

LEMON GINGER HONEY TONIC

MY RECIPE (WEBSITE)

6 cups water
5" peeled, sliced ginger
3 cinnamon sticks
1 tsp grated turmeric root
½ tsp cayenne pepper
6 lemons, halved

- 1 Peel the ginger and dice into thin slices. Add the ginger and water to a large pot over high heat.
- 2 Bring the liquid to a boil and then reduce to low heat and simmer for about 10 min.
- 3 After 10 min, add the cinnamon sticks, turmeric, cayenne pepper (optional), and lemon halves. Simmer for an additional 10 min, stirring occasionally.
- 4 Remove from heat and allow it to cool slightly before straining.
- 5 This will make 4-5 cups of concentrated tea, which you can store in a glass jar in the fridge. Drink it warm or cold.
- 6 When serving, add about ¼ cup of this mixture to 6 oz of hot water. You can add the juice of half a lemon for an added zing!

MOM'S RECIPE

4 cups water
2-3 lemons sliced
3 tbsp turmeric puree
1 ½ tsp cinnamon
½ tsp cloves
½ cups ginger
Boil and simmer

Add 3 cups lemon juice
1 ½ cups honey

WANDA'S RECIPE

6 cups water
½ cup peeled, sliced ginger
6 lemons, thickly sliced

Bring to a boil and simmer for 10 minutes

2 tsp Ceylon cinnamon
1 tsp turmeric powder
½ tsp cayenne
½ tsp cloves

Strain through paper towel in large sieve

Add:
2 cups lemon juice
2 cups honey
Stir until honey is completely dissolved.

To drink: pour ¼ cup of concentrate into a mug or glass. Add 6 oz of water (hot or cold)

Good health to you!

17 DAY DIET

CYCLE ONE SHOPPING LIST

Low Sugar Fruits

Apples
Berries
Peaches
Plums
Oranges
Pears
Red Grapes
Lemons

Fresh Vegetables

Red Onions
Tomatoes
Cucumbers
Celery
Lettuce (variety)
Carrots
Cabbage
Asparagus

Frozen Vegetables

Any, not corn

Other

Salmon
Chicken
Chicken Broth
Tuna
Feta Cheese
Eggs
Yogurts (Plain/Sugar free)
Green Tea
Olive Oil
Fat-Free Italian Dressing
Vinaigrettes

CYCLE ONE

WAKE UP DRINK: CUP OF HOT WATER (7 MORE THRUOUT DAY)

DAY 1

Breakfast

Two scrambled egg whites
½ grapefruit, or other fresh fruit
1 cup of green tea

Lunch

Large green salad topped with tuna; drizzle with
1 tbsp of olive oil or flaxseed oil and 2 tbsp
balsamic vinegar
1 cup green tea

Dinner

Plenty of grilled chicken with liberal amounts of
any vegetables from the list, steamed or raw
1 cup green tea

Snacks

6 oz of sugar-free plain yogurt mixed with 1-2
tbsp sugar free jam or other probiotic serving
1 serving of fruit from the list

DAY 2

Breakfast

6 oz plain low fat yogurt, mixed with 1 cup
berries or other fruit (chopped) on the list. You
may sweeten the mixture with 1 packet of Truiva
or sugar free jam
1 cup of green tea

Lunch

Super Salad (see recipe at back)
1 cup green tea

Dinner

Plenty of grilled or baked salmon with liberal
amounts of any vegetables from the list,
steamed or raw
1 cup green tea

Snacks

6 oz of sugar-free plain yogurt mixed with 1-2
tbsp sugar free jam or other probiotic serving
1 serving of fruit from the list

DAY 3

Breakfast

2 hard-boiled or poached eggs
½ grapefruit or other fresh fruit in season
1 cup of green tea

Lunch

1 large bowl of Chicken-Vegetable Soup (see recipe at back)
1 cup green tea

Dinner

Plenty of roasted turkey breast or turkey tenderloin, steamed carrots and steamed asparagus
1 cup green tea

Snacks

6 oz of sugar-free plain yogurt mixed with 1-2 tbsp sugar free jam or other probiotic serving Kefir Smoothie (see recipe): Mix one cup of kefir with 1 cup of frozen unsweetened berries, sugar free fruit jam, and 1 tbsp flaxseed oil. Blend until smooth

DAY 4

Breakfast

Kefir Smoothie
1 cup of green tea

Lunch

Marinated Vegetable Salad or Super Salad (see recipe at back)
6 oz plain low fat yogurt with a sliced fresh peach, or other fruit in season, for dessert
1 cup green tea

Dinner

Eggplant Parmesan (see recipe)
Alternative dinner: Any of the lean proteins with plenty of cooked cleansing vegetables from the list.
1 cup green tea

DAY 5

Breakfast

2 scrambled egg whites
½ grapefruit or other fresh fruit in season
1 cup of green tea

Lunch

Salad of baby spinach leaves, grape tomatoes, and crumbled low fat feta or blue cheese; drizzle with 1 tbsp of olive / flaxseed oil and 2 tbsp balsamic vinegar
1 cup green tea

Dinner

Ground turkey patties, with side salad drizzled with 1 with 1 tbsp of olive / flaxseed oil and 2 tbsp balsamic vinegar
1 cup green tea

Snacks

6 oz of sugar-free plain yogurt mixed with 1-2 tbsp sugar free jam or other probiotic serving
1 cup of fresh berries

DAY 6

Breakfast

6 oz plain low fat yogurt mixed with 1 cup berries or other fruit (chopped) on the list. You may sweeten the mixture with 1 packet of Truvia or a tbsp of sugar free fruit jam.
1 cup of green tea

Lunch

Lettuce Wraps or grilled chicken breast with tossed salad drizzled with 1 tbsp of olive/flaxseed oil and 2 tbsp balsamic vinegar
1 cup green tea

Dinner

Sesame Fish or any grilled or baked fish
Steamed cleansing vegetables
1 cup green tea

Snacks

2nd fruit serving of your choice
2nd probiotic serving of your choice

DAY 7

Breakfast

2 scrambled eggs, 4 scrambled egg whites or 1 scrambled egg plus 2 scrambled egg whites.

Top with salsa (optional).

1 apple or 1 cup fresh berries

1 cup green tea

Lunch

Taco salad

1 cup green tea

Dinner

A stir fry of vegetables (broccoli, onions, julienne carrots, red pepper, etc.) and chicken strips with 1 tbsp of olive oil. Season with a little garlic, ginger and lite soy sauce.

