



Dear Friends,

This booklet is dedicated to you in your journey toward a healthier, more fulfilling life. Hearing that you need to be on the candida diet, even for a short time, can feel discouraging. Let me encourage you by saying that it is WORTH IT. I have helped thousands of patients experience freedom from candida and this book contains some of my best tips to get free and stay free. And you know what? Freedom feels GOOD. Your body will reward you!

In our culture, many foods are loaded with sugar and preservatives. GMOs and all sorts of JUNK impact our bodies. Let me tell you a secret: I love me a good bag of Doritos™. I drool over scotcheroos! My goal is for you to be able to enjoy the things you love to eat without sending your body into panic mode. YOU control your body, NOT candida.

You can DO THIS. Imagine reprogramming your body to crave healthier choices. Sharper thinking, better digestion, clearer skin, and greater energy are only some of the benefits of bringing your body into balance. Using the techniques, menus, and recipes in this book will give you a great start toward better habits, and after awhile you'll be able to integrate regular foods and even some of your favorite treats occasionally.

Remember that you're not alone. I'm excited to see your health get better and better, and together we will kick candida's butt.

Love,



Restoring Health. Renewing Hope.



please reach out to us with any questions

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We believe an ordinary
there is beauty in imperfection
be found in the



Life can be extraordinary,
in the smallest of things,
and that magic can
be found in the everyday.





What is Candida?

Candida is a fungus in the form of yeast. It is naturally part of your gut flora, living in your mouth, intestines, reproductive system, and on your skin. It is present in everyone's body and helps with nutrient absorption and digestion when at proper levels. When beneficial bacteria are insufficient to keep candida under control, candida can overpopulate and create many unpleasant symptoms.

Candida is very hard to diagnose and can be tedious to overcome. Listening to your body and listing your symptoms are great ways to figure out what is happening in your body and what you need to do to help it be healthy and thrive.

By taking the steps to rid your body of candida you will not only be healing your body but you will be giving yourself the gift of a healthy future. Candida can cause a whole host of health problems as time goes on. With your body free of candida you will begin to see your overall health improve and thrive.

The recipes found in this book are simple examples of the amazing options of foods that can help heal and nurture your body. We focus on whole, organic and fresh foods. Eat the rainbow and listen to your body, giving it what it needs.

Everyone is unique, making each of our nutritional needs different depending on our bodies. We offer tailored services including recipe creation, personal shopping, specialized food preparation, and cooking classes. Please contact Jessica at leedesign@icloud.com for information on our customized options.

Sometimes you don't *realize*
what you are *holding onto*
until you *let it go.*



Approach to Candida Cleanse

There are a few mindset tricks that will greatly help your healing process, making this journey easy and enjoyable instead of restricting and hard. Going through a cleanse is a journey – physically, emotionally, and mentally – as changes happen to your body.

1. Start by thinking that by taking these steps to heal your body, you will be opening up your life to new health, days of feeling wonderful, living free from the unpleasant issues you have been facing and opening up to your true self and a long and healthy future.

2. Set your intention for the program and write it down here...

3. Offer your body healthy food and drink, loving and appreciating it for all that it does.

4. Know that you have the power to heal your body.

5. Realize that laughter, play, and rest are essential to feeling good.

6. Exercise regularly and appropriately for your body type.

7. Listen to the messages your body sends you when it's hurt or sick.

8. Understand that unexpressed emotions harm your body.

9. Be grateful for your body just the way it is and understand you are on a journey towards wholeness and bettering yourself.

10. Add these self-care techniques to boost your healing, refresh your body and renew your mind: dry skin brushing, detox baths, tongue scraping, oil pulling, extra sleep, deep breathing for 5 minutes each day, and meditate and/or sit quietly to calm your mind for 5 minutes each day.

11. We have given you some very helpful and supportive tips in this booklet to help you with your journey. Use them to take your healing to the next level.

Candida Diet Guidelines

Foods to Enjoy

The following lists will give you a general guideline of what foods will be beneficial to your body as well foods to avoid because they promote yeast overgrowth. Because everyone's body is different please choose the foods that are the best fit for you and that give you good results. Listen to your body; it will tell you what it needs.

Beverages

- Aloe vera juice: up to 2 ounces per day
- Bone broth
- Coconut water: up to 8 ounces per day
- Dandy Blend (coffee substitute)
- Golden Milk (see recipe)
- Green juices (without fruit)
- Green or herbal tea
- Mineral water with berries, lemon, lime, cucumber, or mint
- Sparkling water as an occasional treat
- Turmeric Ginger Lemonade (see recipe)
- Unsweetened coconut, almond, hemp, or pea milk (without carrageenan)

*Aloe vera juice kills yeast cells. Use it moderately if you feel inflamed, bloated, or constipated. Mix 1-2 oz in a smoothie or a bit of water before bed for a few weeks.

