

# The Scouting Report

LISA  
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The Health Scout



*MeTime*  
A Wellness Weekend

**March 3-6, 2016**



Eating for Vitality – there are so many layers to what this means. In our quest to have a little more time in the day and little more energy, we’ve paid a very high price for convenience. Food makers (and that’s a weird concept right there) have created a world of stuff that’s kind-of, sort-of food, but it’s robbing us of real food that our bodies need.

We’ve also really screwed up farming. In order to fill those big food maker orders, we’ve moved to massive scale farming. You can’t have Oreos without A LOT of wheat and sugar and beef gelatin. In our quest for a supply to meet the demand, we’ve stripped our land (food doesn’t have the same nutritional qualities it did just 50 or 60 years ago), we’ve created a toxic soup of pesticides and antibiotics, and who knows what with GMOs while at the same time we’ve polluted our air and sullied our water with neurotoxins (fluoride has been classified as a neurotoxin in the last month...um – DUH! It’s a poison).

Meanwhile food chemists have been busy mixing and mashing nutrients to create foods that are highly addictive so that you’ll keep buying the brands that write their paychecks. In search of protecting the bottom line while creating those “crack” foods, we’ve opened a Pandora’s Box. Researchers now believe that one of the players in our microbiome that turns on our obesity problem is fed only by high fructose corn sugar (and no, sugar is not sugar or just like sugar – no matter what they tell you!)

Finally layer in an unraveling of our social fabric; our communities, families, and other social structures do not provide the safety net of emotional and mental health we used to have. Isolation, overwork, and anxiety are common these days. It's a natural reaction to try to fill the hole in our soul with something that makes us feel good and comforted – even if only for a minute.

So when we talk about eating for vitality, there are some considerations:

No diet works for everyone, no matter what the press release said.

There are underlying metaphors for our dis-eases if we listen to our bodies. Most of the people suffering with autoimmune disorders are not living their purpose and are feeling thwarted to do so. (yep, I know that's controversial.) Leaky gut is a metaphor of letting other people determine your destiny.

Every disease begins at an energetic level. The universe will keep knocking at your door louder and louder until you get the message. So what once was an energy will become a message at the cellular level. If you still don't pay attention, it will start to show up physically. If you ignore it even longer, blam – you've got a full blown breakdown like cancer, heart disease, arthritis, and the like. Wonder why we're exhausted?

You have two brains that register vitality and happiness – one in your skull and one in your gut. And, the one in your gut actually gives the one in your skull a lot of dictation. (Do not use Splenda if you want to have any vitality because it will literally kill your gut intelligence.) **Fix your gut if you do nothing else.**

There is no one food group that is bad. The bad food group is the one in a box or bag that typically ends in “-ito.”

There are some important people we need to support out there – small farmers! But we have to educate them too. We need to say, I’ll buy your produce if you can raise it organically, if you don’t use GMO seeds, if you don’t feed your livestock stuff they weren’t meant to eat and if you don’t treat them inhumanely. Each one of these aberrations that has become “normal” even for small farmers carries an energetic signature. Some of them are highly incongruent with our vitality.

Our relationship to everything that happens in our lives has an effect on us – emotionally, energetically, even cellularly. Make food while you’re angry and it has been shown NOT to have the same energetic value as food made with care and love. Meat eaten from animals that are stressed and in terror has a lower nutritive value for our vitality. Plants that are fed toxic human waste sludge as a fertilizer may grow bigger and stronger but they will not be better for you.

So, with all that in mind, we need to stop and take control of our kitchens and decide to fill them with foods that are raised well, foods that are real, and foods that will feed our bellies and our souls. It's not as overwhelming as it sounds and for most of us it's not an all-in requirement. In order to maintain our sanity, we have to accept a bit of a toxic load (unless you're really REALLY sick) and then work to get rid of as much as we can without becoming crazy. For each of us this formula is a little different – but that's our job as good stewards of our life force and mission— we are tasked with being mindful of our “home” and caring for it to the best of our ability.

Perfect people are boring, uninteresting,  
rigid, and no fun to be around.

– Lisa Moretti

I would also like to draw attention to a common Achilles Heel of our current society – perfectionism, Martha Stewart syndrome...whatever you want to call it. We are so fearful of mistakes and doing something that's not perfect. I hope there are days when you get it all gloriously wrong or that you eat something decadent and luscious. Perfect people are boring, uninteresting, rigid, and no fun to be around. I like people who are interesting – warts and all. We are so worried about getting our food combinations just right, avoiding ninja sugar

ambushes, and weighing 10 pounds less that we have robbed ourselves of the joy of food. We become so paralyzed by food that we knee-jerk reach for the stuff in a box because we just can't figure out WHAT we are supposed to eat and WHEN???!!! Somehow food, our bodies, our genetics, restaurants, the guy who determines portion sizes...everything is conspiring against us. Whew – that was a temper tantrum and half!

Let's get ourselves out of that 4<sup>th</sup> chakra victim mentality. It doesn't mean we have to do everything all at once. We just have to make sure, steady change. And my first rule of change is don't try to change anything! Start by observing and change will come about organically. Don't aim for whole-hog change either. Aim for 10% in 6 months. Take the overwhelm out of the equation. Try something new. Figure out what primary foods you aren't getting enough of and address those areas of your life.

Finally, one last point: every thing and everything is energy. It's not good or bad. It is, however, congruent with you or not. Step out of the drama and realize that none of it's personal, it's just energy. That mindset alone will up your vitality level!

Food is experience, love, energy, joy, succulence, and a blessing. Let's stop letting diet fads rob us of our vitality.

# My Favorite Supplements

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Supplements are meant to be supplemental! Let's be clear, if Boost or Ensure is a step up in your nutritional plan, you're going to need a whole health re-do and a lot of supplements to help you jumpstart your body's depleted nutritional stores. Your backpack of health that you were born with has been emptied, stomped on, and put through the wood chipper at this point. If this is your current state, you need help NOW.

If you already do a fairly good job of eating on the perimeter of the grocery store, then there are few things I would suggest just to help deal with all the crud our bodies endure with modern life.

## A Good Basic Multi

My go-to for vitamins is to find a good liquid form. In the world of supplements, you really do get what you've paid for – so don't shop at Walgreen's for your multi. For the money, I like Health Direct's [Optimal Nutrition](#) because the sources are real foods you can pronounce like Brussels Sprouts and Asparagus and Beets. Liquid saves your body the breakdown work so you will get higher absorption rates.

## Vitamin D3

D is a fat soluble vitamin. If you have a tired gallbladder you will need to take a micellized version. Actually micellized is



good for everyone! You will get far more vitamin D from what I call Already Been Chewed D (ABCD) because micellizing vitamin D makes it fat and water soluble. [Klaire Labs](#) is my favorite, you need just 10 drops per day. Vitamin D builds immune strength, helps turn back fatigue, and reduces cancer risks...and trust me, you're not getting it from sunshine!

### **MegaSporeBiotic or Just Thrive**

The more research I do, the more I'm positive that our microbiome is the key to all of our physical, emotional/mental, and maybe even spiritual health! Our little gut flora are pretty fragile and things like Splenda which can eradicate them in just weeks don't make gut health any easier to rebuild. In fact, there's question in the research circles as to whether things like long courses of antibiotics which kill gut flora actually lead to lifetime problems because the gut can't repopulate easily. Taking a probiotic off the shelf can be risky! How long has it been there? Is there just one really big bully bacteria left in the capsule because he ate everyone else? How many bacteria are still "active" or are they tired out and gasping their last breaths? On top of all of that, when we take a probiotic capsule, the flora have to survive the stomach, the worst bad-ass acid storm anyone will ever encounter (stomach acid is the basis for mustard gas! Yep, it's the reason behind hot mustard farts...and yes, I did just say that!) Contact me to purchase.

Recently, researchers discovered that you can keep probiotics in their spore casing for safer transport. The spore casing protects each bacterium from the stomach, provides a protect environment until they get to the gut; and then, the spore casing wears down, the flora blossom in the lower gut where we need them and their spore casing is like a little hobo sack of food in the form of a prebiotic fiber so they have a first meal in their new home. As you can imagine, it's a huge undertaking to manufacture a spore-based probiotic in quantity; the lab has to be air tight and nobody can sneeze! The first company to figure it out and to get a high potency product to market has created MegaSporeBiotic.

