





PART I

RETHINK YOUR DIET



CHAPTER 1

QUANTUM NUTRITION



“Nothing will benefit human health and increase the chances for survival of life on earth as much as the evolution to a vegetarian diet.”

— ALBERT EINSTEIN

Last year, the president of a major American corporation—a very wealthy 55-year-old whom I’ll call Arthur—came to me for a consultation. Arthur wasn’t warm and fuzzy. He was impatient, aggressive (sometimes hostile), and totally unaware of how to maintain his well-being. Each week, he routinely put in six or seven long, pressure-packed days at the office or traveling. He always had to be first, always had to be right, and always had to be busy with work to feel worthwhile. Playful behavior was not part of his lifestyle. A fancier of rich meals, he ate vast quantities of cheese, ice cream, steak, butter, processed foods, and cream sauces. He knew his diet was loaded with cholesterol and fat, but he loved it all the same. As he once told me (paraphrasing Oscar Wilde), when it came to food, he could resist anything but temptation. The most vigorous exercise he got was shifting the gears of one of his expensive sports cars.

Arthur was chronically stressed and fatigued, but he thought that his hot tub and a drink were all he needed to relax. It wasn’t until he began to sink into a deep depression that his wife urged him to get a medical checkup, his first in more than five years. The results came as a shock. Arthur learned that he

had high blood pressure and serious hardening of the arteries. The cardiologist advised him to undergo quadruple-bypass surgery and warned him that if he didn't make some changes in his way of life immediately, he was headed for a heart attack within six months.

As providence would have it, the following day a friend of Arthur's, having heard about the prognosis, recommended that he follow the holistic-health and stress-reduction regimens I write about in my books. So Arthur sought me out and asked me to help him develop a wellness program. I'd never worked with anyone who was quite so desperate and who led such an unhealthy life, but I promised that I'd try to help him.

Arthur's experiences and adventures over the months since then have been a great inspiration to me. During our first visit, he made an important choice—he chose to make a commitment to change his life and to be healthy. Today, he and his entire family are the picture of health. Recently, they participated together in a 10K run, and the following day they left for a two-week health-and-fitness vacation. You can follow suit.

Simple Lifestyle Changes Make the Biggest Difference

I can't overemphasize the importance of making a commitment to small improvements in day-to-day food choices and the need to reprogram and retrain your senses to release self-limiting beliefs and habits. I touched on these commitments in my book *Health Bliss*; if you haven't read it yet, what follows is a brief recap:

Your primary goal on this quantum-nutrition program is to get to the point where you're eating an abundance of the highest-quality foods—especially leafy-green vegetables—with as many raw, living items as possible. Almost 2,500 years ago, Pythagoras said, "Choose what is best; habit will soon render it agreeable and easy." His sagacious words are just as relevant today as they were back then, especially when it comes to establishing new healthful food and lifestyle customs.

After decades of poor choices, you probably harbor some negative programming about your eating habits, which can undermine your best intentions if you aren't careful. It almost always leads you to seek immediate gratification rather

than long-term satisfaction. Your emotionally entrenched habits don't care if you achieve your goal of a fit, lean, healthy body. Driven by only these impulses, you want to feel good right now. At times like these, you need to rely on your sober, rational mind (not the *rationalizing* mind that's all too willing to go along with the emotionally driven idea that you need a candy bar or a cupcake).

You must learn to detach from your negative programming and bad habits in order to achieve your long-term goals. Whether regarding food or something else, the difficulty in resisting sensory desire comes from the force of conditioning. Every time you receive negative reinforcement, you lose a little of your freedom and your capacity to choose. To begin your transformation, start becoming aware of what you're consuming. If you're only eating at the table, at mealtimes, and when you're hungry, you can more easily focus on your food. When your attention is divided, you're more likely to snack compulsively rather than from hunger. Automatic eating occurs frequently in front of the television or at the movie theater, parties, or sporting events. Try to avoid consuming anything in these settings, or make a point to have healthful foods available.

The entire process of eating needs to be given your full attention for you to get the maximum benefits. Be conscious of the hunger you feel and how the food looks and smells as you prepare it, serve it, and eat it. Become aware of the table setting's appearance. How does the food taste? Be conscious of its texture, your chewing, your breathing, and how you feel while you're eating. Finally, notice and be grateful for the feelings of lightness and high energy derived from the meal. By embracing this attitude, you can begin to appreciate simple, wholesome foods and to eat less, while still feeling completely satisfied.