1 cup green tea

Snacks

2nd fruit serving plus 1 probiotic serving of your choice.

2nd probiotic serving of your choice.

DAY 8

Breakfast

6 oz plain low fat yogurt mixed with 1 cup berries or other fruit (chopped) on the list. You may sweeten the mixture with 1 packet of Truvia or a tbsp of sugar free fruit jam.

1 cup of green tea

Lunch

Salmon salad: 2 cups of salad vegetables, baked or canned salmon, drizzled with 1 tbsp olive/flaxseed oil, mixed with 2 tbsp balsamic vinegar and seasonings

1 cup green tea

Dinner

Turkey burgers

Steamed vegetables

Side salad drizzled with 1 tbsp olive/flaxseed oil, mixed with 2 tbsp balsamic vinegar and seasonings

1 cup green tea

Snacks

2nd fruit serving

2nd probiotic serving

DAY 9

Breakfast

Greek Egg Scramble

1 fresh orange

1 cup green tea

Lunch

Salad Nicoise

1 cup green tea

Dinner

Grilled chicken breast (marinate in fat free Italian dressing)

Steamed vegetables

1 cup green tea

Snacks

Kefir Smoothie

2nd probiotic serving

DAY 10

Breakfast

½ cup Breakstone LiveActive cottage cheese

1 medium pear, sliced

1 cup green tea

Lunch

Balsamic Artichoke

1 medium apple

1 cup green tea

Dinner

Oven Barbecued Chicken Breast

Side salad drizzled with 1 tbsp olive/flaxseed oil, mixed with 2 tbsp balsamic vinegar and seasonings

1 cup green tea

Snacks

2nd probiotic serving

Raw, cut up veggies

DAY 11

Breakfast

Yogurt Smoothie: ½ cup acidophilus milk, ½ carton sugar free fruit flavoured yogurt, and 1 cup berries (mix together in a blender)
1 cup green tea

Lunch

Super salad
1 cup green tea

Dinner

Turkey Chili
Side salad drizzled with 1 tbsp olive/flaxseed oil, mixed with 2 tbsp balsamic vinegar and seasonings
1 cup green tea

Snacks

2 probiotic servings

DAY 12

Breakfast

2 hard-boiled or poached eggs
½ grapefruit or other fresh fruit in season
1 cup green tea

Lunch

Baked or grilled chicken breast
Tomatoes – sliced or stewed
1 medium orange
1 cup green tea

Dinner

Baked or grilled fish, any kind from the list
Cleansing vegetables, as many from the list as you wish
1 cup green tea

Snacks

Kefir smoothie: Mix one cup of kefir with 1 cup of frozen unsweetened berries, sugar free fruit jam, and 1 tbsp flaxseed oil. Blend until smooth.
2nd probiotic serving

DAY 13

Breakfast

Kefir Smoothie
1 cup green tea

Lunch

Tuna tossed with 1 tbsp olive oil and a tbsp of vinegar, served over a generous bed of lettuce
1 cup green tea

Dinner

Plenty of roast turkey or chicken
Tomato and onion salad, tossed with fat free salad dressing
1 cup green tea

Snacks

2nd fruit serving
2nd probiotic serving

DAY 14

Breakfast

2 scrambled eggs, 4 scrambled egg whites or 1 scrambled egg plus 2 scrambled egg whites.
Top with salsa (optional).
2 scrambled eggs, 4 scrambled egg whites or 1 scrambled egg plus 2 scrambled egg whites.
Top with salsa (optional).
1 apple or 1 cup fresh berries
1 cup green tea

Lunch

1 large bowl of chicken vegetable soup
1 cup green tea

Dinner

Plenty of grilled chicken or fish
Generous portion of mixed steamed vegetables
1 cup green tea

Snacks

1 medium pear or other fruit in season
2nd probiotic serving of your choice

DAY 15

Breakfast

½ cup Breakstone LiveActive cottage cheese
1 medium pear, sliced
1 cup green tea

Lunch

Eggplant Parmesan
1 cup green tea

Dinner

Plenty of broiled lean ground turkey
Marinated Vegetable Salad
1 cup green tea

Snacks

2nd fruit serving of your choice
2nd probiotic serving of your choice

DAY 16

Breakfast

Spanish Omelet
½ grapefruit or 1 medium orange
1 cup green tea

Lunch

Spicy Yogurt Dip and Veggies
1 cup green tea

Dinner

Plenty of roasted turkey breast or turkey
tenderloin, steamed carrots and steamed
asparagus
1 cup green tea

Snacks

1 piece of fruit
6 oz carton yogurt

DAY 17

Breakfast

Smoothie: 1 cup acidophilus milk and 1 cup
berries (mix together in a blender)
1 cup green tea

Lunch

Super Salad
1 cup green tea

Dinner

Steamed flounder or sole with lemon pepper
Steamed broccoli
1 cup green tea

Snacks

1 medium apple or other fruit in season
2nd probiotic serving of your choice

CYCLE TWO

DAY 1

Breakfast

1 Dr Mike's Power cookie
1 fresh peach, sliced
1 cup green tea

Lunch

Chicken salad: baked or grilled breast, diced,
loose leaf lettuce, 1 sliced tomato, assorted
salad veggies, 2 tbsp olive oil and 4 tbsp
balsamic vinegar
½ cup brown rice
6 oz sugar free fruit flavoured yogurt

Dinner

Grilled salmon
Steamed veggies

Snacks

Protein smoothie: 1 cup acidophilus milk or kefir
blended with 1 cup frozen unsweetened berries

DAY 2

Accelerate Cycle menu

DAY 3

Breakfast

2 scrambled egg whites
½ grapefruit, or other fresh fruit of your choice
1 cup green tea

Lunch

1 large bowl of Chicken Vegetable soup or
grilled chicken breast and plenty of steamed
veggies
1 med baked potato with 1 tbsp fat free sour
cream
6 oz sugar free fruit flavoured yogurt
1 cup green tea

Dinner

Sirloin steak, grilled
Tossed salad with 1 tbsp olive oil and 2 tbsp
balsamic vinegar
1 cup green tea

Snacks

1 cup fresh rasp with 1 cup sugar free fruit
flavour yogurt
Mediterranean spread: ½ cup garbanzo beans
(pureed and mixed with 1 tbsp olive oil) and
served on cucumber slices

