical and air and food-source iodine 131." In general, brown sea vegetables (kelps) offer more bio-available organic iodine than red sea vegetables (dulse, laver, and nori). .

We need between 150 and 1,100 micrograms in our daily diets to keep our thyroids healthy and prevent uptake of radioactive Iodine. Healthy thyroids will "spill" unneeded iodine. But some people with sensitive thyroids, particularly nursing mothers, postmenopausal women, or anyone with an unusual thyroid dysfunction may have adverse reactions to excess dietary iodine (most often if you decrease the intake of dietary iodine the condition goes away.) Consult with your health care practitioner if you have any questions about your consumption of iodine.

Sea Veggies and Vitamins

most sea vegetables are excellent sources of 13 known vitamins (A, B's, C, D, E, and K) Sea vegetables contain significant amounts of vitamins, especially the B vitamins. A serving of Dulse (about 7g, or 1/3 cup) provides about 10% of the RDA for Vitamin B-2 (Riboflavin) and about 42% of the RDA for Vitamin B-6. Nori is very rich in vitamins A & C



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Sea Veggies and Protein

The protein content of sea vegetables ranges from 16% to 28%. The red sea vegetables, Dulse and Laver, are higher than the browns, Kelp and Alaria. The amino acid composition of these sea veggie proteins is generally well balanced and contains all or most of the essential amino acids (the ones your body can't produce by itself). Thus the sea veggies provide higher quality protein than certain grains and beans that are lacking one or two essential amino acids. One important amino acid found in sea vegetables, especially kelp, is glutamic acid, the basis for synthetic MSG. This amino acid naturally enhances flavors and tenderizes high protein foods while aiding in their digestion. Glutamic acid also improves mental and nervous system activity, provides energy, and is thought to help control alcoholism, schizophrenia and the craving for sugar.

Sea Vegetables and Fats

Sea Vegetables, while low in fat, have significant amounts (1-3%) of Omega-3 fatty acids. Nori, in particular, has 3% omega-3 fatty acids. The ratio of Omega-6 and Omega-3 essential fatty acids in sea vegetables is between 1.5 and 2 to 1. This is an ideal ratio, as the NIH suggests an optimal ratio of between 2 and 3 to 1. In addition, sea veggies contribute the minerals, vitamins, and trace elements needed for the optimum utilization of the omega 3 and 6 fatty acids. Powdered Bladderwrack mixed with olive oil has been shown to be a safe and effective alternative to cod liver oil.

Sea Vegetables and Fiber

Sea veggies have their own unique fiber with interesting medicinal properties. For instance, alginic acid in kelp has been shown to be an important detoxifier for radioactive isotopes and heavy metals.








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Sea Vegetable Characteristics and Photos

<p><u>Agar Agar</u></p> <p>Agar Agar is a clear, tasteless alternative to gelatin and comes in opaque flakes. It is also called kanten. It can be used to firm jellies, moulds, pies, and puddings. It dissolves into hot liquid then thickens at room temperature.</p>	
<p><u>Arame</u></p> <p>Arame is thin, black and wiry black. Dried, it is stiff and brittle. When rehydrated, it resembles spaghetti strands, only black. Arame is a good source of calcium, iodine, potassium, vitamin A and dietary fiber. Arame should be rinsed thoroughly then soaked in warm water for 10 to 15 minutes before using in recipes.</p>	
<p><u>Dulse</u></p> <p>Dulse is a reddish brown color, available in whole stringy leaves or powdered. It has a mild slightly salty taste and a chewy texture. It is a good source of potassium and protein. When pan-fried in sesame oil, dulse becomes light and crispy that some people say resembles bacon. Dulse can also be eaten straight from the package like a jerky or torn and tossed into salads, or mixed into coleslaw with shredded cabbage, carrots, scallions and olive oil.</p>	
<p><u>Kombu</u></p> <p>Kombu is a dark purple to black color, and usually comes in strips. The strips are tough and hard, and are generally eaten in soups and stews. It is an excellent source of iodine, calcium, magnesium and iron. The main way Kombu is usually used is by adding it, unsoaked or rinsed, in the cooking liquid for rice, beans and soups. The addition of kombu enhances the flavor of the dishes, and makes them more digestible. Kombu doubles its volume and readily soaks up water. I used Kombu as a teething aid for my youngest son. It is too tough to easily break apart, and provided a healthful alternative to conventional teething biscuits.</p>	