Stop eating just before you feel really full. By doing so, you begin reprogramming your subconscious and cease letting your habits control you. Stopping short of satiety helps you savor your food and allows you to be free and in charge of your choices. Likewise, begin eliminating those things that you know are harmful. Retrain your senses to seek out and prefer only those ingredients that meet your body's needs. I find that meditating for a few minutes before each meal is a powerful tool that fosters good choices and promotes health and harmony.

Your taste buds will quickly change and adapt to your new, healthful diet. For example, the whole-grain bread that initially seemed heavy and grainy will soon taste chewy and flavorful. Feeling better and looking marvelous will quickly compensate for the loss of dubious thrills of the past, such as fried chicken, white bread, ice cream, candy, and potato chips. You'll find yourself looking

forward to more healthful pleasures, such as the taste of ripe papaya; luscious strawberries; blueberries; pineapple; sweet, juicy grapes; a crisp garden salad; brown rice or quinoa with steamed vegetables; and sweet potatoes smothered in sautéed onions, broccoli, and mushrooms.

Danielle's Story: Change Your Diet, Change Your Life

Danielle is a great example of how changing your diet and adding more living, whole foods can not only assist with weight loss, but also improve every aspect of your family life and self-esteem. Married with three children—ages five, eight, and eleven—Danielle initially came to me for motivation and help in losing some fat, toning up her body, and increasing her energy. As a first step, I asked her to keep a seven-day food diary and record exactly what and when she ate. Like all of my new clients, she was instructed not to eat differently simply because I'd be looking at the list; she had to be honest and write everything down, because there's no other way to make a true evaluation.

When I received her food diary, it was quite apparent why she'd gained almost 30 pounds in a year and why she always felt enervated. Her diet was about 60 percent fat, almost all of the carbohydrates she consumed were refined, she usually skipped breakfast because she was too busy getting the kids ready for school, and she always ate late at night. Her diary looked like an encyclopedia of deleterious eating habits! She rarely included raw foods in the family diet, explaining that it took too long to chew them. Her kids also disliked uncooked ingredients, so she rarely had fruits or salad vegetables in the house.

As I inquired more about her family life, routines, and eating habits, I learned that all of her children were on the heavy side. The oldest girl was starting to be ridiculed in school because of her size. Not surprisingly, Danielle told me that her husband also needed to lose about 40 pounds. His blood pressure, cholesterol, and triglycerides were much too high, and his doctor had suggested that he go on a diet.

My initial evaluation of how this family ate and lived led me to suggest something out of the ordinary. Knowing that they had a large house with a guest room next to the kitchen, I asked if I could stay with them from Thursday through Saturday night. I wanted to experience their lifestyle as a family, to see

how they lived at home, when and what they ate, and how they spent their time when they weren't eating, in order to coach them toward a healthier path. Yes, I brought most of my own food, and I simply observed like a butterfly on the wall and took lots of notes. I had Danielle's permission to look through the pantry and refrigerator and all of the kitchen cupboards when they were out of the house. Sure enough, there were almost no fresh, whole foods.

At mealtime, everyone salted the dishes before tasting them; and their dining table was never without canned sodas or processed fruit juices, butter, sour cream, and mounds of cheese. All five of them consumed their meals quickly, without much conversation and without putting the utensils down between bites. I think most of their overeating was unintentional, since they had no idea that many popular foods contain hidden sugar and oils that are put there to stimulate the taste buds.

This family needed a complete health makeover. With Danielle's consent, I made a clean sweep of her kitchen. The rest of her family agreed to go along with this "experiment," although they were far from enthusiastic. I removed all refined carbohydrates, including pasta, white rice, low-fiber cereals, pancake and cookie mixes, white breads, and bagels . . . and replaced these with high-fiber breads and whole grains. I also rid their kitchen of margarine, mayonnaise, vegetable shortenings, and oils. Next, I took away all of the milk and cheese products. Those high-fat, calorie-loaded cheese slices provide between 80 and 140 calories per one-ounce slice, depending on the fat content. I replaced the cow's milk with raw-nut and seed milks. After about two weeks of adapting to the new tastes, it turned out that they all loved the vanilla-flavored almond beverage the best.