DAY 4

Accelerate Cycle Menu

DAY 5

Breakfast

½ cup oatmeal or grits, cooked
4 egg whites, scrambled
1 fresh peach, sliced
1 cup green tea

Lunch

Shrimp salad: cooked shrimp, 3 tbsp chopped
onion, generous bed of lettuce leaves, 1 tomato
(large) and 1 tbsp olive oil
1 baked sweet potato, medium
1 cup green tea

Dinner

Pork sirloin chops, broiled or grilled
Steamed veggies
1 cup green tea

Snacks

1 cup blueberries with yogurt
Another yogurt or 1 cup kefir

DAY 6

Accelerate Cycle menu

DAY 7

Breakfast

2 eggs, scrambled without oil
1 baked potato, diced, seasoned and browned in
a small frying pan coated with cooking spray
1 orange or other fresh fruit in season
1 cup green tea

Lunch

Black Bean Chili
Large tossed salad with 1 tbsp olive oil mixed
with 2 tbsp vinegar and seasonings
1 cup green tea

Dinner

Extra lean hamburger patty, broiled
Sliced fresh tomatoes, drizzled with fat free
dressing
Green bean or other veggies, steamed
1 cup green tea

Snacks

Kefir Smoothie
Yogurt

DAY 8

Accelerate Cycle Menu

DAY 9

Breakfast

½ cup Breakstone LiveActive cottage cheese
1 medium pear, sliced
1 cup green tea

Lunch

Grilled Chicken breast
½ cup pinto beans
½ cup cooked corn
1 cup green tea

Dinner

Grilled salmon
Steamed broccoli
Sliced fresh tomato drizzled with 1 tbsp oil mixed
with vinegar and seasonings
1 cup green tea

Snacks

1 medium apple and Yogurt

DAY 10

Accelerate Menu

DAY 11

Breakfast

Kefir Smoothie

1 cup green tea

Lunch

Plenty of broiled hamburger

1 medium baked potato

½ cup peas

1 cup green tea

Dinner

Plenty of roasted turkey breast

Steamed asparagus⁴

Large tossed salad with required dressing

1 cup green tea

Snacks

1 medium orange

Yogurt

DAY 12

Accelerate Cycle Menu

DAY 13

Breakfast

1 Dr Mike's Power cookie

1 fresh peach, sliced

1 cup green tea

Lunch

Low Carb Primavera Delight

1 cup green tea

Dinner

Plenty of London broil

Large tossed salad with dressing (see other days)

1 cup green tea

Snack

Yogurt shake

2nd probiotic serving of your choice

DAY 14

Accelerate Cycle Menu

DAY 15

Breakfast

1 cup lean granola mixed with yogurt

1 cup green tea

Lunch

Fruit salad: ½ cup LiveActive Breakstone

Cottage Cheese with diced fruit served on a generous bed of lettuce

1 cup green tea

Dinner

Grilled pork chops

Steamed or boiled cabbage

Large tossed salad with dressing

1 cup green tea

Snack

1 medium apple or pear

2nd probiotic serving of your choice

DAY 16

Accelerate Cycle Menu

DAY 17

Breakfast

2 cooked eggs

1 cup fresh berries

1 cup green tea

Lunch

Grilled Chicken Breast

1 med sweet potato or ½ cup mashed butternut squash

q/w cup cooked corn

1 cup green tea

Dinner

Grilled or boiled shrimp

Steamed green beans

Large tossed salad with dressing

1 cup green tea

Snacks

1 medium orange or nectarine

2nd probiotic serving of your choice

CYCLE THREE

DAY 1

Breakfast

1 slice whole wheat toast
1 poached, soft or hardboiled egg
½ grapefruit
1 cup green tea

Lunch

Chicken Caesar salad: grilled breast, diced, 2 cups Romaine lettuce, other desired salad veggies, 2 tbsp light dressing
1 slice whole wheat toast
1 serving fresh fruit
1 cup green tea

Dinner

Roasted pork tenderloin
1-2 cups tossed mixed salad with 2 tbsp fat-free dressing
1 cup green tea

Snacks

1 probiotic, dairy, or dairy substitute serving
1 frozen fruit bar

DAY 2

Breakfast

1 cup cereal, hi-fiber
1 cup skim, 1% or soy milk
1 cup fresh berries
1 cup green tea

Lunch

Pita sandwich: 1 whole wheat pita filled with chopped lettuce and tomato, 2 tbsp crumbled fat free feta cheese, 1 tbsp Italian salad dressing
10 baby carrots
1 cup green tea

Dinner

Barbecued chicken: boneless, skinless breast with barbecue sauce and grill or bake until done
Steamed vegetables such as beans, asparagus, broccoli, or cauliflower
1 cup green tea

Snacks

2nd fruit
1 Skinny Cow ice cream sandwich

DAY 3

Breakfast

1 cup plain yogurt
1 sliced banana
1 slice cracked wheat toast
Jam, 1 tbsp to mix with yogurt or on toast
1 cup green tea

Lunch

Peel and eat shrimp (boiled or steamed)
¼ cup cocktail sauce
½ cup reduced fat coleslaw (you can prepare a low fat version by mixing a bag of coleslaw with reduced fat dressing)
1 medium baked sweet potato
1 cup green tea

Dinner

Grilled or boiled salmon
Green beans, steamed, or other veggie
1 cup green tea

Snacks

2nd fruit serving
2nd probiotic, dairy, or dairy substitute serving

DAY 4

Breakfast

1 Dr. Mike's Power Cookie
1 cup skim, 1% or soy milk
1 cup fresh berries
1 cup green tea

Lunch

Lean ground beef, browned, mixed with low carb marinara sauce and served over ½ cup whole wheat or gluten free pasta
1-2 cups tossed mixed salad with 2 tbsp reduced fat dressing
1 cup green tea

Dinner

1 large bowl of Chicken Vegetable Soup
1 cup green tea

Snacks

2nd fruit serving
2nd probiotic, dairy or dairy substitute serving
1 Skinny Cow ice cream sandwich

DAY 5

Breakfast

2 scrambled eggs
2 sliced reduced fat turkey bacon
1 cup fresh berries
1 cup green tea

Lunch

Tuna sandwich: tuna mixed with 1 tbsp mayo, chopped celery and onion, served between two slices of whole grain bread
1 fresh pear
1 cup green tea

Dinner

Low Carb Primavera Delight
1 cup green tea

Snacks

1 probiotic, dairy, or dairy substitute serving
One 100 calorie fudgesicle

DAY 6

Breakfast

1 cup sugar free fruit flavoured yogurt
½ cup lean granola
1 piece fresh fruit
1 cup green tea