### Liquid Collagen

There are multiple types of collagen. If you have arthritis, take BioCell Type II collagen. If you want to take good care of your gut and have great skin/hair/nails, liquid collagen is your better bet. You can skip the bone broth and take a hydrolyzed collagen for faster absorption. I like [Health Direct's Amino Sculpt](#). It's medical grade. Take it at night before bed and let your body have a nice set of resources to rebuild itself.

### Gabatrol

I stumbled upon this product and it is one of my favorites. Because of the way this GABA is broken down, it can cross the blood brain barrier for better effect. GABA reduces anxiety,

increases focus, and helps with PTSD. 2 caps at bedtime has been my sweet spot. [Gabatrol](#) = a pause of mental calm. Ah!

### **Curamin** (as needed)

Ditch the NSAIDs like Aleve and tap into curcumin. There are lots of curcumin products out there – I like EuroPharma's because they are properly broken down for better assimilation. [Curamin](#) is the new choice of pain relief for elite athletes! Open a capsule if you get a cut for faster healing.

### **DigestPlus**

Oral enzymes come in two flavors: systemic and digestive. After 30 we all need a little extra help to break down our foods so you can take 2 caps with each meal. Most people are unfamiliar with systemic enzymes – these help your bones remodel, break down scar tissue and plaque, and keep your inner machinery running well. Take 2 on an empty stomach. If you have a cyst or other cellular mass, take more and do it more frequently. [Nobody else has a 2 in 1 product like Teresa Tapp's!](#)

### **Blended Alfalfa**

Plant protein is easily used by the body. Alfalfa is one of the most mineral dense plant proteins out there IF it's properly harvested and processed. [Better Body Basics Premium Blended Alfalfa](#) is done right! Take it with simple carbs to slow down their entry into the blood stream! It also helps balance out

hormonal fluctuations. Safe for people with lupus – this one doesn't contain seeds or stems, just leaves.

### **Cellular PSP**

This is a [crazy amazing product](#). If you can't eat anything at all, if you have leaky gut extreme – this product will give your cells food, give you energy, and repair your gut...and it tastes like a combo of popcorn and grits.

### **Magnesium Calm**

Magnesium is needed by our bodies to change proteins into enzymes and protein structures that help build cells, bone, and muscle – especially the heart muscle. There are over 300 metabolic processes in the body that require magnesium. We used to get this mineral from walking barefoot on the ground. Now our soil is depleted and we rarely make contact with the earth. If you are over 40, there's a very good chance you're magnesium deficient! Make [Magnesium Calm](#) your nightcap.

### **Magnesium oil**

Just like taking magnesium orally, you can also rebuild your depleted cells by soaking in magnesium oil. The soles of your feet absorb just the right amount without having it venture near the digestive tract (too much Mg in the gut will give you the runs.) You can also use [Mag Oil](#) to style your hair and brush your teeth (if you're brave – not going to win any flavor contests.)

# Special Conditions

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## Sculpt and Cleanse

If you find you need to jump start your digestive system, this is the product to do it! [Read Jim Caras' book](#) and use his systematic and safe plan to help your body [detox and clean](#) itself out.

## Maca

Lots of folks are throwing Maca in their smoothies and using the powder to rev up their libido. Maca is a root from the Andes that is a brassica vegetable used by the Incas to get an energy boost – big difference is that they ate it cooked. Don't use a Maca product that isn't lightly cooked. EVER. Promise? I've found [Whole World Botanicals](#) to be the best.

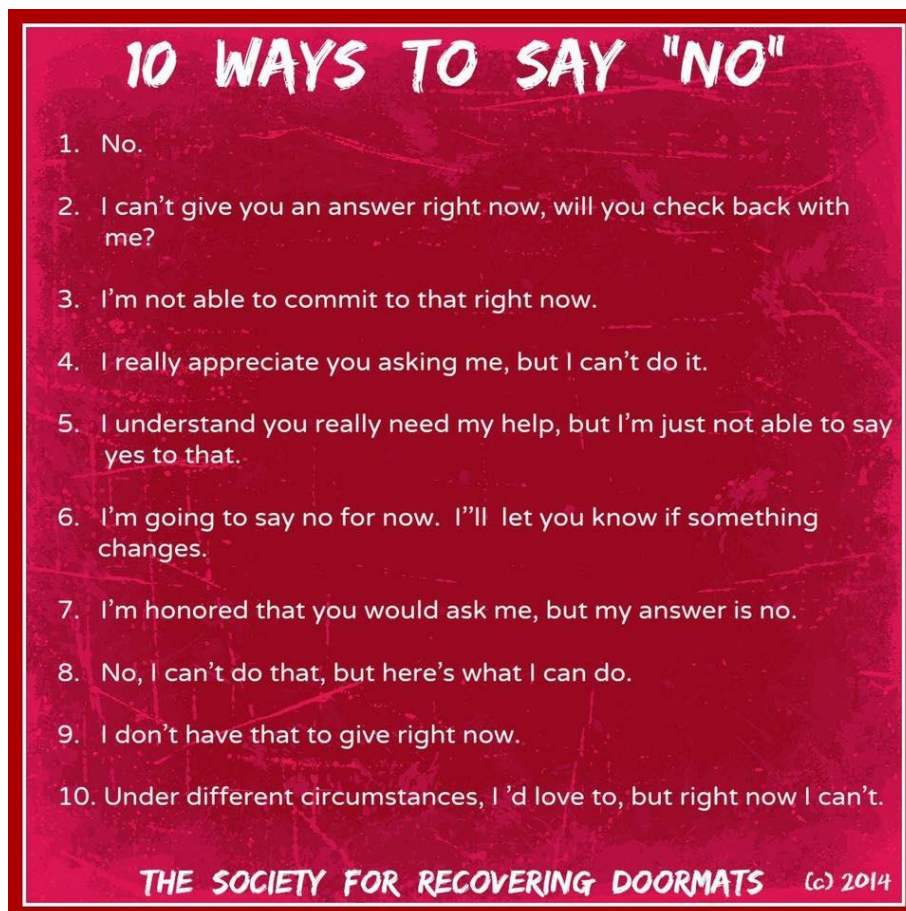
## Humisol

Humic Acid has been shown to kill viruses. Oops – I let that cat out of the bag! The man that did the groundbreaking research on humic acid has been censured by the FDA so that he cannot tell you about it...but I can 😊 Humic acid is becoming trendy – I only buy mine from [Health Best Today](#) because they use Dr. Laub's as one of their raw materials.

## Orgain

This is a [great product](#) for anyone that is undergoing chemo, cannot eat easily, is totally depleted, or is like me and forgets to

eat. This is what Boost and Ensure want to be – made from REAL foods. Ask me about the backstory on this product!



# Food Swapping

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Substituting one food to impersonate another can be a great idea but let's not try to have RuPaul sit in for Grace Kelly! When you make food swaps, try to keep in the same texture as what you desire. Half and half is never going to be replaced by coconut creamer for texture and mouth feel. The junk food companies understand how fundamental the concept of mouth feel is and that our hard wired brains are addicted to: sugar, salt, and fat. If anything they have successfully ramped up our addiction by gradually increasing the amount of our drug we need to get "high". Compounded with factory farming that leaves our "natural" foods tasting like cardboard (have you tasted a REAL carrot?) and don't even get me started on GMOs (actually – do! It's in the recommended reading section.)

Part of what we need accomplish with food swaps is retraining our brains to enjoy something that is not a chemical calorie but a real bio-chemical, natural-state food. If we were just talking one swap for another then I'd be telling you to eat a slice of chocolate cake rather than a bagel and cream cheese – sugar-wise they are equivalent. But our objective is bring down the fat, salt, and sugar while increasing the nutritional content without giving up that texture and mouth feel...or comfort

habit. Our goal is a 10% change in 6 months. Here's a few starters:

Switch up the Latte/Cappucino  
for an Americano

Switch up white potatoes  
with sweet potatoes

Switch up butter or fat when baking  
with applesauce

Switch up mayo  
with mashed avocados

Switch up chocolate bars  
with 75% cacao dark chocolate

*See what we're  
doing here:  
same texture,  
mouth feel, and  
habit, it's just  
better for you.*

In the food trends today everything is KALE, CAULIFLOWER RICE, and QUINOA. These are foods that are great for you but we've lost common sense and control – remember when soy was the popular one? We didn't learn our lesson!

Moderation is – as usual – the key. Kale, cauliflower, rice, and quinoa are great foods but use them in a way that you won't hate them in a year.