<p><u>Nori</u></p> <p>Nori is dark purple to marine green in color, and usually comes in square sheets; either toasted or untoasted, and is typically used for sushi rolls. Raw nori is dark purple to black in appearance, while toasted nori is dark green. Nori is a good source of iodine and vitamin C. It is probably the most widely used sea vegetable, popularized for its use in sushi. It can also be used as a condiment for rice, soups, salads, casseroles or grains when crushed into flakes or cut into strips</p>	
<p><u>Sea Palm</u></p> <p>Brownish-green, ribbon shaped sea palm resembles a miniature palm tree. It has a sweet and salty taste and supplies vitamins A and D. Sea palm is delicious raw or sautéed and added to soups or salads. It can also be marinated and used alone or combined with other sea vegetables like arame and wakame and land vegetables, like carrots, daikon and cucumber in a sea vegetable salad. Sea palm can also be eaten dried.</p>	
<p><u>Wakame</u></p> <p>Deep grayish-green in color, about a fourth of an inch wide, wakame is the tenderest of sea vegetables when rehydrated. It is a good source of Potassium. When soaked for 10 minutes, wakame expands to seven times its original size. After being soaked then cooked, the long fronds of wakame become silky, almost melting in your mouth. Its mildly sweet flavor is a good addition to vegetable dishes. Wakame can even be eaten raw as an easy snack right out of the bag.</p>	
<p><u>Hijiki</u></p> <p>Hijiki is probably the strongest tasting of the commonly used sea vegetables. In its dry form, it is very hard and brittle, but it softens when soaked. It has a similar look and feel to arame, but the strands are thicker and stronger tasting. It has the highest calcium content of all the sea vegetables. It is also abundant in iron, iodine, Vitamin B2, and Vitamin B3. It is known to regulate blood sugar levels and aid in weight loss.</p>	
<p><u>Algae</u></p> <p>Algae are single celled plants that are packed with easy to assimilate nutrients. Spirulina, wild blue green algae and chlorella are considered by many researchers to be among the best sources of protein, beta carotene, nucleic acids and chlorophyll of any plant or animal food on the planet. According to Paul Pritchard, author of Healing with Whole Foods, some forms of algae are thought to contain every nutrient required by the human body. They are high in essential amino acids, the building blocks of protein,</p>	

Healing properties of sea vegetables

Sea vegetables have been studied and used in clinical practice and shown to have many health benefits. For example, the effects of regular Kombu consumption can be resolution of coronary artery disease, healthier liver function, higher metabolic rate, faster food transit time, lower LDL cholesterol, and higher HDL cholesterol blood levels. What follows is a summary of some of the healing effects that have been attributed to sea vegetables. More details will be published soon as an e-book, which will also include detailed nutritional information and delicious recipes. See www.elivinghealth.com for updates. Many sea vegetables contain powerful healing benefits.