Tip:

It can be hard to give up your morning coffee if you are used to sipping as you wake up. Green tea or dandelion tea with or without a bit of coconut milk can help calm cravings.

Condiments, Flavorings, and Seasonings

- Cacao nibs/powder, carob, camu camu powder, medical mushroom powder, or maca powder
- Cardamom
- Ceylon cinnamon
- Garlic
- Ginger



- Herbs and spices: use liberally oregano, parsley, cumin, fennel, dill, basil, rosemary, and thyme
- Himalayan salt, Celtic sea salt, pepper
- Mayonnaise (choose a healthy version)
- Turmeric

Fruits

- Berries, pomegranate
- Green apples
- Lemon, lime
- Avocado
- Grapefruit
- Olives (without vinegar)
- Plantains, plantain chips
- Slightly green bananas, green banana flour

Grains, Gluten-Free

In moderation

- Black rice, wild rice
- Brown rice
- Quinoa
- Tapioca
- Teff
- Pasta (brown-rice, buckwheat, quinoa, or lentil pasta; limit to once a week)

Legumes

- Adzuki beans, black beans, garbanzo beans, pinto beans
- Lentils, split peas
- Green peas

Nuts and Seeds

- Almonds, almond flour, Brazil nuts, cashews, macadamia nuts, pecans, walnuts
- Chia seeds, fresh ground flax, hemp, pumpkin, sesame, sunflower
- Unsweetened coconut products: coconut flakes, fresh coconut, coconut wraps, coconut flour



Oils and Fats

For Cooking:

- Avocado oil, duck fat, ghee, grass-fed or pastured butter, raw butter
- Organic unrefined coconut oil

For Salads:

- Expeller/cold pressed oils: avocado, flax, macadamia, sesame, walnut
- Extra virgin olive oil

For Spreads or Smoothies:

- Avocado, coconut butter or manna, coconut cream
- Organic unrefined coconut oil
- Ghee, grass-fed or pastured butter, raw butter

Animal Proteins

- Bison, buffalo
- Eggs (pasture-raised)
- Grass-fed beef, lamb
- Organic chicken, turkey, game hens
- Wild fish: salmon, small halibut, cod, snapper, and sole

Protein Powders

- Collagen powder
- Whey or goat's whey protein powder
- Hemp protein powder, pea protein powder, other plant-based protein

Sweeteners

- Dark liquid stevia
- Monk fruit (just like sugar)
- Chicory root (just like sugar)

Vegetables, Low-Starch

- Arugula, butter lettuce, chard, collard greens, dandelion greens, mustard greens, red and green leaf lettuce, romaine lettuce, spinach, etc.
- Bok choy, broccoli, Brussels sprouts, cabbage, cauliflower, kale
- Artichokes, asparagus, celery, cucumber, green beans, onions, peppers, radishes, snow peas, summer squash, zucchini, eggplant, etc.
- Sea vegetables, from Korea



Vegetables and Roots, High-Starch

- Pumpkin, acorn, butternut, spaghetti and other squashes
- Carrots, celery root, parsnips, rutabaga, turnips
- White potato - limit to 1/2 cup serving (it becomes a resistant (good) starch when cooked and cooled), unmodified raw potato starch
- Cassava chips, cassava root flour, cassava wraps

Foods to Avoid

Beverages

- Alcohol
- Any beverage containing carrageenan
- Black tea
- Coffee and Teeccino
- Fruit juices
- Kefir
- Kombucha

Condiments, Flavorings and Seasonings

- All products containing vinegar or sugar (BBQ sauce, ketchup, prepared mustard, salad dressings, etc).
- Fermented products (coconut aminos, miso, tempeh, tamari, soy sauce)
- Sauerkraut, kimchi
- Brewer's yeast or any products containing yeast
- Citric acid, MSG
- Carrageenan

Dairy Products

- All dairy products EXCEPT grass-fed or pastured butter, raw butter, ghee and top-quality whey protein powder (if your body handles it well)

Fruits

- All fruits EXCEPT those listed in "Foods to Enjoy"
- Dried fruits (except goji berries)



Grains

- Amaranth • Barley • Buckwheat • Corn
- Millet • Oats (use gluten free after 2 months)
- Processed grain products (including gluten free)
- White rice • Rye • Wheat

Legumes

- Kidney Beans
- Soybeans and soy products

Nuts and Seeds

- Peanuts • Pistachios

Oils and Fats

- Fried foods (unless fried in coconut oil)
- Highly refined oils: canola, corn, soy
- Hydrogenated oils

Animal Protein

- Conventional meat products • Farmed fish and other seafood
- Processed or smoked meats • Pork • Tuna

Sweeteners

- Artificial sweeteners, sugar alcohols, xylitol
- Agave, coconut sugar, corn syrup, date sugar, fructose, honey, maple syrup, cane sugar, etc.