The biggest change you can make is to cook at home just 10% more often. Ugh – cooking at home...what a drag! I get it – I'm a total kitchen slacker. But I've worked on ways to make it fun!



I cook for my dogs. Try it! Make something and share it with your dog! Invite someone over once in a while. Use the silver, it won't need polishing if you use it all the time. Get out the nice plates. Pour a glass of good wine. Put on some good mellow tunes. ENJOY it. Stop making food a chemistry exam and make it a cause for celebration again!

Here's some recipes to make you the hostess with the mostess, even if your guest is YOU. (Did you forget what a great dinner partner you are?!) Make something at home just once a week – that's all I'm asking 😊

**Change your words to change your thinking.**

**Reframe “I have to...” to “I get to...”**

There are people you know who would give anything to get to cook something for someone one more time.

Aren't you lucky that you have the gift of that opportunity. Carpe Deim!

Grab your wooden spoon!

Let's head into the kitchen 😊





Let's start with Kale – the popular girl that no one can figure out why she's so popular. I'm sorry but grass cuttings flavor is not a delicacy, it's a leftover from mowing the lawn. Kale is a leafy green. In my book that qualifies for a salad. But as is, Kale does not a good salad make. However, a little manipulation breaks kale's spirit without breaking its nutritional value. Try this Kale recipe that's a s-a-l-a-d, not a blenderized green pulp.

### Kale Salad

One head of Kale    Grab each leaf and strip the green from the stem (very gratifying!) and then cut it all into ribbons.

One Lemon    Cut in half. Juice each half and keep 'em separate

¼ cup of Olive Oil    Whisk it together with one half of the juiced lemon. Don't cheap out on your olive oil. Life is too short and good olive oil is so good for you. Add in some salt and pepper to taste.

Cherry Tomatoes    Halve all the tomatoes – use anywhere from ½ to 1 cup

¼ cup of Almonds    Chop 'em up coarsely.

Chunk of Cheese     Choose a sharp, hard cheese like Pecorino or Mizithra or a soft cheese like Compté or smoked Gruyère. Get out a [microplane](#) to grate it.

Put the kale in a big bowl and pour one half of the lemon juice over the kale ribbons. Get your hands in there and massage that kale. Do it with joy! If you're cranky your meals will not turn out well – trust me! Your bread WILL NOT rise if you knead it while angry. So massage your kale joyfully. Leave it to sit and contemplate your wonderful massage.

In a skillet, brown your almonds slightly in some butter. YES BUTTER. Real butter. Just enough to get a good browning/toasting. Set 'em aside to cool.

Back over with the kale, drain out any water and pour the lemon juice and olive oil mixture over it and massage again – deep massage...Swedish deep tissue style! Let it sit again. After about 15 minutes you can drain out the extra liquid. Toss in the almonds and cherry tomatoes. Use your [microplane](#) to grate cheese over it. Don't skip the cheese! You need the fat to keep the kale from binding up essential minerals. Toss everything together and enjoy the compliments!

Remember, you don't want to eat high doses of cruciferous vegetables every day in massive quantities. If you have a

thyroid condition, blanch the kale in salt water and then coat it in the lemon/olive oil blend. Just don't skip the fats and don't eat this salad every day – in fact don't eat anything every day! And while I'm on that soap box, for the love of God, don't feed your poor dog the same dry crap every day either. It's not good for either of you!

## Carrot Soup



Before Kale was the Kim Kardashian of the vegetable world, Butternut Squash was all the rage. I like butternut as squash goes; but really, can we get some moderation?! There are other vegetables to choose from!! Instead of butternut squash soup, try this one with carrots and cashews (once made by the folks at The Inn of the Seventh Ray in Topanga Canyon). This is a great cold day soup and an alternative to the truckload of butternut offerings.

1 bunch of carrots    Organic, tops off – chop em into chunks

1 sweet onion        Chopped into coarse chunks

1 cup cashews        Use raw and adjust the quantity by how much you like cashews. Soak them for a bit in hot water – enough just to cover them.

Veggie Stock        Use your own if you make it or a good non-BPA lined can of organic – you need about 12 ounces or so.

Some butter

Start by sautéing your carrots and onions together in some butter to get a nice squish from them when you push them into the pan.

Drain your cashews and add them and the vegetable stock in the pan with the carrots and onions. Bring these to a boil for 5 minutes then reduce to a simmer for a good 20 minutes. Take an initial taste and add spices as needed (salt, pepper, a hint of garlic).

Transfer everything to your power blender (Vitamix, Ninja, etc.) and puree until smooth. Sprinkle a touch of nutmeg across the soup when you serve it or try a dollop of crème fraiche if you're feeling adventurous. That was easy, eh?!

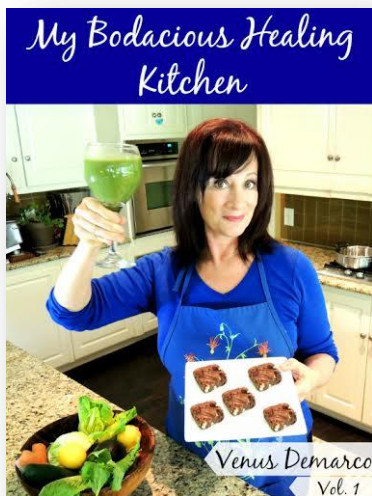
Carrots are also more nutritious cooked! (See Jo Robinson's Eating on the Wild Side.) And cashews are a great protein and deliver 98% your US RDA of copper. In TCVM, carrots are neutral and provide sweet flavor to nourish the liver, lungs, and spleen systems. Cashews are neutral and sweet too and feed the liver system. Onions are warm and pungent; they feed the liver, lung, stomach, and large intestine.



## Golden Goodness – AKA Avocados

Avocados are the hot supermodels of the food world – they have magical don't-get-old secrets. Not only can you mash them and sub them in for mayo on sandwiches and in quesadillas, but they can also double for dessert. I LOVE dessert so if I'm going to do some swapping – it better taste good! My friend Venus is one of the most awesome creative raw chefs! She generously shared some of her recipes with me for you from her cookbook ([Buy it](#) – trust me!) Check out her chocolate mousse using avocados, key lime pudding (and her variation to make it a pie) and I'm giving you my recipe for avocado fluff which is actually good for respiratory conditions.

### Raw Chocolate Mousse



1/2 cup Pitted Medjool Dates soaked

*Soak dates for ten to twenty minutes, then drain off water. This will soften the dates.*

1/2 cup 100% PURE MAPLE SYRUP –  
grade A or above

1 teaspoon vanilla extract

1 1/2 cup mashed avocado (3 avocados)

3/4 cup of raw cocoa

1/2 cup water

Place dates, maple syrup and vanilla a food processor and process until smooth.

Add the mashed avocado and cocoa powder and process until creamy. You may need to scrape down the sides of the bowl with a spatula a few times.

Add the 1/2 cup of water and process till smooth.

Serve at room temp or chilled.

Serve in individual dishes and garnish with raspberries. Store covered in the refrigerator for up to three days.

*I'm telling you – if you don't tell people this is made from avocados, they won't know!*



*Low Glycemic*  
*Key Lime Pudding*

2 medium organic zucchini  
peeled and cut into 2 inch  
rounds

1 ripe avocado

3 tablespoons [Swerve](#) (an  
erythritol-based sweetner)

10 drops liquid stevia

1/4 teaspoon vanilla

pinch of sea salt

4 Tablespoons of fresh squeezed lime juice

The zest of one lime.



Put all the ingredients into a high speed blender like a Vita Mix

Blend until completely smooth.

Serve in pretty martini glasses with a wedge of lime on the rim  
of glass.

This is such a light and refreshing dessert.

Will store in refrigerator three days!

## CocoMac Pie Crust

(to go with Key Lime Pudding)



1 ½ cups of raw macadamia nuts

1 ½ cups of raw, shredded,  
unsweetened coconut

½ cup packed of pitted medjool  
dates

¼ teaspoon of Himalayan Sea Salt

Put coconut, macadamia nuts, and salt in a food processor with S blade, process to finely ground.

With the processor running add dates one by one, but don't over process the mixture.

Remove the blade and press the mixture into your pie pan. Refrigerate it for ½ hour.

Make a double recipe of Key Lime Pudding. Pour it into the crust and refrigerate for another 1 to 2 hours until firm.