I took the entire family to the nearest health-food store and showed them all of the nutritious alternatives, such as veggie burgers and whole-grain pastas, and then I led them to the produce section. They were enthralled by all of the colors and varieties of fruits and vegetables, many of which they'd never seen before. We purchased some of the most familiar—organic apples, oranges, pears, grapes, bananas, and strawberries.

In place of sodas and other canned drinks, I taught them how to make their own juice. The kids loved juicing and actually wanted to take it over as their daily job. Of course, I also encouraged them to start drinking more water. Danielle's husband confessed to me secretly that he couldn't remember having more than about six glasses of water per week. When I told him how much purified, alkalized water I drink every day, he almost collapsed in shock. I use

the following formula: start with your body weight in pounds (say 120 pounds), divide it in half (60 pounds), and drink the same number (60) of ounces of water each day. If you weigh more than 200 pounds, strive for at least eight glasses (eight ounces each) of water daily.

It took about one month for the family to adjust their taste buds to the new flavors, textures, and colors. They basically switched from a white and beige diet to a banquet of rainbow colors. I introduced them to the benefits of consuming raw foods and showed them several simple recipes that they could enjoy often. They were eager to move in this new direction. After several “uncooking” lessons, Danielle found that it wasn’t so hard to prepare healthier meals. Almost half of the family’s diet became raw foods, with an abundance of fresh fruits and vegetables. When you fill up on these things, you nourish your body and actually lose much of your desire for processed foods.

After three months, as a result of eating more fiber and more nutritious ingredients, the family members all lost weight, had more energy and balanced moods, and enjoyed a greater sense of well-being that resulted in more positive attitudes all around. I encouraged them all to be more active instead of hanging out in front of televisions or computers most nights and weekends, and their higher activity resulted in sounder sleep for everyone. Danielle’s oldest daughter lost weight and joined an after-school sports team, which ended the ridicule and helped her self-esteem soar.

It’s truly remarkable how making a few basic changes in your diet can profoundly affect every area of your life. The one shift that this family found most difficult was my suggestion to pick one day each week to only eat raw food. I suggested that they not select a weekend day, but rather a Tuesday, Wednesday, or Thursday. They chose Thursday, and from morning through evening ate only living foods—lots of fruits and vegetables, salads, and a variety of other fun things, including nut butters, sprouts, sauces, and soups—even cookies and other desserts. The family came to appreciate Danielle’s gift for experimenting with, and creating, new raw meals. A few weeks into their new health regimen, they started having friends over for meals to sample their delicious “health-nut food”!



Since you’re reading this book, I’m confident that it’s time for *you* to make some changes in your diet. Even though you may not be eager to overhaul your entire food program, at least begin by adding more and more of the recipes into

your diet. You might start by eating healthful breakfasts each day, or eating only nutritious dishes on two or more days per week. This gentle approach will assist you in bringing more beneficial foods into your diet by spacing them out over the week. You'll feel lighter and more energetic immediately, simply from taking this small step.

Sleepless in America

In addition to making a clean sweep of Danielle's kitchen, restocking it with better food choices, and supporting the family in being more physically active, I also encouraged everyone to make sleep a top priority—a nonnegotiable, regular habit. Lack of sleep undermines your body's ability to deal with stress and maintain a healthy weight. One way to tell if you're getting enough shut-eye is to see if you wake at a regular time without an alarm. If you require a buzzer to get out of bed in the morning, you're not getting enough rest.

How much sleep do you really need each day? Adults require eight and a quarter hours of sleep nightly to maximize their ability to function daily. Adolescents need 9 and a quarter hours; preschoolers should get 12 hours; toddlers need 13 hours; and babies require 14 to 18 hours of sleep every day.

Researchers are discovering that sleep affects the hormones that regulate satiety, hunger, and how efficiently you burn calories. Put simply, too little sleep makes you hungry, especially for things that are high in calories and low in nutritional value. These include processed junk foods, especially those made with white sugar and flour, and fried foods such as French fries and potato chips. Moreover, lack of sleep also primes your body to hold on to the calories you eat.