Vegetables

- Mushrooms (except shiitake and maitake or medical mushroom powders)
- Tomatoes (avoid during the first 2 weeks)
- Sweet potato, yam

The voice you *listen* to is the one you *belong* to.



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ingredients

daiya™ dairy free cheese - local grocery stores

monk fruit sweetener - Natural Grocers, Cashwise, vitacost.com

protein powder - Nutri-Dyn Dynamic - Dr. Johnson's office

coconut oil - Natural Grocers, Cashwise, vitacost.com, Sam's Club

tapioca starch/flour - Natural Grocers, Cashwise, vitacost.com

almond flour - Natural Grocers, Cashwise, vitacost.com, Sam's Club

cassava flour - Natural Grocers, Cashwise, vitacost.com

coconut flour - Natural Grocers, Cashwise, vitacost.com

chia seeds - Natural Grocers, Cashwise, vitacost.com, Sam's Club

Celtic sea salt - Natural Grocers, vitacost.com

cacao powder - Natural Grocers, Cashwise, vitacost.com

pea or nut milk - Natural Grocers, Cashwise, Target

red lentil pasta - Cashwise, vitacost.com

coconut yogurt - Natural Grocers, Cashwise, Target

mayo vegan or regular - Natural Grocers, Cashwise

gluten free sourdough starter (cultures for health) - culturesforhealth.com, vitacost.com

products

Prepared sourdough starter and sourdough bread - leedesign@icloud.com

Quinn gluten free pretzels - Natural Grocers

Siete cassava tortilla chips - Natural Grocers, Cashwise

Terra plantain chips - Natural Grocers, vitacost.com

Simple Mills sprouted seed crackers - Natural Grocers & Cashwise

Little Northern Bakehouse gluten free bread - Natural Grocers & Food Co-op

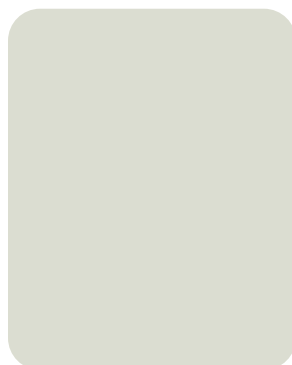
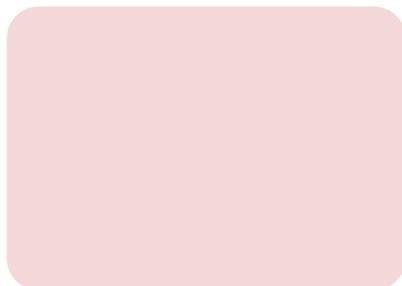
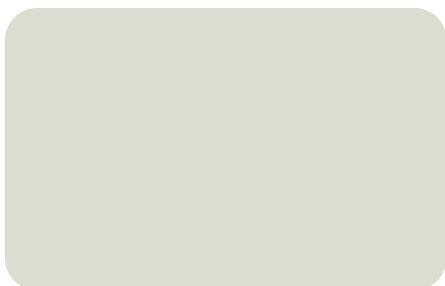
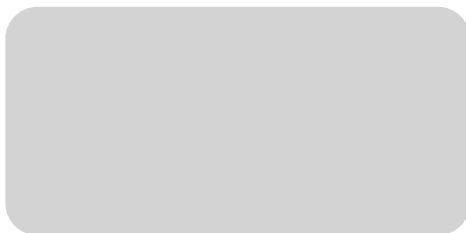
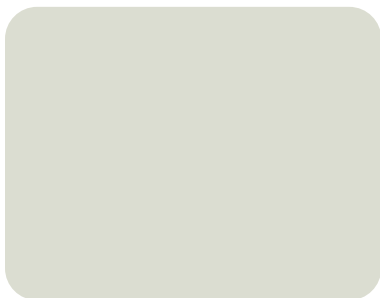
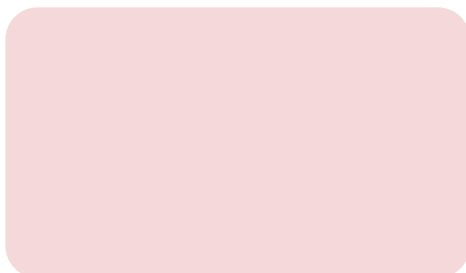
Nuco coconut wraps - Food Co-op & vitacost.com