Garnish with thin slices of lime if you're feeling fancy.

BTW – in TCVM, dates are a blood tonic/builder and are warm and sweet. They nourish the Qi, liver, lungs, and stomach. Coconut meat is warm and sweet. It feeds the heart, blood, stomach, small intestine, spleen, and liver.

## Avocado Fluff

3 large avocados (Florida not Haas)

¼ cup orange juice

3 limes juiced

¼ cup granular sweetener of your choice (Swerve, Sucanat, etc.)



Throw everything in the food processor and blend until creamy.

Dish into small dishes and let chill for 20 minutes.

Top with So Delicious non-dairy whipped topping.

Bask in the compliments. Great dessert for St. Patrick's Day!

In TCVM, avocados are sweet and cooling. They are also a blood tonic! They help nourish the lungs, large intestine, liver, and stomach systems.

Everyone is crazy for cauliflower right now. I love it seasoned and roasted. It makes a great creamy soup too. I'm not so much on it as a rice substitute. Instead, I love Venus' slaw recipe which uses cauliflower finely chopped as a salad. If you have a thyroid problem, steam your cauliflower after it's chopped for just a few minutes (like 2!), then chill it and then make this recipe.



### **Cauliflower & Pea Slaw**

1 head of cauliflower

1 package of peas (fresh is best – freezing destroys 25% of their antioxidants and canning destroys 50%)

2 green onions, chop both the white and green parts

1 cup of raw macadamia nuts or raw cashews – soak for 1 to 2 hours

2 Tablespoons of raw apple cider vinegar

2 Tablespoons of extra virgin olive oil

½ teaspoon of Himalayan Sea Salt

2 Tablespoons of water

Wash and roughly chop cauliflower. Put into a food processor with the S blade. Pulse to chop into small pieces (larger than rice).

Place cauliflower in a large bowl, add in peas and green onions.

Make your dressing: Rinse and drain your macadamias. Add nuts and the next four ingredients into a blender. Blend on high until creamy and smooth. Pour over everything in the bowl, mix and enjoy!

## **“It’s Like Cheese, Grommet”**



I loved Venus’ slaw recipe so I went on the hunt for more stuff with cashews for creamy tang. Cashews have the same heart-healthy fat found in olive oil. I found this “cheese” (the texture is right) and it’s great crumbled onto a

salad. It stores up to 10 days in the ‘frig.

Makes 1 cup

- 1/2 cups raw cashews
- 1 tablespoon lemon juice
- 1 tablespoon extra virgin olive oil
- 1/2 teaspoon ground coriander (aka cilantro seeds)
- 1/2 teaspoon sea salt
- 1/4 teaspoon freshly ground black pepper
- 1/8 teaspoon cayenne pepper

Combine cashews in a bowl with enough cold water to cover by 3-inches. Let cashews soak at least 5 hours or overnight.

Drain cashews and place in the bowl of a food processor with the lemon juice, oil, coriander, salt, black pepper and cayenne pepper. Process the ingredients, stopping to scrape down the sides of the bowl occasionally, until the mixture is smooth and begins to hold together. Transfer to a bowl and serve.

## The Salad That Needs No Dressing

I'm often short on time but this elegant salad makes me look like I have Jacques Pepin's flare in the kitchen. It sounds weird but I think you'll love it! Remember, salad dressing from the store is a source of hidden sugar and gluten, and MSG.

1 sweet onion

1 jar of mandarin orange segments

4-5 Tablespoons of capers

Chorizo (Field Roast makes a great Vegan one, if that's your thing)

Slice up the onions in nice long slices and throw them on the plate. Seriously, THROW them on the plate.

Slice the chorizo – some people like to cook it to get a nice crisp on it. Sprinkle the slices across the onions.

Drain the mandarins and sprinkle them across the onions and chorizo.



Decorate it all with the capers.

If you want to feel a little less exotic, you can serve this on butter lettuce leaves.





## Quinoa in the Cupboard

Part of making food fun is trying to figure out how something is made and then doing it better – it's now a game at our house! I love breakfast and one of my favorite restaurants is First Watch. I've read a million reports about how great quinoa is for you but some of the recipes are downright weird. First Watch sold me on this quinoa dish because they used it as a grain – how nutty, use a grain as a grain! So I went home and invented my own version. I have to say, I'm not one for whole wheat pasta (for a myriad of reasons) but [Andean Dream's](#) organic quinoa pasta line holds up for this Italiana! (No corn or other funky stuff, great texture, great flavor – non GMO!!)



## Power Bowl

Make quinoa following directions – basically like rice: 1 cup quinoa to 2 cups liquid. Bring to boil. Simmer for 20 minutes.

In a skillet, brown up chicken breast strips. Cook through. Season with Salt, pepper, granulated garlic.

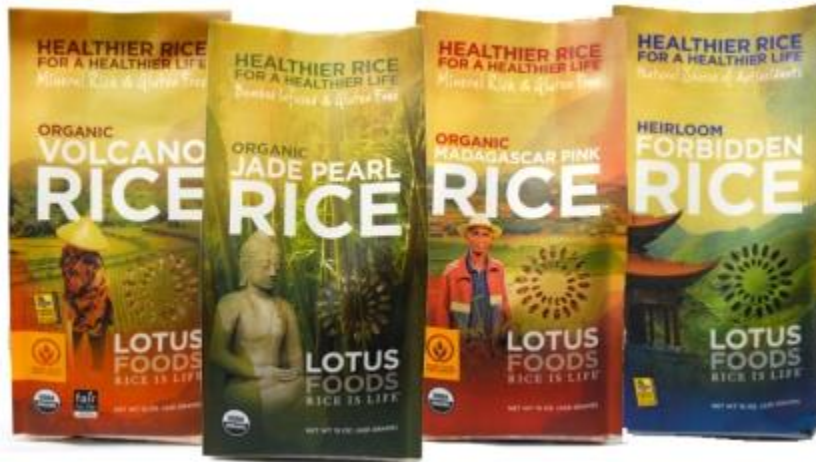
Put quinoa in bowl. Toss in yummy things: goat cheese, cranberries, almonds or walnuts, sautéed spinach. Decorate with chicken strips. Drizzle with a [balsamic reduction](#).





## Pasta!

With the Quinoa pasta – cook it al dente with salt in the water. Drain. Place in a pasta bowl. Toss in halved cherry tomatoes, Kalamata olives, fresh garlic (press and let sit for 10 minutes before eating), little mozzarella balls, and whole bunch of fresh basil (I stack the leaves and cut them with my scissors into small ribbons.) Drizzle [balsamic reduction](#) over it. Pour glass of GOOD red wine. Put on some Sinatra. Mangia!



And now a word about rice. Real rice is not evil. Uncle Ben's and Minute Rice highly perverted is.

I love [Lotus Food's rices and rice ramen](#). Who knew there were so many flavors to rice! Jade Pearl has bamboo protein (thus it's green), Volcano rice has an indescribable earthy taste like a volcano, Forbidden, Jasmine – seriously have a rice tasting party! Calm your fears about rice being a fast carb by cooling it off after you make it and then warm it up/steam it to serve it. You can make a big

bowl of rice and have it for several meals as a good base. Same thing with the ramen. Trust me – rice is good!



My other hot tip is to make rice with [Ziggy Marley's organic culinary coconut oils](#): Curry, Lemon Ginger, and Orange Almond. I love the taste of

lemongrass so I make rice with the Lemon Ginger flavor and I use half a cup of lime juice and half a cup of water. Mama mia that's tasty! Throw in some chives and some cooked shrimp. Praise the Lord, you're in Thailand!!

I can say that steamed vegetables over the Curry flavor in rice is amazing. It also makes a really tasty [non-GMO popcorn](#) too. Flavored [coconut oils can be used so many ways](#)! <(recipes to be found here!)

As for the Orange Almond – it makes great rice pudding, is yummy on a baked sweet potato with cinnamon, complements any hot cereal, and....well I say if you get busy in the kitchen you'll want to get busy in the bedroom – coconut oil is a great antibacterial, antifungal, and antimicrobial lube. Have fun with that!

Now – with all those tempting healthy versions of great food – aren't you ready to swap out some of the over-processed,

undernourishing versions of what Big Food calls ... food? I swear, I feel like Sara Connor from the first Terminator movie when she knows the nuclear disaster that awaits everyone when I go to the grocery store. Hopefully if you can add some of these into your homestyle cooking, you'll avert the disaster on the food horizon here in America.