- **Anti-Microbial Function:** Sea vegetables are powerfully antiviral and anti-parasitic. Various red algae, dried, powdered and encapsulated have been used as effective genital herpes and shingles suppressants.
- **Lung Function:** Hijiki and Sargassum, brown algae, seem to improve lung capacity. 3-5 grams of powdered kelp daily has been effective in treating asthma. Irish Moss gel is an effective long-term treatment for damaged lungs, especially after pneumonia, smoking, emphysema, and chronic bronchitis.
- **Erectile Dysfunction:** Tropical species of red seaweed are used to prepare a male virility drink in the Caribbean.
- **Tissue Repair:** Dr. Ryan Drum uses a broth of powdered Sargassum unpasteurized 3 year old Barley Miso paste for cancer, radiation, chemotherapy, post-surgical, and whole body impact trauma patients. Pre surgical treatment with 3-5 grams of brown seaweed containing Fucoidan significantly reduces blood loss and shock risk afterwards.
- **Nervous Disorders:** Attention Deficit Disorder (ADD), Insomnia, Depression, Hostility and Schizophrenia have improved greatly with regular daily consumption of 3-5 grams of powdered kelp.
- **Cardiovascular Disorders:** Regular consumption of Kombu tends to result in lowered blood pressure and decrease in arterial plaque.
- **Cancer:** Regular dietary consumption of Wakame and other brown algae may prevent breast cancer. One of the constituents of brown algae, Fucoidan, shows strong antitumor activity by enhancement of inflammatory responses.
- **Thyroid Disorders:** Fucus species of brown seaweeds, also known as Bladderwrack, have been used as treatment for thyroid disorders because they contain DIT, a weakly active thyroid hormone. Two DIT molecules combine to produce T4, Thyroxine. 3-5 grams daily of powdered Fucus, results in similar effects to thyroid medication. Up to 10% of the iodine found in brown seaweeds, especially laminaria species of Kombu and Sargassum has been found to be in the preformed thyroid hormones, T4 and T3. This is exciting news for those who have been on synthetic thyroid hormone and told that they needed to stay on it for life. Daily consumption of sea vegetables has the potential to restore thyroid functioning.
- **Male Pattern Baldness:** Daily Nori consumption is recommended in Japan as a preventative for male pattern baldness.
- **Joint Pain:** Used topically, extended soaks with powdered Fucus (bladder wrack) can be very



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helpful to improve joint pain.

Other conditions that have been found to respond favorably with the use of sea vegetables are anemia, arthritis, diabetes, chronic fatigue, yeast infections, ulcers, prostate problems,

Concluding Comments

If I haven't yet convinced you to incorporate sea vegetables into your daily food plan, perhaps you need to learn more. I encourage you to experiment. Irish moss makes a great pudding. Nori makes a great wrap. Dulse and bullwhip kelp are easy to eat as a snack. Arame makes a great salad. Add a handful of soaked sea vegetables to a nut or seed pate, cracker or dehydrated veggie burger recipe. Put some into a blended soup or smoothie. Target to eat one half to one ounce a week to start. If you have any of the problems listed above, it may benefit you to increase your consumption to 5 grams a day.

Experiment with the recipes included here. Vary the seasonings and vegetables to your taste. Google search Sea Vegetable recipes for ideas.

A more detailed book including a complete recipe section with ideas ranging from soups to desserts will be coming soon. Check out <http://www.elivinghealth.com> and <http://www.austinhealthcoahc.com> for availability. Sign up on the mailing list and receive a bonus recipe and receive an announcement as soon as the book is available.

Get to know these wonderful friends from the sea. You will soon find yourself including them as a regular part of your diet due to how you feel when you eat them.

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Nori Rolls (Sushi)

Ingredients

- **Wrapper:** Nori sheets
- **Filling:** a nut or seed pate
- **Garnish:** any combination of the following ingredients:
 - Cucumber, carrot, avocado sliced lengthwise into thin strips
 - Field greens or romaine lettuce leaves, sprouts

Assembly: Lay a sheet of Nori shiny side down on a bamboo sushi mat (available inexpensively at most Asian markets such as Hong Kong, My Thieng) or on a cutting board. There are a couple of options for assembly.

Option 1:

Place a thin layer of the pate on the nori sheet. Spread to within 1 inch of the edge at the bottom and 2 inches at the top and all the way to the edge at the sides. On top of the pate, layer a handful of field greens and the sliced vegetables and avocado. For additional flavor, I sometimes use a pinch of umeboshi plum paste and a few slices of pickled ginger or a small amount of miso (not 100% raw). Roll and cut as directed below.

Option 2:

Place a large lettuce leaf on the nori sheet. Place a strip of the pate over the lettuce leaf, being sure to go all the way to the side edges. Add desired toppings and roll and cut as directed below.

Option 3:

Place field greens and other vegetables on the nori leaf. Put a few dollops of the pate or a sauce over the vegetables. Season with salt or other herbs, and roll and cut as directed below.