Are you interested in slimming down? If so, this may provide some help: At Columbia University in New York City, researchers found that people who slept six hours a night were 23 percent more likely to be obese than people who slept between seven and nine hours. Those who snoozed for five hours were 50 percent more likely—while those who slept four hours or less were 73 percent more likely—to be obese. So if you're eager to drop a few pounds, make getting ample sleep each night a nonnegotiable habit in your lifestyle.

In my private practice as well as in my holistic-health seminars around the country, I also recommend quality sleep because it makes for better relationships. If everyone would just get more rest, people would be more thoughtful

toward one another, and family dynamics would run more smoothly. We'd all be happier and be in better moods—adults and children alike. What a wonderful gift that would be to give to our family, friends, and business associates. Think of how much our communities would benefit. (Please refer to my book *Health Bliss* to read more about the importance of sleep.)

Dairy-Free Recipes

If you have allergies, you'll be happy to know that all of the recipes in this book are dairy free. For health and ethical reasons, I choose not to eat any dairy products; and with only a very few rare, unavoidable exceptions, I haven't eaten them for years. When I announce this at my workshops, people inevitably ask what I use in place of milk. Excellent substitutes include numerous nut milks, oat milk, rice milk, hemp milk, and soy milk. All of these are available in natural-food stores and come in plain, vanilla, chocolate, low-fat, nonfat, and organic. I always purchase organic whenever possible.

In Chapter 2, I've included a recipe for making your own nut milks (and there are even more, as well as recipes for nut cheeses, in my book *BE HEALTHY~STAY BALANCED*). You also can make or purchase soy yogurt, soy cheese, soy cream cheese, and soy sour cream, so you won't miss your dairy. Soy may have a special health benefit since it contains phytoestrogens. Numerous studies have confirmed that women who eat foods rich in these compounds seem to have fewer symptoms of PMS and menopause.

I don't have the space here to describe all of the reasons why researchers have become so concerned about dairy products. The list is simply too long. Suffice it to say, even if you choose to include dairy in your diet, I suggest that you limit it to very small portions once or twice per week. I will, however, describe just a few of the problems associated with this category of food.

Milk is the leading cause of iron-deficiency anemia in children. Milk allergies are very common in kids and can cause sinus problems, diarrhea, constipation, and fatigue. These allergies are the leading cause of the chronic ear infections that plague up to 40 percent of all children under the age of six, and they're also linked to behavior problems and the disturbing rise in childhood asthma. Such allergies are equally common in adults and produce similar symptoms. Milk is touted as "nature's perfect food," but most African Americans (70 percent), Asian

Americans (95 percent), Native Americans (74 percent), and Hispanic Americans (53 percent) are lactose intolerant.

Dairy products have no dietary fiber. Among other problems, diets low in fiber contribute to constipation and other related diseases (varicose veins, hemorrhoids, and hiatal hernia). There's evidence that immune-system reactions to dairy proteins may cause and/or aggravate rheumatoid arthritis in some people, and there are clear links between dairy products and osteoporosis, obesity, cancer, allergies, and diabetes. High-fat dairy products, such as whole milk and cheese, are significant contributors to high cholesterol levels and heart disease, and low-fat or fat-free versions may be culprits as well. Worldwide, the incidence of type 1 diabetes correlates to the amount of dairy products consumed; so does breast cancer.

Symptoms associated with consumption of dietary estrogen from dairy and meat products include acceleration of the aging process; decreased sex drive; depression; fatigue; irritability; decreased metabolism; water retention and bloating; and fat gain, especially around the abdomen, hips, and thighs—just to name a few.

Most of the clients who come to me have at least some weight issues and want to reduce fat. Those who eliminate dairy have a much easier time losing weight than those who don't. Most even say that the weight came off easily and effortlessly when they gave up dairy as well as all other animal products.

Don't take chances with your health! The risks associated with milk and dairy products are well documented. If these products still play a role in your diet, start cutting back. Check at your natural-food store for more healthful substitutes.