# My Suggested Reading List

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## **Anything [by Joel Salatin](#)!**

Seriously – if you want to understand the craziness of farming and what we’ve done, read Joel Salatin. You’ll quickly (and with a dash of humor) understand why Americans are getting sicker and fatter even though we have more food than any other country. Joel also promotes the concept of eating inside your “foodshed” rather than eating foods trucked and flown from far away.

## **[Eating On the Wild Side](#) by Jo Robinson**

If you don’t say, “Who Knew?!” ten or twelve times while reading this book, I’d be surprised. Jo Robinson is an investigative journalist, food activist, and detail-oriented writer. Did you know:

- Cherry tomatoes have more lycopene than those big red beefsteak ones?
- Tearing romaine lettuce the DAY before you eat it, increases its antioxidant content?
- Cooked carrots have twice as much beta-carotene as raw ones?
- You should slice/chop/grate/press your garlic and let it sit for 10 minutes to boost its ability to fight cancer and heart disease?

- Ounce for ounce there's more fiber in raspberries than in bran cereal?
- Cooked or canned blueberries have more antioxidants than fresh blueberries?
- There's a massive nutritional difference between wild blueberries and the ones in the grocery store?
- Sweet potatoes are part of the morning glory family?

I'm barely scratching the surface! This book is mind-blowing. It will make your grocery shopping experience far more interesting too.

### [Helping Ourselves](#) – Daverick Leggett

This is your guide to eating from the perspective of Chinese Medicine Food Energetics. In Traditional Chinese Medicine – it's all about the spleen. You've probably never even thought about the spleen! In TCVM the spleen isn't so much just the organ but also its vibration and function and how it plays with the other systems in the sandbox of you. The spleen is seen as the organ of adaptation – changing to meet the environment we are in to get our needs met. Wow – the spleen is awesome!! When it comes to digestion, the spleen converts foods into usable substances in our bodies and sends them where they are needed – transformation and transportation. So eating in TCVM is about strengthening and maintaining the spleen. The spleen is also connected to the mind-body

relationship as the thinking process. How many times have you said, “That’s food for thought!” or “This information is hard to digest!” or “I need time to chew on it.” Hmmmmmm! Some folks have a bit of resistance to TCVM eating – you don’t want to chill the spleen with too much raw food, cold foods, or chilled liquids. Digestion takes fire – too much chill puts out your fire. This book talks about all types of foods and their qualities so you can choose foods best for your personal make up from a Chinese Energetics approach. See page \* for a mini report for more spleen and friends info.

[Altered Genes, Twisted Truth](#) by Steven Druker

Holy cow! This book will make you pick up the phone and call your representatives. Steven Druker is a public interest attorney who sued the FDA in 1998 for access to its files about the safety of Genetically Modified Organisms (GMOs) and won. Turns out the FDA has continuously lied to us about what we know about GMOs (which is almost nothing and what we do know is pretty scary) and continues to do so even today. In a dramatic end run around the US Food Safety Laws and just plain old good science, the FDA decided that for GMOs it would regard them as safe until someone showed they weren’t; typically it’s the other way around – demonstrate that they are safe and then we’ll approve them as safe. With the Dark Act rearing its ugly head and Monsanto being brought up on

charges of Crimes Against Humanity in the Hague, there's no time like now to educate yourself about GMOs and what we do know about them.

### **[Smart Fat - Steve Masley, MD and Jonny Bowden](#)**

Everyone is afraid of fat! But fat keeps your brain healthy, your skin supple, and your cells happy. You need fat to get fit! The trick is to choose good fats and make sure to combine them with protein and fiber. This is a brand new book that cuts past the vegan, paleo, high carb, low carb cacophony to talk about what is healthy for the body and what is toxic, what brings down inflammation (the precursor to disease!!) and what balances hormones. It all comes back to smart fats!

### **[Salt Sugar Fat – Michael Moss](#)**

The processed food industry is literally a drug pusher. Food science has conspired to figure out how to hook you on unhealthy foods by slowly exploiting the sugar, fat, and salt tastes our brains become addicted to – and those addictions look just like cocaine addiction! Not kidding!!

### **[From my “Woo Woo” Shelf](#)**

### **[Health Revelations from Heaven & Earth – Tommy Rosa & Dr. Stephen Sinatra](#)**

Tommy Rosa had a near death experience and was taught how to care for the human body while he was on the other side. 20+ years later, he met Dr. Stephen Sinatra who has always

taken an unconventional approach to his medical practice. Tommy's lessons and Dr. Sinatra's experience dovetailed. Now you can put these lessons to practice in your life – some of them feed your soul, some of them feed your tummy.

### **[The Ringing Cedars Series - Anastasia](#)**

This is a multi-book series, but if you only get through book 1, you'll have a profound new view of how life works, the importance of food, how food seeks to serve us, and how we can respectfully work with nature to coexist harmoniously.

### **[Heal Your Body – Louise Hay](#)**

Our bodies are speaking to us all the time, using metaphor (and a pretty good sense of humor) to communicate with us about what is happening and what needs our attention. This book is a virtual metaphor dictionary.

### **[Medical Medium – Anthony William](#)**

This may be far afield for some, but intuitive healing is finally coming to light. Anthony William has had clear messages about what can be done to heal the mystery illness that is so prevalent and presents itself with so many different manifestations: Epstein Barr Virus. It's becoming apparent in cutting edge research that this mutated herpes virus may play a role in MS, Diabetes, Parkinson's, Hashimoto's, and other autoimmune disorders. (He has a [new book](#) in Nov. 2016.)



# An Interesting Read

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This dovetails so well with the concept of Primary Foods, the [fundamental philosophy of IIN!](#)



Excerpted from ["First Bite: How We Learn To Eat"](#)

So many of our anxieties around diet take the form of a search for the perfect food, the one that will cure all our ills. Eat this! Don't eat that! We obsess about the properties of various ingredients: the protein, the omega oils, the vitamins. But this is getting ahead of ourselves. Nutrients only count when a person picks up food and eats it. How we eat—how we approach food—is what really matters. If we are going to change our diets, we first have to relearn the art of eating, which is a question of psychology as much as nutrition. We have to find a way to want to eat what's good for us.

Our tastes follow us around like a comforting shadow. They seem to tell us who we are. Maybe this is why we act as if our core attitudes to eating are set in stone. We make frequent attempts—more or less half-hearted—to change what we eat, but almost no effort to change how we feel about food: how well we deal with hunger, how strongly attached we are to sugar, our emotions on being served a small portion. We try to eat more vegetables, but we do not try to make ourselves enjoy vegetables more, maybe because there's a near-

universal conviction that it is not possible to learn new tastes and shed old ones. Yet nothing could be further from the truth.

All the foods that you regularly eat are ones that you learned to eat. Everyone starts life drinking milk. After that, it's all up for grabs.

Bone marrow from wild game is considered the best first baby food among the hunting tribes of Tanzania. If you were born in the Far Eastern republic of Laos, it could be gelatinous rice, pre-chewed by your mother and transferred from her mouth to yours (this is sometimes called kiss-feeding). For Western babies, that first bite of solid food may be powdered cereal from a packet or puree from a jar; it could be organic pumpkin, steamed and strained and served with a hypoallergenic spoon; or a random nibble from a parent's plate. Aside from milk, there is simply no such thing as a universal food. Not even for babies.

From our first year of life, human tastes are astonishingly diverse. As omnivores, we have no inbuilt knowledge of which foods are good and safe. Each of us has to use our senses to figure out for ourselves what is edible, depending on what's available. In many ways, this is a delightful opportunity. It's the reason there are such fabulously varied ways of cooking in the world.

But we haven't paid anything like enough attention to another consequence of being omnivores, which is that eating is not something we are born instinctively knowing how to do, like breathing. It is something we learn. A parent feeding a baby is training him or her how food should taste. At the most basic level, we have to learn what is food and what is poison. We have to learn how to satisfy our hunger

and also when to stop eating. Unlike the anteater, which eats only small termites, we have few natural instincts to fall back on. Out of all the choices available to us as omnivores, we have to figure out which foods are likable, which are lovable, and which are disgusting. From these preferences, we create our own pattern of eating, as distinctive as a signature.