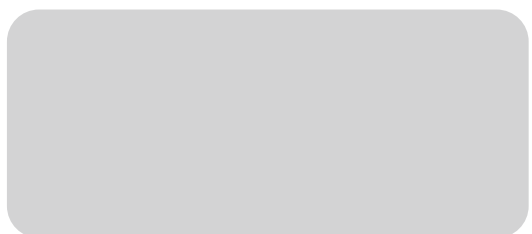
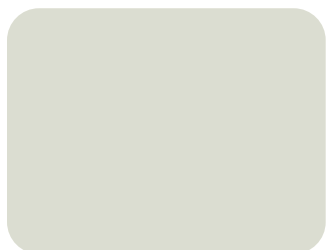
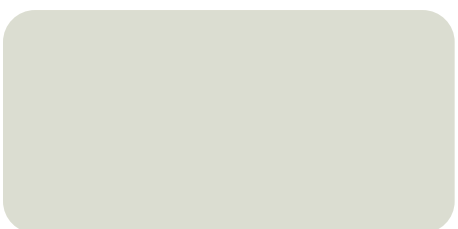
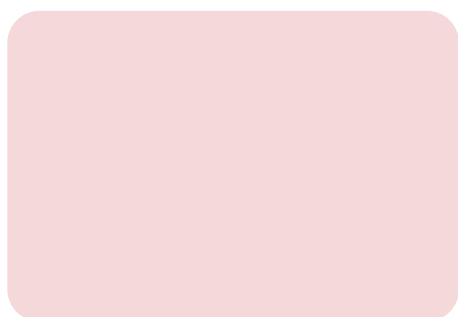
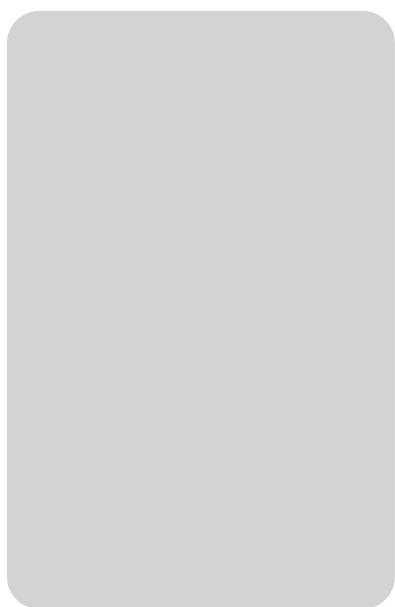
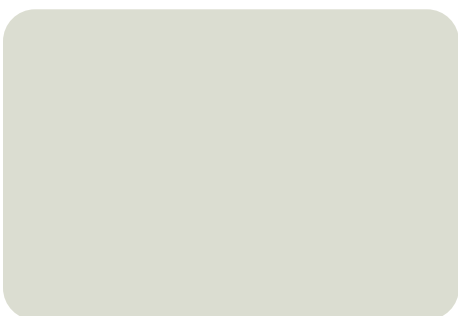
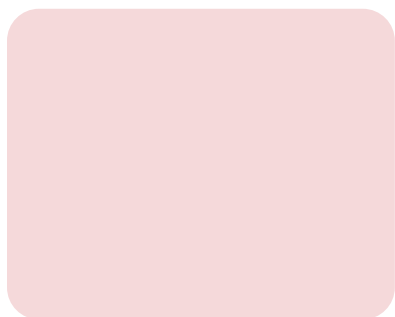
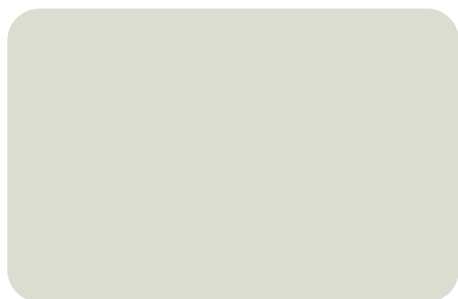
Epsom Salt - Natural Grocers, vitacost.com

Joboba oil - vitacost.com

1 *seeing the small things*

There is so much joy and delight waiting to be found even in the smallest of things. Each day, for the next month, take some time to clear your mind, and open your eyes and ears. Take note of all the small things that surround you.