Rejuvenating Your Taste Buds

Throughout the recipe sections, you'll see references to Bragg Liquid Amino Acids, low-sodium tamari, shoyu, oil, sea salt, and various soy products. I include these because I want to help ease your transition from the standard American diet (SAD) to a healthier way of eating. As your taste buds acclimate to the heavenly, unseasoned flavors of whole natural foods, you can eliminate most of these ingredients or replace them with more healthful substitutes. Excess consumption of sodium, extracted oils, and processed foods (organic or not)

carry health risks; and so does anything made with aspartame. All you need to do is search the Internet and you'll discover why it's such a poison to the body. I'll never eat anything to which aspartame has been added. So as you get more experienced, keep these products to a minimum. When I use salt, I use Celtic Sea Salt (available in natural-food stores, or check the Resources section of this book).

Let's Get Started

Now it's time to begin making the most healthful and delicious recipes I know. And since nothing tastes quite as refreshing as a delicious, thirst-quenching drink, let's start with juices and smoothies. After that, you'll find a cornucopia of delights for every occasion!



CHAPTER 2

JUICES & SMOOTHIES



“I look younger. My skin is more supple now, and I have fewer wrinkles than I did before eating raw food.”

— CAROL ALT, SUPERMODEL

Juicing is one of the easiest, most efficient, and delicious ways to ensure that you’re meeting your daily produce quota—I recommend 7 to 12 servings daily. Most people think of fresh juices and smoothies as snacks, but they can be meals in themselves, especially when you don’t have much time. While I don’t advise eating on the run—it’s terrible for the digestion—we all have to do it sometimes. But just because you need to grab something quick doesn’t mean you need to make a poor choice. I’ve been drinking fresh juices for more than 35 years. In fact, I make a habit of doing a one-day “juice fast” (drinking only fresh, wholesome, organic juices) each week to give my digestive system a rest. I always wake up the next day feeling lighter, more energetic, and more positive.

When shopping for fresh fruits and vegetables for juicing, buy organic whenever possible and always choose the freshest varieties available. If you can’t buy organic, make sure to wash your produce well. Even if you get produce without pesticides, you’ll still want to be sure to rinse everything thoroughly. There are many commercial produce washes available, but I like to make my own. Here’s my recipe: Fill your sink with cold water, and add four tablespoons of salt and

the juice of a lemon. Soak fruits and vegetables for ten minutes, then rinse under cold water. You also can substitute ¼ cup white vinegar for the lemon.

After your produce is washed, all you need to do is cut it into pieces to fit the size of your juicer or blender, and you're ready to roll. I'm a big fan of both the Champion Juicer and The Total Blender. (See the Resources section for ordering information.)

Before I drink fresh juices, whether fruit or vegetable based, I usually drink a glass of water first. Doing this helps dilute the concentrated fruit sugars while allowing me to enjoy my juice full strength, which means I get the full flavor. It also fills me up a bit, which discourages "overdrinking." Make sure you sip slowly and don't gulp. Try using beautiful goblets and glasses that you can pre-chill in the freezer. The cold glass helps keep the juice cool and adds a touch of simple elegance.

Now let's go into the kitchen and prepare some of the most healthful recipes imaginable. I know you'll enjoy these juices and smoothies as much as I do.

WEIGHT-LOSS EXPRESS

This easy-to-prepare, delicious juice supercharges metabolism and supplies an abundance of synergistically balanced nutrients that the cells can use immediately to energize your body. If you like carrot juice, you'll love this weight-loss special.

Serves 1–2.

- 1 medium apple, peeled and quartered
- 2 large or 3 medium carrots, cut to juicer size
- 2 stalks celery
- 3-inch piece of cucumber, peeled and halved
- ½ cup parsley leaves and stems
- ½ small lemon (with peel, if organic)
- ¼- to 2-inch piece of fresh ginger (depending on how "gingery" you want it; I use a 2-inch piece)
- 1–2 Tbsp. protein powder

Juice all produce ingredients, blend in the powder, and serve.



*Strawberry
Citrus Deluxe*



STRAWBERRY CITRUS DELUXE

This fruit-juice blend is as delicious as it is beautiful. Enjoy it at any time of the day.

Serves 1–2.

- 1 ruby red grapefruit, peeled and quartered (leaving pithy part on is okay)
- 2 tangerines, peeled and halved
- 1 orange, peeled and quartered
- 6 large strawberries, green tops included
- ¼-inch piece of fresh ginger (optional)

Juice all ingredients and serve.