Or that's how it used to be. In today's food culture, many people seem to have acquired uncannily homogeneous tastes, markedly more so than in the past. In 2010, two consumer scientists argued that the taste preferences of childhood provided a new way of thinking about the causes of obesity. They noted a "self-perpetuating cycle": food companies push foods high in sugar, fat, and salt, which means that children learn to like them, and so the companies invent ever more of these foods "that contribute to unhealthy eating habits." The main influence on a child's palate may no longer be a parent but a series of food manufacturers whose products—despite their illusion of infinite choice— deliver a monotonous flavor hit quite unlike the more varied flavors of traditional cuisine.

I went to the cinema with one of my children recently. We stood at the ice cream concession and I realized, with a jolt, that almost all of the options—other than plain vanilla—contained chocolate in one form or another. Would we pick mint chocolate chunk or cherry chocolate chunk or chocolate ice cream with chocolate brownie pieces or caramel ice cream with pieces of caramel chocolate? The danger of growing up surrounded by these endless sweet and salty industrial concoctions is not that we are innately incapable of resisting them, but that the more

frequently we eat them, especially in childhood, the more they train us to expect all food to taste this way.

Once you recognize the simple fact that food preferences are learned, many of the ways we currently approach eating start to look a little weird. To take a small example, consider the parents who go to great lengths to “hide” vegetables in children’s meals. Is broccoli really so terrible that it must be concealed from innocent minds? Whole cookbooks have been devoted to this arcane pursuit. It starts with the notion that children have an innate resistance to vegetables, and will only swallow them unawares, blitzed into pasta sauce or baked into sweet treats; they could never learn to love zucchini for its own sake. In our harried, sleep-deprived state, as parents we find it hard to play the long game. We think we are being clever when we smuggle some beets into a cake. Ha! Tricked you into eating root vegetables! But since our children are not conscious that they are consuming beets, the main upshot is to entrench their liking for cake. A far cleverer thing would be to help children learn to become adults who choose vegetables consciously, of their own accord.

By failing to see that eating habits are learned, we misunderstand the nature of our current diet predicament. As we are often reminded, in doom-laden terms, eating has taken a dramatic collective wrong turn in recent decades. As of 2010, poor diet and physical inactivity accounted for 10 percent of all deaths and disease worldwide, ahead of tobacco smoke (6.3 percent) and household air pollution (4.3 percent). Around two-thirds of the population is either overweight or obese in rich countries, and the rest of the world is fast catching up. The moral usually drawn from these statistics is that we are powerless to resist

the sugary, salty, fatty foods that the food industry promotes. Everything tastes better with bacon! As the journalist Michael Moss exposed in 2013, the big food companies engineer foods with a chemically calculated “bliss point” designed to get us hooked. Newspapers sometimes project a future in which obesity levels continue to rise indefinitely until almost everyone in the world is affected.

But there’s something else going on here that usually gets missed. Not everyone is equally susceptible to the dysfunction of our food supply. Some people manage to eat sugary, salty, fatty foods in modest quantities, and then stop. Others find these supposedly irresistible foods the opposite of blissful. If two-thirds of the population is overweight or obese, then fully a third is not. This is astonishing, given just how many opportunities there now are to eat doughnuts. Exposed to the same food that bombards us all, these lucky people have learned different responses. It’s in all our interest to find out how they have done it.

Many campaigners would say cooking is the answer. If only children could be taught how to cook and plant vegetable gardens, they would automatically become healthier. It sounds convincing: school gardens are a lovely thing. But by themselves, they are not enough to make a child relate to food in healthy ways. Our difficulty is not just that we haven’t learned to cook and grow food, however important that is; it’s that we haven’t learned to eat in ways that support health and happiness. Traditional cuisines across the world were founded on a strong sense of balance, with norms about which foods go together, and how much one should eat at different times of day. Much cooking

now, however, is nothing like this. In my experience as a food journalist, chefs and food writers are, if anything, more prone to compulsive eating and other disordered food obsessions than non-cooks. For cooking to become the solution to our diet crisis, we first have to learn how to adjust our responses to food. Cooking skills are no guarantee of health if your inclinations are for twice-fried chicken, Neopolitan rum babas, and French aligot: potatoes mashed with a ton of cheese.

The reason that many find it hard to eat healthily is that we have never learned any differently. Like children, most of us eat what we like, and we only like what we know. Never before have whole populations learned (or mislearned) to eat in societies where calorie-dense food was so abundant and policed with so few norms about portion sizes and meal times. Nor is overeating the only problem that plagues modern affluent civilizations. Statistics suggest that around 0.3 percent of young women are anorexic and another 1 percent are bulimic, with rising numbers of men joining them. What statistics are not particularly effective at telling us is how many others—whether overweight or underweight—are in a perpetual state of anxiety about what they consume, living in fear of carbs or fat grams and unable to derive straightforward enjoyment from meals. A 2003 study of 2,200 American college students suggested that weight concern is very common: 43 percent of these students were worried about their weight most of the time (across both sexes), and 29 percent of the women described themselves as “obsessively preoccupied” with weight.

Our dietary malaise is often discussed in fatalistic terms, as if our preference for hamburgers were a life sentence: diets don't work, sugar is addictive, and so on. What we forget is that, as omnivores, we are extremely gifted at changing the way we eat to accommodate different environments. Admittedly, no one has ever encountered a food environment quite like the one in which we now find ourselves, flooded with cheap calories in deceptive packaging. Surviving in our current situation will entail very different skills from those needed by a Paleolithic hunter-gatherer. Yet there is every reason to suppose that we are capable of acquiring these skills if we give ourselves half a chance.

If our food habits are learned, they can also be relearned. Imagine you were adopted at birth by parents who lived in a remote village in a far-flung country. Your tastes would be quite unlike the ones you ended up with. We all begin life with an innate liking for sweetness and a suspicion of bitterness, yet there is nothing inevitable in our physiology that says we will grow up dreading vegetables and craving fudge. The trouble is, we do not tend to see it this way.

Excerpted from "[First Bite: How We Learn To Eat](#)" by Bee Wilson. Published by Basic Books. Copyright 2015 by Bee Wilson.

[http://www.salon.com/2016/02/21/we\\_must\\_relearn\\_to\\_eat\\_heres\\_how\\_we\\_teach\\_our\\_kids\\_and\\_ourselves\\_to\\_find\\_pleasure\\_in\\_whats\\_good\\_for\\_us/](http://www.salon.com/2016/02/21/we_must_relearn_to_eat_heres_how_we_teach_our_kids_and_ourselves_to_find_pleasure_in_whats_good_for_us/)



**from the Cornucopia Institute**





# Be Nice to Your Spleen

## ...and other “ancient Chinese secrets”:

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In Traditional Chinese Medicine (TCVM), foods are hot, warm, neutral, cool, or cold. Oats, chicken, and onions are all warming. Barley, rabbit, and lettuce are cooling. Sounds weird, I know. But it’s about the effect of the food on us after digestion – does it warm us up or cool us down?

Cooling foods direct energy inward and downward; so, they cool the upper and outer parts of our bodies. Warming foods do the opposite – they direct energy outward and upward from the very core of our bodies. Chili peppers – very hot – heat us up intensely and fast, but then drop us down to cool through sweating. Warm food also speeds us up while cool foods slow us down.

If you think about it, we practice this in Western cooking intuitively: hot curry is served with cooling cucumber and yogurt, hot lamb is served with cooling mint sauces.

Here are some general rules to think about:

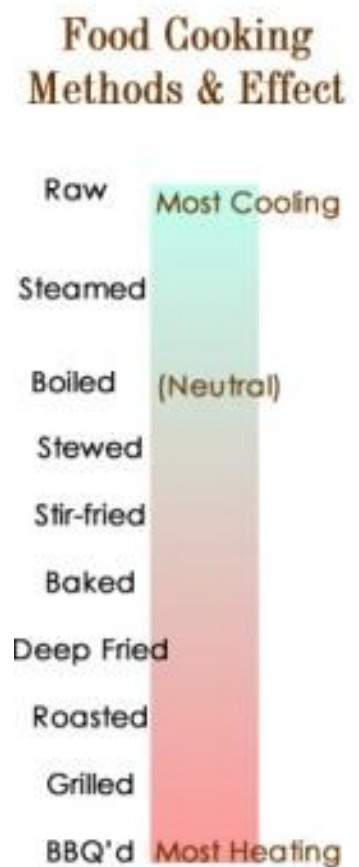
- ✿ Plants that take longer to grow (root veggies, ginger) tend to be warmer than fast growers like lettuce, cucumbers, and okra.