To roll: Grip the edges of the nori sheet and the sushi mat together with your thumbs and forefingers and press the filling back towards you with your other fingers. Using the mat to help you, roll the front edge of the nori over the filling. Squeeze gently with the mat and continue rolling. Tap the roll gently and open the mat. Just before closing the roll, dip index finger in water and run along the far edge of the nori sheet. This will seal the seam of the roll.

To Cut: Wet a serrated edged knife and slice in half. Cut each half in thirds, rewetting the knife if necessary.



Arame Carrot Salad

1 cup arame
2 cloves garlic, crushed
2 tablespoons grated ginger
1 bunch basil, chopped
1 bunch cilantro, chopped
1 tablespoon sesame oil
1 medium lime, juiced
1 medium lemon, juiced
¼ cup water, from soaking arame
1 large or 2 small cucumbers, very thinly sliced
1 cup carrot, shredded
¼ teaspoon sea salt

- Soak arame for at least 10 minutes in enough water to cover, until it softens.
- Combine garlic, ginger, basil and cilantro.
- Juice lemon and lime.
- Drain arame.
- Combine lemon and lime juice with chopped garlic, ginger, cilantro and basil, sesame oil and enough soak water from the arame to make a salad dressing consistency.
- Toss dressing over arame and shredded carrots. Serve as a side salad or over a bed of lettuce.

Sea Delight Crackers

1 cup Arame sea vegetable, soaked in 4 cups of water for 15 minutes to soften
2 cups almonds, soaked 6 hours or overnight and drained
1 cup sunflower seeds, soaked 4 hours or longer and drained
4 stalks celery
1 red bell pepper
½ small onion
1-2 cloves garlic
2 or more tablespoons finely ground dried kelp
½ teaspoon sea salt
½ lemon, juiced
1 Tablespoon sesame oil

- Rinse almonds and sunflower seeds and drain excess water.
- In a food processor, Greens Star or Champion juicer, thoroughly grind almonds, sunflower seeds, celery, bell pepper, and onion and garlic until smooth and well combined. Place in a bowl.
- Add kelp, salt, lemon juice and sesame oil.
- Blend with hands until mixture holds together.
- Spread evenly on teflex sheet to about ¼ inch thick.
- Score into desired sized pieces.
- Leave to dehydrate at 105 degrees F until crispy. After several hours, the teflex sheet would be easy to remove. Turn it over onto a mesh tray and gently peel off the teflex sheet. If it sticks or leaves chunks behind, dehydrate longer before attempting to do this.

Variations

- Different seasonings and kinds of nuts can be substituted for a variety of flavors.
- Add a teaspoon of tahini for a flakier texture
- Add Chia seeds to hold together into a firmer cracker

Wakame Cucumber Salad

1 cup	Wakame seaweed, soaked
2	Large cucumbers, quartered And Sliced
1	Medium tomato, chopped
1/2 cup	Basil, fresh, finely chopped
1/2	Medium lemon, juiced
1/2	Medium lime, juiced
2	Cloves garlic, minced
1 Tablespoon	Flax oil
1/8 tsp	Sesame oil
1 Teaspoon	Sea salt

- Soak Wakame for 5 to 15 minutes in pure water.
- Chop the tomato and quarter and slice the cucumber thinly.
- Slice the wakame.
- Place cucumber, wakame and tomato in a bowl.
- In a separate small bowl, combine the basil, cilantro, garlic, lemon and lime juice, flax and sesame oils and tamari.
- Toss with the vegetables and serve.

Sea Palm Salad

1 cup sea palm
 1/2 cup grated daikon radish
 1/2 cup grated carrot
 2 green onions, chopped into small pieces
 2 tablespoons sesame or macadamia nut oil
 1/4 cup lime juice
 1/4 teaspoon sea salt
 1/2 cup sesame seeds
 Pinch cayenne

- Soak sea palm at least 10 minutes in enough water to cover, until it softens. Drain.
- Toss with remaining ingredients

Land and Sea Slaw

½ cup each of wakame, arame, sea palm, and hijiki
½ cup each of grated daikon radish, cabbage, carrot and beet
¼ cup lime juice
¼ cup lemon juice
¼ cup orange juice
¼ cup oil: sesame, olive, macadamia or flax or a combination
1/2 teaspoon sea salt
3 cloves garlic
Pinch cayenne

- Soak sea veggies at least 10 minutes in enough water to cover, until they soften. Drain.
- Grate land vegetables
- Combine remaining ingredients in a small bowl to make dressing.
- Combine land and sea ingredients into a large bowl and toss with dressing.
- Adjust seasonings to taste.