Lunch

Tomato stuffed with crab salad: mix lump crab meat with 1 tbsp light mayo, 2 tbsp chopped celery and serve on a generous bed of lettuce
Medium baked potato with 1 tbsp fat free sour cream; or ½ cup brown or basmati rice
1 medium apple
1 cup green tea

Dinner

Roast beef, eye of the round
Zucchini, sautéed with 1 tbsp olive oil and Italian spices
1 cup green tea

Snack

2nd probiotic, dairy, or dairy substitute
1 frozen fruit bar

DAY 7

Breakfast

½ cup low fat or fat free cottage cheese
1 cup pineapple chunks, fresh or canned in their own juice
1 cup green tea

Lunch

Grilled cheese sandwich: Place 2 light cheese singles and 2 slices tomato on 2 slices whole wheat bread and cook in pan sprayed lightly with vegetable spray until toasty and cooked throughout
1 cup baby carrots or other chopped fresh veggies
1 cup green tea

Dinner

Baked chicken thighs, skinless
Steamed vegetables
1-2 cups tossed mixed salad with 2 tbsp reduced fat dressing
1 cup green tea

DAY 8

Breakfast

1 Dr. Mike's Power Cookie
1 cup skim, 1% or soy milk
1 banana sliced
1 cup green tea

Lunch

Turkey chili
1 serving fresh fruit
1 cup green tea

Dinner

Grilled salmon
1-2 cups tossed mixed salad with 2 tbsp fat free dressing
1 cup green tea

Snacks

1 probiotic, dairy, or dairy substitute serving
1 frozen fruit bar

DAY 9

Breakfast

½ cup lean granola
6 oz sugar free fruit flavoured yogurt
1 cup fresh berries
1 cup green tea

Lunch

Super Salad
1 cup green tea

Dinner

Sirloin Steak
1 med baked potato, topped with 1 tbsp fat free sour cream (optional)
Steamed vegetables such as asparagus, wax beans, broccoli, or cauliflower
1 cup green tea

Snacks

2nd fruit
1 Skinny Cow ice cream sandwich

DAY 10

Breakfast

½ cup cooked oatmeal
½ grapefruit
1 cup green tea

Lunch

Nicoise Salad
1 cup green tea

Dinner

Baked turkey breast
1 medium baked sweet potato
Green beans, steamed, or other veggie
1 cup green tea

Snacks

2nd fruit serving
2nd probiotic, dairy, or dairy substitute serving

DAY 11

Breakfast

Spanish Omelet
1 medium apple or pear
1 cup green tea

Lunch

Lean ground beef, browned, mixed with low carb marinara sauce and served over ½ cup whole wheat or gluten free pasta
1-2 cups tossed mixed salad with 2 tbsp reduced fat dressing
1 cup green tea

Dinner

Sesame Fish
Steamed green beans
½ cup acorn or butternut squash
1 cup green tea

Snacks

2nd fruit serving
2nd probiotic, dairy, or dairy substitute serving
1 Skinny Cow ice cream sandwich

DAY 12

Breakfast

4 scrambled egg whites
1 slice Canadian bacon
1 cup melon balls
1 cup green tea

Lunch

Chicken sandwich: grilled or baked chicken mixed with 1 tbsp mayo, chopped celery and onion served between two slices whole grain bread
1 fresh pear, or other fruit in season
1 cup green tea

Dinner

2 broiled lamb chops
Steamed broccoli or cauliflower
Cooked carrots
1 cup green tea

Snacks

1 probiotic, dairy, or dairy substitute serving
One 100 calorie Fudgsicle

DAY 13

Breakfast

1 cup sugar free fruit flavoured yogurt
1 piece fresh fruit
1 cup green tea

Lunch

Turkey sandwich: reduced fat turkey, 1 slice
reduced fat Swiss Cheese, mustard, lettuce,
slice of tomato-between two slices of rye bread
1 medium apple
1 cup green tea

Dinner

Baked chicken breast
Zucchini, sautéed with 1 tbsp olive oil and Italian
spices
1 cup green tea

Snack

1 frozen fruit bar
2nd probiotic, dairy, or dairy substitute serving
1 cup green tea

DAY 14

Breakfast

2 scrambled eggs
1 slice whole grain toast
1 cup pineapple chunks, fresh or canned in their
own juice
1 cup green tea

Lunch

Lettuce wraps
1 cup green tea

Dinner

Broiled turkey burger
Light Fries
1-2 cups tossed mixed salad with 2 tbsp
reduced fat dressing
1 cup green tea

DAY 17

Breakfast

1 cup plain yogurt
1 cup fresh berries
Jam, 1 tbsp to mix with yogurt
1 cup green tea

Lunch

Peel and eat shrimp (boiled or steamed)
1/4 cup cocktail sauce
1/2 cup corn and 1 cup green tea

DAY 15

Breakfast

Yogurt Smoothie
1 slice whole wheat toast
1 cup green tea

Lunch

Chicken Caesar salad: grilled breast, diced, 2
cups Romaine lettuce, other desired salad
veggies, 2 tbsp light dressing
1 serving fresh fruit and 1 cup green tea

Dinner

Roasted pork tenderloin
1 medium sweet potato or 1/2 cup butternut
squash
1 cup green tea

Snack

1 probiotic, dairy, or dairy substitute serving
1 frozen fruit bar

DAY 16

Breakfast

1 cup cereal, hi fiber
1 cup skim, acidophilus, 1% or soy milk
1 banana, sliced
1 cup green tea

Lunch

Taco Salad
1 cup green tea

Dinner

Oven barbecued Chicken
Steamed veggies
1 cup green tea

Snacks

2nd fruit
1 Skinny Cow ice cream sandwich

Dinner

Steak and 1 med baked potato with 1 tbsp sour
cream
1-2 cups mixed tossed salad with 1 tbsp oil
mixed with 2 tbsp vinegar
1 cup green tea

Snacks

2nd fruit serving
2nd probiotic serving of your choice
1 fat free pudding cup

17 DAY DIET RECIPES

DR. MIKE'S POWER COOKIE

1/3 cup unsweetened applesauce
2 tablespoons almond paste
1 tablespoon flaxseed oil
10 packets of Truvia
1/4 cup agave nectar
1 large egg
1/2 teaspoon vanilla
3/4 cup whole wheat flour

1/2 teaspoon baking soda
1 teaspoon cinnamon
1/2 teaspoon salt
1/4 teaspoon black pepper
1/2 cup vanilla whey powder
2 cups oats
1 cup dried cherries
1/2 cup sliced almonds

Heat oven to 350 degrees. Beat together applesauce, almond paste, flaxseed oil, Truvia and agave nectar. Beat in egg and vanilla. Mix well. Add flour, baking soda, salt, pepper and whey powder. Beat thoroughly. Stir in oats, cherries and almonds. Mix well. Drop the batter by large tablespoons onto a cookie sheet that has been sprayed with vegetable cooking spray. Divide dough so that you have 18 cookies. Flatten each cookie with the back of the spoon. Bake 16 to 18 minutes or until brown. Remove from oven. Cool and store in a plastic container. Each cookie supplies 128 calories and can be enjoyed on the Activate, Achieve and Arrive Cycles for breakfast or as a snack. Each cookie counts as 1 protein and 1 natural starch.