- ✿ Foods with higher water content are more cooling like watermelon or bone marrow.
- ✿ Dried foods are more warming than fresh foods.
- ✿ Foods forced to grow faster by fertilization tend to be cooler than naturally grown foods.

Different methods of cooking also affect the temperature of foods we eat. So we can adjust the temperature of a food by how we cook it!

We can also examine the flavor quality of a food and learn a bit more about how it affects the body once the spleen transports it. TCVM is based on a system of five elements – water, wood, fire, earth, and metal. It also focuses on organ systems – ie. the kidneys aren't just the kidneys, they are the “mansion of our essence”.

- ✿ **Salty** flavor is in the water family and enters the kidney. It moves inward and downward to moisten, soften, and detoxify.
- ✿ **Sour** is from the wood family and enters the liver. It stimulates contraction and absorption.
- ✿ **Bitter** is from the fire element and enters the heart. It drains and dries. It will also improve appetite, stimulate digestion, and draw out dampness/heat. Don't use bitter



in conditions of dryness or deficiency!! Along with the heart, bitter also helps upper respiratory, digestive tract, and liver systems.

✿ **Sweet** is an earth element and enters the spleen. Sweet harmonizes all other flavors. It gets divided into full sweet and empty sweet. Full sweet includes most meats, legumes, nuts, dairy, and starchy veggies. It is considered tonifying and strengthening. Empty sweet is most fruits and sweeteners which are considered cleansing and cooling. Full sweet treats deficiency too. Sweet foods are also moistening and will help conditions of dryness. Too much sweet creates phlegm though (overly wet), so it should be avoided in dampness conditions.

✿ **Pungent** flavor is metal and enters the lung. It disperses stagnation and promotes the circulation of blood and energy. Pungent sends energy upward and outward, so it helps stimulate digestion and break up mucus. Avoid super heating pungent foods because they are extreme heating and then quickly cooling because they cause us to sweat. Damp and stagnant conditions usually involve a deficiency so pungents need a tonifying food with them. Too much pungent will overstimulate and exhaust the Qi (life force) and blood.

Sometimes when you crave something, your body is trying to rebalance itself. The spleen craves sugar when it's in trouble and sweetness strengthens our spleen. But we need to be mindful of the spleen – why is it in trouble? We also have to gently use the flavors we crave – a little is good, a lot is NOT. So, for example, a little salt will help the kidneys but too much will damage them. In our Western culture, we lose sight of the holistic influence of foods – we demonize sugar and salt; but TCVM understands that sugar, salt etc. all have a role to play.

**In the West, we demonize sugar and salt; but TCVM understands that sugar, salt etc. all have a role to play.**

TCVM also looks at Yin and Yang. Yin is the water of the body, it's both a lubricant and a fuel. If we are Yin deficient (and most Americans are!) we have been running on depleted stores for a loooong time, or we have a chronic illness or were born with a weak constitution. When Yin is low, we start to borrow and burn up resources we cannot replenish! (Think about your microbiome here!! You must water your “garden.”) The number one key to restoring Yin is REST. Dairy products actually benefit Yin deficiency but use them cautiously if you also have a dampness condition. Yin deficiency also warrants

being aware of overcooling our system. If you are Yin deficient and feel cold often, use warmer methods of food preparation and avoid the coldest foods.

Yang is the fire of the body and every process in the body requires fire. When we are Yang deficient our metabolism slows down and the moist Yin in our bodies cannot be transformed; it can stagnate and we will become cold and sluggish. Emotionally Yang represents our passionate engagement with life; one way to kick start our low Yang is movement and physical exercise. If you are Yang deficient, you must be careful not to throw water on your already low fire. We need foods, flavors and cooking methods that warm us up. When rebuilding Yang, GO SLOW! Rebuilding Yang is a gradual process.

Finally, TCVM recognizes that we all have a lifeforce called Qi. We make Qi by combining food and air to power all of our body's activities from the cells to the organs to conscious movement like exercise or reaching for something. Qi EASILY becomes stagnant when the circulation in the body is restricted by tension. Relaxing and allowing the body to function helps liberate and generate more Qi.

Here are some food examples to help you see what Traditional Chinese Food Energetics look like:



Apple is good for the spleen, it is sweet and cool and tonifies Yin.

Pork (pasture-raised of course!) is good for the kidney, it is neutral and sweet/salty and also support Yin. How it is cooked and with what spices can enhance its energetic benefits.



Lobster is good for kidney and liver and helps to build up Yang. It is sweet and salty and is considered warming. Again how it's cooked and spiced can enhance its benefits.



Traditional Chinese doctors have been keeping people healthy for THOUSANDS of years. [Helping Ourselves](#) gives you a complete run down and understanding of how to use all types of foods and spices to complement your body's food energetic needs – the way TCVM doctors have. Start to be mindful when you eat and see if you notice what works with your unique energy pattern.

# Reading Your Face

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Another gift from the Chinese is reading your face to understand your health. Different areas of the face will breakout, get dry, show deep lines, or will appear inflamed due to different deficiencies in the body or impaired organs. When these areas are addressed, you can actually reverse deep lines and wrinkles! Here's a map to your face:





The forehead is your window to the liver, bladder, small intestine, and gallbladder. Excessive fat consumption and/or too much alcohol may cause breakouts in this area. If so, reduce rich foods and lower your alcohol consumption. You can also try milk thistle or burdock root, though they are very UNTasty!

The area between your eyebrows is connected to your stomach and liver. Poor digestion and toxic buildup may lead to blemishes and deep lines in this area. It might be time for an elimination diet to identify allergies.

Over the brow line is the heart and the temples and brow line correlate to the liver and to the kidneys too. Issues in this region could indicate dehydration and/or overworked kidneys. Hello crow's feet! Low back pain and fatigue typically go hand-in-hand with these symptoms. Drink more water and have some blueberries!

The area under your eyes represents the condition of the stomach, kidneys, and liver. If you're puffy here or have dark circles reduce your alcohol, caffeine, soft drink, and sugar consumption.

The bridge of your nose and upper area of your cheeks is said to be connected to the heart. Rashes like rosacea commonly appear in this area.



The middle-region of the cheeks is a window to the stomach and lungs. This area of the face is notorious for rosacea as well as breakouts and hyperpigmentation. If you have a wheat or dairy allergy, it will show up here. Try reducing acid-forming foods and see if it clears up.

The lower cheeks and nose display the liver and lungs. Wrinkles, breakouts, and redness abound in this area and can usually be blamed on food intolerances and toxic buildup.

The large intestines show themselves as those deep wrinkles created at the nose and making deep crescents around the mouth. Sluggish digestion and constipation are the cause. Yes, you can actually get rid of these wrinkles without fillers! (Tells you something about all those movie stars too ;)

The mouth region is connected to the stomach and below the mouth is the kidneys and bladder. This is another place where food sensitivities and toxic build up show up. Add some fiber to your diet (*like [Ready Fiber](#) from Health Direct*) and see if it starts to clear. Slow digestion and poor elimination can show up as those lines around the lips.

The jawline is a window to the ovaries and/or colon, and breakouts here can be triggered by hormonal stress, especially in women. Funny how women and men in the season of hormonal change (after 50) develop the saggy neck/wattle!

# Words of Wisdom

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## Dr. Daniel Amen – The Brain Guy

The fastest way to get healthy is to find the healthiest person you can stand to be around and then hang out with them.

(Choose wisely!)

- ☐ Impulsive/compulsive eaters are usually children or grandchildren of alcoholics.
- ☐ Impulsive does well on good carbs, compulsive needs protein
- ☐ Your doctor is not your boss, your doctor should be your partner
- ☐ As your weight goes up the size and function of your brain goes down

## Joel Salatin – Farmer


If you think organic is expensive, have you tried cancer?

## Socrates

The secret of change is to focus all your energy not on the fighting of the old but on the building of the new.

## Michael Pollan

Eat food, mostly vegetables, that your grandmother would recognize.



Sometimes change is a process.  
But most of the time it's just a  
decision.

Karri Flatla

# A Few Random Other Things

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Get out and [travel](#)! Experience [another culture](#)!

Use the water of your shower to break energy – get a fresh start with a good shower.

Mist lavender and sage essential oils and water around your house to break energy in your physical environment.