The following recipe is a sneak preview from the soon to be published recipe book. Each recipe will have full nutritional information (this chart has a sample of just a few nutrients) and charts for each of the major nutrients. Check back at <http://www.elivinghealth.com> and <http://austinhealthcoach.com> for announcements.

Deep Green Pesto

Garlic, raw -	3 cloves
Pine nut (pignolia)	1/4 cup
Kale, raw - chopped	2 cups
Spinach, raw -	1/2 lb
Olive oil - salad or cooking	1/8 cup
Basil, fresh	1 cup
Seaweed, kelp, raw -	1 cup
Pink sea salt	1/2 tsp

- Soak kelp in water while preparing the remainder of the ingredients
- Put the remaining ingredients in the food processor (add in small batches if necessary depending on the capacity of the food processor.)
- Squeeze the liquid out of the kelp and add to processor.
- Process until smooth
- Adjust salt and basil to desired taste

**dried basil works well, too. Add 1/4 cup if using dried basil instead of fresh.

Recipe Gram Wt: 555.35g/1.22lb

Servings: 4

Serving Size: 138.84g/4.90oz Calories/Serving: 161.06

Recipe Nutrient Analysis:

Nutrient	Single Serving	Total Recipe
Calories	161.06	644.24
Protein (g)	4.63	18.53
Carbohydrates (g)	9.63	38.53
Fat (g)	13.16	52.65
Saturated Fat (g)	1.47	5.88
Cholesterol (mg)	0.00	0.00
Sodium (mg)	586.91	2347.64



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About the Author, Dr. Ritamarie Loscalzo

Fresh, joyful, and vibrant, brimming with energy and wisdom to guide you gently back to health,



Dr. Ritamarie Loscalzo combines experience, education, and practical advice to make healthful eating fun again.

Because most people bite off more than they can chew when they embark on a new health regimen, Dr. Ritamarie focuses on simple, effective ways to change one's diet to achieve optimal good health. She dishes out simple steps with a dash of fun to motivate people to achieve their health goals. As a health catalyst, Dr. Ritamarie provides the transformational spark to ignite the desire of change in

her clients.

Dr. Ritamarie holds a Doctor of Chiropractic Degree, and is a Diplomat of the American Clinical Nutrition Board. She is a Certified Clinical Nutritionist, with a Master of Science in Human Nutrition. She attained certification as a living foods chef, instructor, coach and teacher. Her articles have appeared in Natural Awakenings, Purely Delicious, Journal of Nutritional Perspectives and many online publications. She is the founder of the International Association of OnLine Holistic Nutrition Providers (AOLNP) and the author of several books.

Go to her website, www.FreshnFunLiving.com and sign up for your FREE e-Book "Healthy Decadence Desserts" to learn to make delicious desserts that support rather than compromise your health. Get a free e-Book on the Magic of Greens at www.FreshnFunLiving.com/greens.htm

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Creating Vibrant Health One Bite At a Time

Transform Your Health using The Magic of Greens

If you are serious about upgrading your health in a dramatic way, consider joining us for our next Green Smoothie Cleanse. For more information, go to www.FreshnFunLiving.com/GreenCleanse2008.htm

Are you plagued by a sweet tooth?

Would you like some ideas for satisfying your desire for sweets in a healthy and delicious way?

Using all whole, natural, plant based ingredients that are gluten, dairy and sugar free we will teach you to make desserts that are healthy, delicious and satisfying.

Go to www.FreshnFunLiving.com and put your email address in the link just below the mouthwatering cheesecake picture. You will get instant access to my e-book **Healthy Decadence Desserts**