KEFIR SMOOTHIE

1 cup unsweetened kefir
1 cup frozen berries

1 tbsp sugar free fruit jam
1 tbsp flaxseed oil

Place all ingredients in a blender and blend until smooth. Makes 1 large serving

YOGURT FRUITSHAKE

½ cup acidophilus milk
½ carton (3 oz) sugar free fruit flavoured yogurt
1 cup frozen unsweetened berries

Place all ingredients in a blender and blend until smooth. Makes 1 large serving.

EGG-WHITE VEGGIE FRITTATA

4 egg whites, beaten
1 Roma tomato, chopped
Fresh spinach, handful
Salt and pepper, to taste



Coat a small frying pan with vegetable cooking spray. Add beaten egg whites. Stir in tomato and spinach. Cook on medium-low heat until egg whites are cooked through. Lift from pan with a spatula, and season lightly as desired. Makes 2 servings.

SPANISH OMELET

1 egg	1 tbsp olive oil
2 egg whites	¼ cup diced tomato
1/8 tsp salt	2 tbsp diced onion
1/8 tsp black pepper	2 tbsp fat free shredded cheddar cheese

In a medium bowl, whisk together egg, egg whites, salt and black pepper. Heat a frying pan over medium high heat. Add olive oil and swirl pan to coat bottom and sides. Add beaten eggs and tilt pan to spread mixture across entire pan bottom. Cook for about 30 seconds. With a spatula, gently lift sides of omelet and tilt pan to distribute more uncooked egg to the pan's surface. Once the egg begins to set, sprinkle 1/3 cup diced tomato, 2 tbsp diced onion, and 2 tbsp cheese over one side of the omelet. Carefully, fold the other side of the omelet over the fillings. Makes 1 serving.

GREEK EGG SCRAMBLE

4 egg whites
¼ cup chopped red onion
¼ cup diced tomato

2 tbsp feta cheese
1/8 tsp salt
1/8 tsp black pepper

In a medium bowl, whisk together all ingredients. Pour into a small frying pan that has been coated with vegetable cooking spray. Cook over medium low heat until eggs are cooked through. Makes 1 serving.

NICOISE SALAD

1 3 oz can light tuna
Cooked green beans, chilled (1/2 to 1 cup)
2 chopped scallions

1 small tomato, sliced
Lettuce (the darker, the better)
1 tbsp olive oil
2 tbsp balsamic vinegar

Place cooked green beans, scallions and tomatoes on a liberal bed of lettuce. Top with tuna. Drizzle with one tbsp olive oil plus two tbsp balsamic vinegar and season lightly. Makes 1 serving.

SUPER SALAD

Lettuce, any variety
Cucumbers
Onions
Tomatoes

Any salad vegetables from the 17 day diet lists
2 hardboiled eggs, chopped
2 tbsp olive or flaxseed oil
4 tbsp balsamic vinegar

Combine lettuce with salad veggies and hard boiled eggs. Toss with 2 tbsp of oil and 4 tbsp balsamic vinegar. Lightly season. Makes 1 serving.

BALSAMIC ARTICHOKE

4 fresh artichokes
¼ cup balsamic vinegar

Fat free salad dressing

Place artichokes in a large pot. Cover with water. Pour in balsamic vinegar. Cook and cover for approximately 1 hour on moderate heat, or until artichokes are tender, including the stem. Let cool. Serve with fat free salad dressing for dipping. Makes 4 servings.

SPINACH SALAD

Baby spinach leaves
Assortment of salad veggies
2 tbsp feta cheese

1 tbsp oil (olive or flaxseed)
2 tbsp balsamic vinegar

Place a large bed of baby spinach leaves on a plate. Top spinach leaves with salad veggies and feta cheese. Drizzle with oil and vinegar. Season to taste. Makes 1 serving.

TACO SALAD

1 pound of lean ground turkey

1 envelope of taco seasoning
Generous bed of lettuce

1 cup chopped tomatoes
2½ cup chopped onions
Salsa
⅓ cup shredded reduced-fat cheddar cheese

In a saucepan, brown the ground turkey over moderate heat. Add one envelope of taco seasoning and cook according to package directions. Place generous servings of lettuce on four plates. Top with turkey mixture, tomatoes, onions, salsa and cheese. Makes 4 servings.

VILLAGE SALAD

2 tomatoes, chopped
¼ cup chopped red onions
½ tsp sea salt

1 tsp dried oregano
1 tbsp olive oil
2 tbsp feta cheese

Combine tomatoes with sea salt; let sit for 5 minutes. Then mix tomatoes and salt together with the rest of the ingredients. Makes 1 serving.

LETTUCE WRAPS

1 baked chicken breast, diced
1 scallion, diced
½ cup chopped red grapes
2 tablespoons chopped celery

1 tablespoon olive oil
Salt and pepper to taste
2 to 3 Boston or iceberg lettuce leaves

Mix together all ingredients except lettuce leaf. Refrigerate until chilled. To serve, take 1 Boston or iceberg lettuce leaf at a time, and spoon a heaping tablespoon of the chicken mixture into the center. Wrap the lettuce around the filling. Makes 1 serving.

SPICY YOGURT DIP AND VEGGIES

32 oz fat free plain yogurt
Garlic powder
Onion powder

Seasoned salt
Cut up fresh veggies

Line a strainer with a coffee filter or white paper towel. Place the strainer over a bowl. Spoon in 32 oz of fat free plain yogurt in the filter lined strainer. Cover and refrigerate for 8 hours or overnight. This process yields about 16 oz of yogurt cheese. Season the cheese lightly with the seasonings suggested above, or add freshly chopped herbs such as parsley, rosemary or thyme. ½ cup of yogurt cheese = 1 probiotic serving. Use as dip for fresh veggies.