2 create a "what you like to do" day

Too often we mold ourselves to the people around us, and while it's good to share your day with others, it is important to do things you enjoy as well. What are some fun things you would like to do? Maybe sit quietly with tea and a book, give yourself a mini spa session for an hour, go fishing, take a long walk, or visit a special place? List some of your simple yet favorite things to do and then be sure to make time for them each week (write them on the calander so you don't forget!).

Relax, enjoy and don't feel guilty.

1

2

3

4

3 *being grateful*

Gratitude is a little known super power. When you are in the midst of a frustrating time or hardships that are weighing you down, finding things you are grateful for, no matter how small, will transform the situation. It might not change the unpleasant thing that is happening but it will change the direction of your mind, redirect your energy, make things much more tolerable, and often quicker to change for the better.

Here are a few ways to practice gratitude:

1. When you first wake up, spend a few minutes lying in bed thinking of what you are grateful for in life.
2. Take time during dinner for everyone to say a few things they are grateful for from the day.
3. As you get ready for bed, name some things you are grateful for in life or that happened during the day.
4. Write a note to a friend or family member to say how grateful you are for them. It can be as simple as a thank you note or text message, or as elaborate as a handwritten letter on a beautiful card.
5. List a few things below that you are grateful for every day but might take for granted.

● _____

● _____

● _____

● _____

● _____



raspberry lemonade

1/2 cup frozen organic raspberries
1 to 1 1/2 cups filtered water
1 1/2 organic lemons, juiced
raw honey to taste (optional)

method

In a high-speed blender, combine raspberries, water, and lemon juice. Blend on medium or medium-high for 2 to 3 minutes, or until raspberries are well blended.

tip: If you would like the lemonade without pulp, strain it through a fine mesh strainer before serving.

creamy chamomile steamer

2 chamomile tea bags

3 tablespoons canned full fat coconut milk

1/2 cup nut milk of choice

1/2 teaspoon monk fruit sweetener

method

Place the chamomile tea bags into a cup and add a half inch of hot water, cover and let steep for 7 minutes. In a milk frother or on the stove, warm the milks and sweetener. Remove the tea bags, pour milk into the chamomile tea and enjoy.



warm lemon water

1 fresh lemon, cut in half
warm filtered water

method

Squeeze half of the lemon into your favorite tea cup. You can add the lemon half or discard it. Fill the cup with warm water (hot water will damage the lemon juice and make it less effective). Sip as you go about your morning.



A glass bottle of blueberry and spinach smoothie is the central focus, with a smaller bottle partially visible to the left. In the foreground, a small wooden bowl is filled with fresh blueberries. The background is a soft, out-of-focus white surface.

breakfast

blueberry & spinach smoothie

- 2 cups organic spinach, lightly packed
- 1 1/2 cups frozen blueberries
- 1/2 avocado
- 1 1/2 cups filtered water
- 1 scoop Nutri-Dyn Dynamic protein powder
- 1 teaspoon monk fruit sweetener
- 1 small handful almonds
- 1/8 teaspoon cinnamon
- 1/8 teaspoon ginger

method

Place all ingredients into a blender and blend, slowly increasing the speed until smooth. Enjoy!

gluten free sourdough bread

1 cup gluten free sourdough starter
1/4 cup chia seeds
1/4 cup plus 1 tablespoon filtered water
4 tablespoons grass-fed butter, warmed
1 1/4 cups nut milk
2 tablespoons honey, maple syrup or applesauce
3/4 cup sorghum flour
1/2 cup brown rice flour
3/4 cup tapioca starch
1/2 cup potato starch
1 tablespoon xanthan gum
1 tablespoon baking powder
2 teaspoons Celtic sea salt

method

In a large mixing bowl combine wet ingredients. In a second bowl combine dry ingredients. Add the dry ingredients to the wet ingredients and mix for 3 minutes. Grease a large bowl with coconut oil and pour the batter into it. Cover it tightly and allow it to ferment for 4 to 12 hours. Grease and flour two bread loaf pans or a large Dutch oven and gently place the fermented dough in pan(s). Cover with a cloth and let rise for 1 hour. Bake at 350°F for 45 to 55 minutes or until the top starts to turn golden. Cool, remove from the pan and enjoy.