FYI: Strawberries

Strawberries are a good source of vitamins A and C, beta-carotene, folic acid, and potassium. They're also anticancer, antiviral, and antibacterial.

TOP OF THE MORNING

If you don't have much time for breakfast but want a healthy start to your day, this vegetable and fruit combination fits the bill. I've enjoyed this drink several times each week for three decades.

Serves 1–2.

- 3 medium carrots
- 1 apple
- 1 large stalk celery
- 1 stalk broccoli, with florets
- ⅓ cup parsley
- ¼ sweet bell pepper (red, yellow, or orange)
- ½ small beet
- ¼ lemon wedge (with peel, if organic)
- ¼-inch piece of ginger

Juice all ingredients and serve.

CALCIUM COOLER

This juice is bright green and has a super-fresh taste. It's a great source of calcium and is loaded with the antioxidant power of the leafy greens.

Serves 1–2.

- 3 organic green apples
- 2 medium kale leaves
- 1 stalk broccoli with florets
- 4 large leaves spinach, washed well
- 3 sprigs fresh mint
- ¼ lemon wedge (with peel, if organic)



Juice all ingredients and serve.

FYI: Apples

Apples are a super health food. They help relieve constipation, reactivate beneficial gut bacteria, reduce total cholesterol, and assist in detoxifying the body.

CAROTENE COCKTAIL

Do you want to revitalize your skin and supercharge your energy? If so, this is the juice for you.

Serves 2.

- 3 medium carrots
- 1 large red apple
- 1 large ripe tomato, quartered
- ½ sweet bell pepper (red, yellow, or orange)
- ½ cup baby spinach
- ¼ cup parsley
- ¼ wedge lemon (with peel, if organic)
- ¼-inch piece of fresh ginger



Juice all ingredients and serve.

FYI: Ginger

Ginger has a long and honored tradition in folk medicine. Some of its benefits include preventing motion sickness, quelling nausea and morning sickness, reducing inflammation, and relieving menstrual cramps. It's also great for improving circulation, which is one of the reasons I add it to many of my juices. To help relieve the chills and congestion of a cold, you can make ginger tea by simmering one or two slices of fresh ginger root in a few cups of water for 10 minutes. I like to add a pinch of cinnamon and a few drops of fresh lemon juice for piquancy.

TROPICAL-FRUIT COCKTAIL

This colorful juice helps reduce inflammation, in addition to providing vitamin C, calcium, magnesium, and potassium.

Serves 1–2.

2 cups pineapple, peeled

1 ruby red grapefruit, peeled (leaving pithy part on is okay)

2 firm kiwis, peeled

4 strawberries, green tops included

Juice all ingredients and serve.

FYI: Pineapple & Grapefruit

Pineapple contains bromelain, a potent digestive enzyme that scavenges bacteria and parasites. Ruby red grapefruit has more beta-carotene than the pink or white varieties. Putting a bit of essential oil of grapefruit (you can find it at your natural-food store) on the inside of your wrist will help keep your appetite at bay and preclude overeating. This oil isn't for internal use—rather it's intended to be used on your skin. It's one of my fragrances of choice, and I often use it as my signature scent.

BERRY-CHERRY ZING

Believe me, it's worth the time it takes to pit the cherries for this recipe.
Serves 1–2.

- 30 cherries, pitted
- 3 red apples
- 1 cup fresh blueberries
- 1 cup strawberries, tops removed

Juice all ingredients and serve.



FYI: Cherries

Cherries are an excellent source of calcium, phosphorus, and vitamin C. Blueberries also provide vitamin C and are an excellent laxative. They improve circulation, benefit eyesight, and have antioxidant and antibacterial properties.

ENERGIZING TONIC

This spicy drink stimulates circulation and helps rev up metabolism by creating heat and energy. I usually double or triple this recipe and keep it on hand. Pour some into ice-cube trays and freeze, then use the frozen cubes in water or tea. If you're familiar with Yogi tea or chai, this is like a minty version of those popular Indian teas.

Serves 2.