CHICKEN VEGETABLE SOUP

4 baked chicken breasts, diced into small chunks
1 ½ cups cabbage, chopped
1 large carrot, chopped
1 cup okra, sliced
1 large onion, chopped

2 large celery stalks with leaves, chopped
1 15 oz can crushed tomatoes
1 14 oz can fat free chicken broth
1 ½ tsp salt
¼ tsp pepper

Place all ingredients, except chicken, in a large pan and simmer for one hour or until vegetables are soft. Add in chicken and heat thoroughly. Enjoy this soup for lunch or dinner. Makes 4 servings.

MARINATED VEGETABLE SALAD

4 cups of raw vegetables (green beans, cauliflower, Brussels sprouts, artichoke hearts, etc.)
Fat free Italian dressing

The night before, steam some raw vegetables in at least 2 cups of water until they're tender but crisp. Place in a glass dish and pour dressing over veggies. Refrigerate overnight. Drain and serve on a bed of lettuce topped with roasted red peppers (no oil) from a jar. Makes 2 -4 servings.

EGGPLANT PARMESAN

1 large eggplant, peeled
4 egg whites
Fat-free Parmesan cheese

Garlic powder, to taste
1 cup of low-carb marinara sauce

Pre-heat oven to 400 degrees. Cut into ¼ inch slices. In a shallow dish, beat egg whites and 4 tablespoons of water until foamy. Dip eggplant slices into egg whites, then into fat-free Parmesan cheese, pressing cheese into eggplant. Place eggplant on prepared baking sheet that has been sprayed with vegetable spray and sprinkle with garlic powder. Spray vegetable cooking spray over eggplant slices. Bake 30 minutes at 400 degrees, turning eggplant over after 20 minutes, until golden brown and cooked through. Cover with 1 cup of low-carb marinara sauce. Bake for 20 minutes, or until eggplant is piping hot and sauce is bubbly. Makes 2 large servings.

SESAME FISH

1 pound of tilapia
2 tablespoons olive oil
2 tablespoons rice vinegar

2 tablespoons light soy sauce
1 tablespoon chopped garlic
2 tablespoons sesame seeds

Spray a broiler pan with vegetable oil spray to prevent fish from sticking. Place tilapia. Whisk together olive oil, rice vinegar, soy sauce and garlic until well blended. Pour over fish. Sprinkle sesame seeds over fish. Broil at medium heat about eight inches away from heat for about 20 minutes or until fish flakes easily with a fork. Makes 4 servings.

SALMON LEMONATO

2 pieces wild salmon
1 tbsp olive oil
3 lemons

1 tsp dried oregano
3 cloves fresh garlic, chopped

Preheat oven to 350 degrees. Place salmon in a shallow glass dish that has been sprayed with vegetable cooking spray. Drizzle olive oil over salmon. Top with garlic. Squeeze the juice of the lemons over the salmon and sprinkle with oregano. Bake for 25 minutes. Makes 2 servings.

OVEN BARBECUED CHICKEN

4 skinless boneless chicken breasts
3/4 cup reduced sugar ketchup
2 tbsp Worcestershire sauce
1 tbsp agave nectar
1 tsp chili powder

Preheat oven to 350 degrees. Place chicken breasts in a baking pan that has been sprayed with vegetable cooking spray. Bake for 20 to 25 minutes. In the meantime, stir together ketchup, Worcestershire sauce, agave nectar and chili powder to make the barbecue sauce. Remove chicken breasts from the oven and coat with sauce. Return to oven and bake for 10 more minutes. Makes 4 servings.

TURKEY BLACK BEAN CHILI

1 pound lean ground turkey	1 tbsp chili powder
2 cups black beans (cycle 2-3 only)	1 tsp Kosher salt
1 cup chopped onion	½ tsp black pepper
2 cups tomato sauce	

In a saucepan, brown the ground turkey over moderate heat. Add the remainder of ingredients. Simmer for 20 minutes. Makes 4 servings.

LOW CARB PRIMAVERA DELIGHT

1 spaghetti squash	2 diced garlic cloves
2 cups chopped fresh broccoli	1 tbsp olive oil
1 small diced onion diced	

Spaghetti squash is a great substitute for pasta. To prepare it, cut it in half (lengthwise). Scoop out the seeds and pulp as you would with any squash or pumpkin. Place it in a glass baking dish with about ½ inch of water, rind side up. Bake 40 to 45 minutes at 375 degrees. You can also microwave the squash for 8 to 10 minutes per half on high. Let the squash stand for a few minutes after baking or microwaving. Separate strands by running a fork through in the from stem to stem direction. Place strands in a separate bowl. In a medium frying pan, sauté broccoli, onion, garlic and oil until vegetables are crisp tender. Add squash and heat thoroughly. Serve on plates topped with heated marinara sauce. Makes 4 servings.

CYCLE ONE – ACCELERATE – FOOD LIST

Lean Proteins

Fish	Salmon, canned or fresh
Sole	Flounder
Catfish	Tilapia
Canned light tuna (in water)	

Poultry

Chicken breasts
Turkey breasts
Ground turkey, lean
Eggs (2 eggs = 1 serving)
Egg whites (4 egg whites = 1 serving)

Cleansing Vegetables

Artichoke	Artichoke heart
Asparagus	
Broccoli	Brussels sprouts
Cabbage	Carrots
Cauliflower	Celery
Cucumber	Eggplant
Garlic	Green beans
Kale	Leeks
Mushrooms	Okra
Onions	Parsley
Scallions	Spinach
Tomatoes	Watercress

Lettuce, all varieties
Bell peppers, green, orange, red, yellow
Green, leafy vegetables (including beet greens, turnip greens, collard greens)

Low-Sugar Fruit – 2 servings daily

Apples	Berries, all types
Grapefruit	Oranges
Peaches	Pears
Plums	Prickly pear cactus
Prunes	Red Grapes

Guidelines:

- ✓ Eat slowly
- ✓ Drink green tea
- ✓ Begin each day with a drink of hot water, with half a lemon squeezed in.
- ✓ Drink 64 oz of water a day
- ✓ Don't eat carbs after 2:00 p.m. (fruit is a carb)
- ✓ Exercise 17 min a day