quinoa breakfast bowl

1 cup raw quinoa
2 cups filtered water
1 to 2 organic cage free eggs
1 tablespoon organic unrefined coconut oil
1 handful organic lettuce or spinach
1 avocado, cut in half, pit removed
organic cherry tomatoes
coconut yogurt
fresh herbs

method

Place 2 cups of water and quinoa into a saucepan. Bring to a boil then reduce heat to a simmer and cover for 15 to 20 minutes. In a frying pan warm coconut oil on medium heat. Fry egg per your taste. In individual bowls, layer quinoa, avocado slices, lettuce, tomatoes, herbs and dollops of coconut yogurt, topped with the fried egg.

the snacks

tzatziki

1/2 large English cucumber, grated
1 1/2 cups coconut yogurt
3 cloves garlic, diced
1/4 cup fresh dill, chopped
1 pinch Celtic sea salt and black pepper
1 1/2 tablespoons fresh lemon juice
1-2 tablespoons organic olive oil

Finely grate the cucumber and squeeze out the liquid. Combine all ingredients into a bowl and mix well.

ketchup

1 red pepper, halved and seeded
5 medium tomatoes, halved
1/2 teaspoon Celtic sea salt
1/2 teaspoon garlic powder
1/2 teaspoon onion powder
pinch of cloves
1 teaspoon monk fruit sweetener
1 teaspoon coconut oil
Roast tomatoes and peppers at 350°F for 30 minutes. Blend until smooth and pour into a medium saucepan. Add remaining ingredients and simmer for 30 minutes uncovered to thicken. Store in refrigerator in an air tight container for 2 weeks.

hummus

2 cups cooked chickpeas
1/4 cup olive oil
1/8 cup filtered water
1 teaspoon Celtic sea salt
1/2 teaspoon garlic powder
Place all ingredients in a food processor and blend for 3 to 5 minutes until smooth.

ranch

1/2 cup vegan mayo
1/2 cup coconut yogurt
3 teaspoons fresh lemon juice
1/2 teaspoon garlic powder
1/2 teaspoon Celtic sea salt
1 tablespoon fresh dill or 1 teaspoon dried dill
Place all ingredients in a bowl and mix well.



mashed rutabaga with steamed veggies

1 rutabaga, peeled and cut into chunks

1/4 cup nut milk

1 tablespoon grass-fed butter

1 teaspoon garlic powder

Celtic sea salt and pepper to taste

1 1/2 cups organic broccoli, cut into bit-sized pieces

1 1/2 cups organic cauliflower, cut into bite-sized pieces

2 cups organic cabbage, cut into strips

2 teaspoons caraway seeds

1/4 cup filtered water

1 tablespoon organic unrefined coconut oil

method

Placed cut rutabaga in a large kettle and cover with filtered water. Bring to a boil and cook until rutabaga is soft when pierced with a fork. Strain the rutabaga and return to the kettle. Add nut milk, butter, garlic powder, salt and pepper; mash until smooth. Spread in a circle on a plate. In a medium saucepan heat oil and water over medium heat. Add broccoli, cauliflower, cabbage and caraway seeds. Cover and steam for 7 minutes. Spoon steamed veggies over the mashed rutabaga.



smashed chickpea sandwich

sourdough bread slices
2 organic radishes, sliced
1/4 English cucumber, sliced
5 black olives, sliced
1/2 organic orange pepper, sliced
smashed chickpeas
cashew mayo

method

Layer ingredients as you prefer. Enjoy.

cashew mayonnaise

1/2 cup raw cashews
1/2 teaspoon Celtic sea salt
5 tablespoons nut milk
1/2 teaspoon yellow mustard powder
1 tablespoon lemon juice
1/4 cup raw pumpkin seeds

method

In a food processor, combine cashews, salt, nut milk, mustard powder, lemon juice, and pumpkin seeds. Blend until smooth, stopping to scrape down sides as needed. If you prefer a thinner mayonnaise, add a bit more coconut milk.

smashed chickpeas

1 cup chickpeas, cooked
3 tablespoons organic cold-pressed olive oil
1/2 teaspoon Celtic sea salt
1 tablespoon fresh dill

method

In a medium mixing bowl, combine chickpeas, olive oil, salt, and fresh dill. Mash with a hand held potato masher to your preferred consistency.



dinner

the salad

1 cup cooked beans of choice
4 cups organic lettuce, chopped
1 cup organic purple cabbage,
chopped
1 cup cauliflower, diced to bite
sized pieces
1 radish, chopped
1/2 cup fresh snap peas, diced
1/2 cup cucumber, diced
1 green onion (use both the
green and white sections), diced
1/4 cup red, orange, or yellow
pepper, diced