Listen to [music](#) and make sure you [sing LOUDLY](#) to music [you love](#). Twirl every so often and shake your booty. Let your body enjoy the feeling of movement. Make giant figure 8s with your hips and with your arms – energetically this is VERY revitalizing.

Eat eggs from chickens that ate bugs in a pasture, chickens are not vegetarians.

Eat dairy products from animals that roamed around and ate grass, they are not grain eaters.

Be careful of sweeteners – they fool your brain if they are too sweet or you use too much of them. For the love of GOD – never use aspartame/Equal, neotame, or Splenda – they will literally kill you. High Fructose Corn Syrup is liquid death, it is not the same as Corn Syrup.



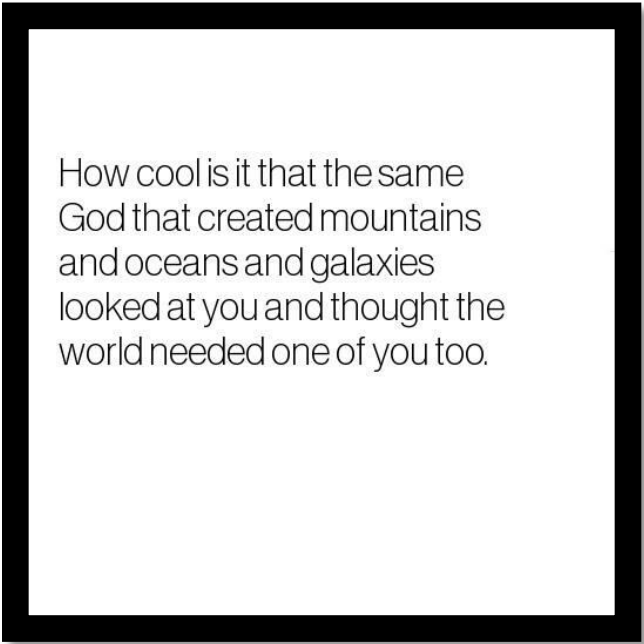
Don't forget how important you are! And how powerful you are!

Even your food choices can change the world.

Say grace. Your God can change the vibration of anything IF you ask and if you remember what a miracle that is. Be thankful, be humble, and pass the biscuits!

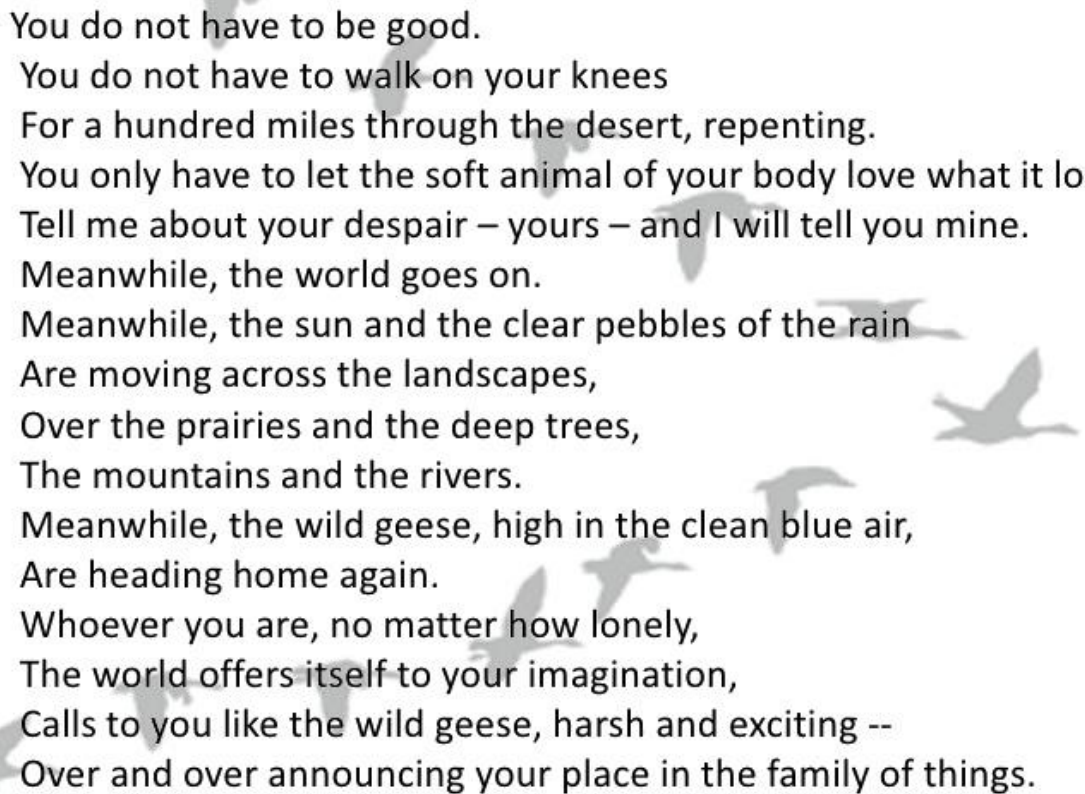
You can get sugar from a cracked sugar bowl. There are nuggets of wisdom everywhere and they don't always come from pristine sources.

In 5 years I hope my scouting report looks totally different because we've learned so much more.

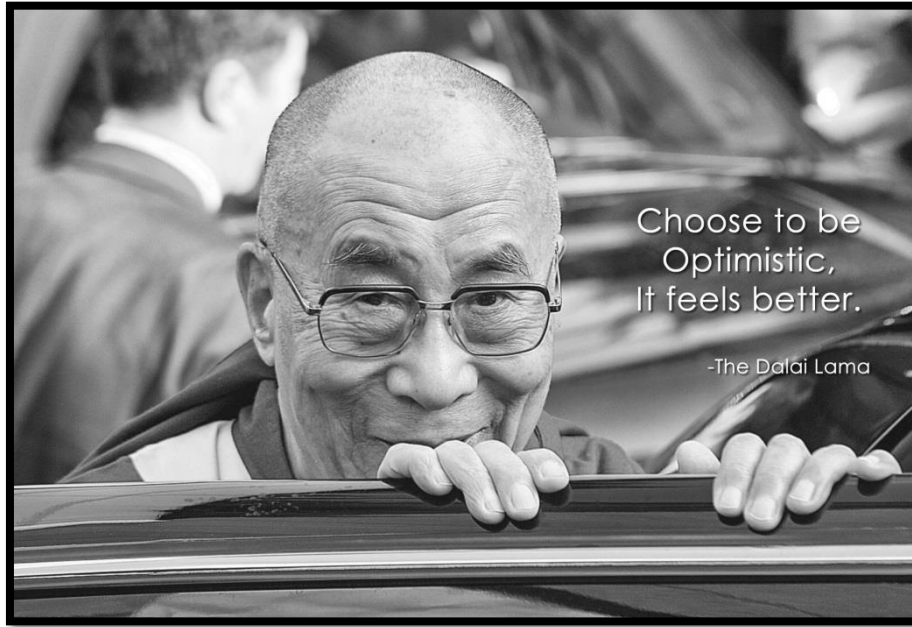


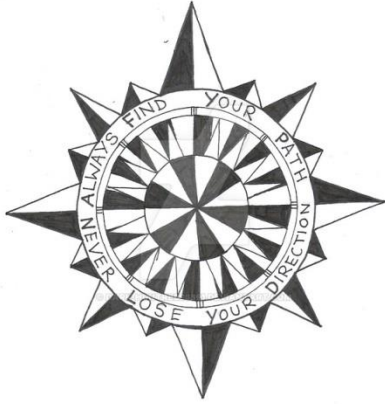
How cool is it that the same  
God that created mountains  
and oceans and galaxies  
looked at you and thought the  
world needed one of you too.

## “Wild Geese” by Mary Oliver



You do not have to be good.  
You do not have to walk on your knees  
For a hundred miles through the desert, repenting.  
You only have to let the soft animal of your body love what it loves.  
Tell me about your despair – yours – and I will tell you mine.  
Meanwhile, the world goes on.  
Meanwhile, the sun and the clear pebbles of the rain  
Are moving across the landscapes,  
Over the prairies and the deep trees,  
The mountains and the rivers.  
Meanwhile, the wild geese, high in the clean blue air,  
Are heading home again.  
Whoever you are, no matter how lonely,  
The world offers itself to your imagination,  
Calls to you like the wild geese, harsh and exciting --  
Over and over announcing your place in the family of things.





## Notes

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2016

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