Friendly Fats

Olive oil
Flaxseed oil

Probiotic Foods – 2 servings daily

Yogurt, Greek style, sugar free fruit flavoured, plain, and low fat (6 oz = 1 serving)
Kefir
Low fat acidophilus milk
Yakult
Breakstone LiveActive cottage cheese
Tempeh
Sauerkraut
Kimchi (Korean cabbage)

Condiments and Seasonings in moderation

Salsa
Low carb marinara sauce
Lite soy sauce
Low-carb ketchup
Fat free sour cream
Low fat low sodium broth
Truvia (a non-caloric sweetener)
Sugar free jams and jellies
Vegetable cooking spray
Fat free cheeses
Fat free salad dressing
Salt and pepper
Vinegar
Mustard
Herbs and spices

CYCLE TWO – ACTIVATE – FOOD LIST

(Add these in to the Accelerate list)

Proteins

Shellfish

Clams	Crab
Mussels	Oysters
Scallops	Shrimp

Lean cuts of meat

Flank steak	Top sirloin steak
Top round	Eye of the round
Beef round tip	Beef top sirloin
Beef top loin	Lean ground beef
Pork tenderloin	Pork sirloin chops
Pork boneless loin roast	
Pork top or center loin chops	
Lamb shanks	Lamb sirloin roast
Veal cutlet	

To add to shopping list (for cookies)

- ✓ Unsweetened applesauce
- ✓ Almond paste
- ✓ Agave nectar
- ✓ Whole wheat flour
- ✓ Vanilla
- ✓ Vanilla whey powder
- ✓ Dried cherries
- ✓ Sliced almonds
- ✓ Oats
- ✓ Baking soda, cinnamon

Guidelines:

- ✓ Eat slowly
- ✓ Drink green tea
- ✓ Drink 64 oz of water a day
- ✓ Don't eat carbs after 2:00 p.m. (fruit is a carb)
- ✓ Exercise 17 min a day

Natural starches

Grains (1 serving = 1 cup)

Amaranth	Barley, pearled
Brown rice	Bulgur
Couscous	Cream of wheat
Grits	Millet
Oat bran	Quinoa
Old fashioned oatmeal	
Longer grain rice such as basmati	

Legumes

Black beans	Black eyed peas
Butter beans	Kidney beans
Lentils	Lima beans, baby
Navy beans	Peas
Pinto beans	Soy beans
Split peas	
Garbanzo beans (chickpeas)	
Great Northern beans	

Starchy Vegetables

Breadfruit (1 serving = 1 cup)
Corn (1 serving = ½ cup)
Potato (1 serving = 1 medium)
Sweet potato (1 serving = 1 medium)
Taro (1 serving = ½ cup)
Winter squashes (acorn, spaghetti, butternut, etc.) (1 serving = 1 cup)
Yam (1 serving = 1 medium)

CYCLE THREE – ACHIEVE – FOOD LIST

(Add these to the Accelerate and Activate Lists)

Additional Protein

Cornish Hen Quail
Pheasant Canadian bacon
Reduced fat turkey bacon or sausage or
lunch meat

Natural Starches

Breads (1 slice = 1 serving)

Cracked wheat Fiber-enriched
bread
Gluten free bread Multi-grain
bread
Oat bran bread Sugar-free
bread
Pumpnickel Rye bread
Whole grain bagel (1/2 = 1 serving)
Whole wheat pita bread, 1 pocket
Whole wheat tortilla 10"

High Fiber Cereal (1 cup = 1 serving, unless where indicated)

All-Bran All-Bran
Extra
All-Bran Bran Buds Fiber One
Gluten-free cold cereals
Low-sugar granola (1/2 cup = 1
serving)

Pasta (1/2 cup = 1 serving)

Whole wheat pasta Gluten-free
pasta

Guidelines:

- ✓ Eat slowly
- ✓ Use hunger/fullness meter
- ✓ Control protein portions
- ✓ Drink 64 oz of water a day
- ✓ Don't eat carbs after 2:00
p.m. (fruit is a carb)
- ✓ Exercise 30-60 min a day
(5x a week)

Vegetable-based pasta High-fiber
pasta
Udon noodles

Vegetables – unlimited

Alfalfa Broccoli sprouts
Chillies Cilantro
Fennel Grape leaves
Jicama Kelp and other edible
seaweeds
Kohlrabi
Nopales (edible cactus)
Pea pods Radishes
Rhubarb Rutabaga
Summer squash
Swiss chard
Yellow wax beans
Zucchini

Virtually any vegetable

Fruits – 2 servings daily

Apricots Bananas
Cherries Currants
Figs Kiwi
Kumquats Guava
Mango Papaya
Pineapple Pomegranate
Tangerine Tangelo

Virtually any fresh fruit

Probiotic Foods

Low calorie cheeses (brie, camembert, fontina,
low-fat cheddar, edam, feta, goat, limburger and
part-skim mozzarella (2 oz = 1 serving)
Low-fat cottage cheese (1/2 cup = 1 serving)
Low-fat milk, including skim (1 cup = 1 serving)
Low-fat ricotta cheese (1/2 cup = 1 serving)
Dairy substitutes: sugar free rice, almond or soy
milk (1 cup = 1 serving)

Friendly fats – (1 serving)

Avocado (1/4 fruit)
Canola oil (1 tbsp)
Walnut oil (1 tbsp)
Light mayonnaise (2 tbsp)
Mayonnaise (1 tbsp)
Nuts or seeds, unroasted (2 tbsp)
Reduced calorie margarine (2 tbsp)
Reduced fat salad dressings (2 tbsp)
Salad dressings (2 tbsp)
Trans free margarine (1 tbsp)

Optional snacks (all under 100 calories!)

Babybel low fat cheese (2 disks)
Frozen fruit bar
Fudgsicle, 100 calorie bar
Granola bar, reduced sugar and fat
Microwave popcorn, light (4 cups)
Skinny Cow ice cream sandwich
Sugar-free pudding cup
String cheese – 1 stick

LOST IN SPICE – 17 WAYS TO MAKE VEGGIES AND OTHER FOODS TASTE GREAT!