5 kalamata olives, diced
fresh dill
olive oil
Celtic sea salt and fresh ground
pepper to taste

method

Chop the lettuce and divide it
between 2 large soup bowls.
Continue with the remaining
ingredients. Drizzle with olive oil
and fresh lemon juice. Enjoy.



the pasta salad

1 box of red lentil pasta (8 oz)
4 cups organic lettuce, chopped
1 cup cauliflower, diced to bite sized pieces
1 radish, chopped
1/2 cup fresh snap peas, diced
1/2 cup cucumber, diced
1 green onion (use both green and white sections), diced
1/4 cup red, orange, or yellow pepper, diced
5 kalamata olives, sliced
fresh cilantro
olive oil
Celtic sea salt and fresh ground pepper to taste

method

Place a large pot of 8 cups filtered water on high heat. Bring to a boil, add pasta.

While the pasta is cooking assemble your salad. Chop the lettuce and divide it between 2 large soup bowls. Continue with the remaining ingredients. When the pasta is done and strained, allow it to cool for a few minutes, then add 2 cups of pasta to each salad. Drizzle with olive oil. Enjoy.



the salmon salad

1 filet of wild caught salmon
2 teaspoons coconut oil
4 cups organic lettuce, chopped
1 cup cauliflower, diced to bite sized pieces
1 radish, chopped
1/2 cup fresh snap peas, diced
1/2 cup cucumber, diced
1 green onion (use both the green and white sections), diced
1/4 cup red, orange, or yellow pepper, diced
5 kalamata olives, diced
fresh dill
olive oil and fresh lemon juice
Celtic sea salt and fresh ground pepper to taste

method

Place the salmon on a rimmed baking sheet with coconut oil (simply put a dollop of coconut oil on top of the salmon). Bake at 350 for 15 minutes or until the salmon breaks easily when pierced with a fork.

While the salmon is baking assemble your salad. Chop the lettuce and divide it between 2 large soup bowls. Continue with the remaining ingredients. When the salmon is done allow it to cool for a few minutes, break it into bite sized pieces and divide it among the bowls. Drizzle with olive oil and fresh lemon juice.



dessert

moist blueberry oatmeal bars

2 cups gluten free oats
1/4 cup tapioca starch
1/2 cup almond flour
1 teaspoon vanilla extract
1/2 teaspoon almond extract
1/4 cup monk fruit sweetener
1/4 cup coconut flour
1 cup nut milk
3 tablespoons organic unrefined coconut oil
1/2 teaspoon baking soda
1/2 teaspoon baking powder
1 cup frozen organic blueberries

method

In a large mixing bowl combine all of the ingredients folding in blueberries last. Grease an 8x8 baking dish with coconut oil. Pour blueberry mixture into the dish and press down making it even and flat. Bake at 350°F for 55 minutes.



the best chocolate cupcakes



2 1/2 cups almond flour
1/4 cup tapioca flour
1/4 cup chia seeds
1/4 cup cacao powder
1/2 teaspoon Celtic sea salt
1 teaspoon baking soda
1/2 cup monk fruit sweetener
1/2 cup plant milk (we used Ripple)
1 teaspoon fresh lemon juice
1 cup organic applesauce
2 teaspoons vanilla extract
2 tablespoons organic unrefined coconut oil, warmed

method

In a large mixing bowl combine almond flour, tapioca flour, chia seeds, cacao powder, salt, baking soda, and monk fruit sweetener. Add plant milk, apple sauce, vanilla extract, and coconut oil. Mix well to combine. Spoon into large cupcake molds, filling the mold. Bake at 350°F for 30 to 35 minutes.

Chocolate frosting

1 cup cashews, soaked in hot water for 30 minutes
2 teaspoons vanilla extract
2 teaspoons almond extract
1/4 cup plus 2 tablespoons monk fruit
3 tablespoons cacao powder
1/4 teaspoon Celtic sea salt
3 tablespoons nut milk

Strain and rinse the cashews. Add all of the ingredients to a high speed blender. Blend until smooth and creamy, scraping down the sides as you go. Place in the refrigerator for 30 minutes to thicken the frosting if needed. Frost the cooled cupcakes and enjoy!

apple carrot muffins

4 large carrots, peeled and shredded
1 organic red apple, cored, peeled and shredded
1 1/2 cups almond flour
1/2 cup tapioca starch
1/2 cup cassava flour
1/2 cup coconut flour
1/4 cup chia seeds
1 teaspoon Celtic sea salt
3 teaspoons cinnamon
1/4 teaspoon nutmeg
1/2 teaspoon baking soda
1 teaspoon baking powder
1/2 cup monk fruit sweetener
1 teaspoon vanilla extract
1/2 teaspoon almond extract
1/2 cup coconut oil, melted
1 1/4 cups filtered water

method

Shred the carrots and apple into a large mixing bowl. Add the remaining ingredients and mix well. Fill muffin cups 3/4 full with batter. Bake at 350°F for 1 hour. Cool and enjoy. Refrigerate for up to 4 days.



Simple Ways To Detox

Your lymphatic system is an integral part of your immune system. It is your first line of defense against disease. It is designed to help rid the body of toxins, waste, excess fluid and other unwanted material such as viruses, bacteria, and even cancer cells. Sometimes your lymphatic drainage can become sluggish or even clogged, not allowing your body to detoxify well. Here are two ways that you can help keep your lymphatic system working efficiently.

lymphatic massage

The main benefit of lymphatic massage is to help your lymph system drain, allowing the lymph nodes to process more fluid, keeping bloating and fluid retention away. Lymph glands are found throughout your body, the largest areas found in the neck, armpits, legs, and groin. Here is a simple and very effective lymphatic neck massage that you can do daily to improve your health and immunity.

- 1. Front of the chest:** Start by placing your ring fingers on the top points of your collar bone near your throat. Put your ring, middle finger, and pointer finger in a line and gently roll over the bone and press slowly into your neck 50 to 100 times.
- 2. Sides of the neck:** Place your hands around your neck with your fingers underneath your ears. Gently pull down with your fingers flat against your neck. Do this slowly and gently 50 to 100 times.
- 3. Back of the neck:** Place your hands flat on the back of your neck in your hairline so that your fingers just touch each other but don't intertwine. Gently pull down slowly 50 to 100 times.
- 4. Behind the ears:** Using your pointer finger, gently tap below your ears, right next to your jaw bone 7 to 10 times and then gently massage in a circular motion 50 times. Use a small amount of body oil with lavender for relaxing benefits.

dry body brushing

This is a fantastic way to detox your lymphatic system and it comes with a whole host of other benefits as well: exfoliation and softer skin, open and clear pores, less apparent cellulite, and boosted energy.

The best brush to use has medium firm natural bristles with a long handle so you can reach your back easily.

- 1. Start with dry skin.** Right before you shower is a perfect time. Stand in the shower to brush so all of the dead skin cells can be washed away.
- 2. With each stroke, brush firmly but not so hard that you hurt or irritate the skin.** Avoid any sores, varicose veins, or eczema.
- 3. Start on the left side of your body.** Start at the feet and move up your body toward your heart. Move the brush in a clockwise motion on your stomach and joints, using long sweeping strokes on your legs and arms, always in the direction of your heart (avoid your face, chest, and heart).
- 4. Dry body brush 2 to 7 days a week for the most benefits.**
- 5. Moisturize well after dry brushing (and showering).** Use an organic fragrance free lotion and/or a body oil with soothing essential oils.

Brush Care: Tap your brush after use to remove debris. Wash the bristles once a week with warm soapy water, rinse well and air dry naturally with the bristles facing downward. Do not immerse the

detoxing Epsom salt bath

An Epsom salt bath is an amazing way to detoxify and relax your body. Magnesium and sulfates in the salt are the main ingredients that bring on these benefits.

Simply run a bath with the temperature of water to your liking. Add **1/4 cup Epsom salt** to the water, swirling the water with your hand a few times to help the salt mix in. If you would like you can add a few drops of **lavender, chamomile or geranium essential oil**, which are very soothing and calming. Relax in the bath for at least 20 minutes.

allergy relief nose oil

3 drops frankincense
5 drops lavender
3 drops lemon
3 drops peppermint
2 teaspoons organic jojoba oil
10ml glass dropper bottle (or a small glass jar)

Combine the essential oils and jojoba oil in the jar and gently mix. Place one to two drops into your nose while laying down and massage gently into your nose. Or dip your pinky or cotton swab into the oil and gently rub on the inside of your nose. Breathe deeply.

moisturizing body oil

1/8 cup organic jojoba oil
5 drops geranium
10 drops lavender
5 drops frankincense
small glass spray bottle

Combine the essential oils and jojoba oil in the bottle and gently mix. After applying lotion, spray several pumps of the oil into your hands and massage over your body. The oil will act as an extra barrier for your skin keeping moisture in.