1. Basil – adds loads of flavour to tomato based dishes. It's also great with poultry.
2. Broth – use low sodium, low fat chicken and beef broth to sauté meats and cook flavourful rice without adding oil
3. Cayenne pepper – just a pinch livens up chilli, spaghetti squash and salad dressings. Consuming cayenne may help suppress your appetite.
4. Chives – add 1 part chopped chives to 3 parts spinach and boil or steam for 3 minutes.
5. Cinnamon – sprinkle this sweet spice in oatmeal, hot cereals or coffee. May help reduce blood glucose and cholesterol levels in type 2 diabetes
6. Dill – known mostly as a pickle herb, dill is delicious on fish, carrots and salads. For an easy dip, mix it into plain yogurt and serve with cucumber slices.
7. Garlic – stir it into mashed potatoes or salad dressing. Also, use with ginger and lite soy sauce on stir fries
8. Horseradish – ditch the gravy and go for horseradish to enliven meat. Or puree it into Breakstone LiveActive cottage cheese, along with some garlic and pepper, for a healthy vegetable dip or potato topping.
9. Italian seasonings – sprinkle it on chicken, spaghetti squash, vegetables and tomatoes
10. Lemon – squeeze fresh juice on salads, vegetables and fish. Grate the rind to create the zest. This gives a tang to poultry, vegetables and salads.
11. Mint – you can't beat fresh mint from your garden, but dried mint is tasty, too. Good in tea, with fruit, and in plain yogurt.
12. Mustard – Dijon mustard adds zip to many dishes, from turkey burgers to roasted potatoes
13. Rosemary – the fragrant, needle-like leaves of this woody herb are especially good with lamb and seafood, and in any dish with beans, tomatoes, onions, potatoes or cauliflower.
14. Sage – this Mediterranean herb is especially good in tomato based dishes, beans, tuna, chicken or turkey.
15. Tarragon – this wonderful seasoning makes salads and chicken taste delicious. For your salad dressings, try tarragon vinegar mixed with olive oil or flaxseed oil.
16. Thyme – a member of the mint family, thyme is great on carrots, cauliflower, Brussels sprouts and beef.
17. Vinegar – try cider vinegar on cooked spinach, herbed or raspberry vinegar on salad greens, rice vinegar on chicken salad and malt vinegar on broiled fish.

Cycle 4 Strategies:

- ✓ Observe the 5 pound stop signal
- ✓ Be a breakfast lover
- ✓ Get on good terms with salad
- ✓ Make healthier substitutes
- ✓ Exercise portion control
- ✓ Move it, keep it off
- ✓ Avoid Overboard syndrome
- ✓ No more guilt trips
- ✓ Stay focused

We all think eating fruit means just buying fruit, cutting it up and popping it into our mouths. It's not that easy. It's important to know how and when to eat fruit.

What's the correct way to eat fruit?

**IT MEANS NOT EATING FRUIT AFTER A MEAL!
FRUIT SHOULD BE EATEN ON AN EMPTY STOMACH.**

Eating fruit like that plays a major role in detoxifying your system, supplying you with a great deal of energy for weight loss and other life activities.

FRUIT IS THE MOST IMPORTANT FOOD.

Let's say you eat two slices of bread, then a slice of fruit. The slice of fruit is ready to go straight through the stomach into the intestines, but it's prevented from doing so.

In the meantime, the whole meal rots and ferments, and turns to acid. The minute the fruit comes into contact with the food in the stomach, and digestive juices, the entire mass of food begins to spoil.

Eat your fruit on an empty stomach, or before your meal! You've heard people complain: Every time I eat watermelon I burp, when I eat durian my stomach bloats, when I eat a banana I feel like running to the toilet, etc. This will not happen if you eat the fruit on an empty stomach. Fruit mixes with the putrefying other food and produces gas. Hence, you bloat!

There's no such thing as some fruits, like orange and lemon are acidic, because all fruit becomes alkaline in our body, according to Dr. Herbert Shelton who did research on this matter. If you have mastered the correct way of eating fruit, you have the Secret of Beauty, Longevity, Health, Energy, Happiness and normal weight.

When you need to drink fruit juice drink only fresh fruit juice, NOT the concentrated juice from the cans. Don't drink juice that has been heated. Don't eat cooked fruit; you don't get the nutrients at all. You get only the taste. Cooking destroys all of the vitamins.

Eating a whole fruit is better than drinking the juice. If you should drink the juice, drink it mouthful by mouthful slowly, because you must let it mix with your saliva before swallowing it. You can go on a 3-day fruit-fast to cleanse your body. Eat fruit and drink fruit juice for just 3 days, and you will be surprised when your friends say how radiant you look!

KIWI: Tiny but mighty, and a good source of potassium, magnesium, vitamin E and fiber. Its vitamin C content is twice that of an orange!

AN APPLE a day keeps the doctor away? Although an apple has a low vitamin C content, it has antioxidants and flavonoids which enhances the activity of vitamin C, thereby helping to lower the risk of colon cancer, heart attack and stroke.

STRAWBERRY: Protective Fruit. Strawberries have the highest total antioxidant power among major fruits and protect the body from cancer-causing, blood vessel-clogging free radicals.

EATING 2 - 4 ORANGES a day may help keep colds away, lower cholesterol, prevent and dissolve kidney stones, and reduce the risk of colon cancer.

WATERMELON: Coolest thirst quencher. Composed of 92% water, it is also packed with a giant dose of glutathione, which helps boost our immune system. Also a key source of lycopene, the cancer-fighting oxidant. Also found in watermelon: Vitamin C and Potassium.

GUAVA & PAPAYA: Top awards for vitamin C. They are the clear winners for their high vitamin C content. Guava is also rich in fiber, which helps prevent constipation. Papaya is rich in carotene, good for your eyes.

Drinking Cold water after a meal = Cancer!

Can you believe this? For those who like to drink cold water, this applies to you. It's nice to have a cold drink after a meal, however, the cold water will solidify the oily stuff that you've just consumed, which slows digestion. Once this 'sludge' reacts with the acid, it will break down and be absorbed by the intestine faster than the solid food. It will line the intestine. Very soon, this will turn into fats and lead to cancer. It is best to drink hot soup or warm water after a meal.

A serious note about heart attacks.

HEART ATTACK PROCEDURE

Women should know that not every heart attack symptom is going to be the left arm hurting. Be aware of intense pain in the jaw. You may never have the first chest pain during the course of a heart attack. Nausea and intense sweating are also common symptoms. Sixty percent of people who have a heart attack while they're asleep do not wake up. Pain in the jaw can wake you from a sound sleep. Be careful, and be aware. The more we know, the better our chance to survive.

A cardiologist said if everyone who gets this e-mail sends it to 10 people, you can be sure that we'll save at least one life.

It can even be your life!