- 3 cups purified water
- 4 slices or "coins" fresh ginger root, each ¼ inch thick
- 4 cinnamon sticks, cut in half
- 1 Tbsp. dried peppermint, either loose or in a tea bag
- ½ tsp. cardamom seeds
- ⅛ tsp. whole cloves



In a medium saucepan, combine all of the ingredients and simmer for about 10 minutes. Strain and drink hot or cold.

FYI: Peppermint

Peppermint reduces gas, nausea, and the spastic symptoms of irritable bowel syndrome. Caution: peppermint leaf is strictly off-limits for those who are pregnant, have gallstones, or have a hiatal hernia.

REJUVENATION TONIC

Enjoy this simple-to-make tonic in the morning, as an afternoon pick-me-up, or throughout the day as a 24-hour rejuvenating cleanse. Your cells will sizzle with enthusiasm and vitality.

Serves 2.

2 cups purified cold water

1 Tbsp. protein powder

1 Tbsp. fresh lemon juice

1–2 tsp. 100% pure organic maple syrup or raw agave nectar

1/8 tsp. organic cayenne pepper



Blend all ingredients on slow speed and serve.

Variation: You can substitute 1 cup fresh pineapple juice, coconut water, or apple juice for 1 cup of the water. Reduce sweetener if using juice.

FYI: One-Day Cleanse

One day each month (or more often), when you don't have to work and can take it easy, drink this Rejuvenation Tonic three times during the day combined with juices made from a blend of two to three vegetables and fruits (as opposed to all fruit). This is a great way to cleanse, detoxify, and rejuvenate the body, mind, and spirit. On your cleanse days, create opportunities to get extra sleep, breathe deeply, take a long bubble bath, spend time in nature, and meditate.

ANTIOXIDANT EXPRESS

This free-radical-scavenger cocktail will do wonders for boosting immunity and restoring youthful vitality.

Serves 2–3.

- 1 cup organic green tea, freshly brewed and chilled
- 4 medium carrots, washed but not peeled
- 1 red or green apple
- ½ cup broccoli sprouts
- 1 stalk broccoli, including florets
- ½ cup cauliflower
- 3 leaves romaine lettuce
- ¼ red bell pepper
- ¼ yellow or orange bell pepper
- ¼ wedge lemon (with peel, if organic) and an extra one for garnish
- ¼-inch piece fresh ginger root
- 1 Tbsp. of your favorite protein powder

Juice everything but the protein powder. After juicing is completed, blend in the powder. Serve with lemon wedge.

FYI: Green Tea

While all of the vegetables in the Antioxidant Express are rich in antioxidants, green tea takes the prize. The levels found in green tea are among the highest in any food or beverage. These body-friendly companions aid in the prevention of disease by battling free radicals, which are believed to be a major cause of cancer, heart disease, and aging. All black, white, and green teas come from the same bush. The differences exist in the different times of harvesting and different methods of processing.

NATURAL-BEAUTY COCKTAIL

Drink this daily for a week. Your skin will glow, your eyes will sparkle, and your energy will soar.

Serves 2.

- 1 medium red or green apple
- 1 sweet bell pepper (red, yellow, or orange)
- 3 medium carrots
- 3 leaves romaine lettuce
- 2 stalks celery
- ½ medium cucumber
- ¼ wedge lemon (with peel, if organic)
- ¼-inch piece fresh ginger root

Juice all ingredients and serve.

EASY SLEEPYTIME COCKTAIL

Taken an hour before bedtime, this delicious combination is guaranteed to help you fall asleep without having to count sheep.

Serves 1–2.

- 1 cup freshly brewed chamomile tea
- 2 apples
- 2 stalks celery
- ¼ cup parsley

Juice the apples, celery, and parsley, then mix with the tea. Sip slowly.

FYI: Chamomile Tea

Tea made from this mildly sedating herb is useful in treating insomnia and soothing gastritis, an inflammation of the stomach lining. Caution: Chamomile belongs to the same plant family as daisies and dandelions. If you're allergic to those plants, you should avoid chamomile.

PEACEFUL COCKTAIL

If you're feeling irritable or anxious, this colorful drink will lift your spirits and lower your stress level.

Serves 2.

- 1 ruby red grapefruit, peeled (leaving pithy part on is okay)
- 1 pear
- 8 large strawberries, green tops included
- ¼-inch piece fresh ginger root (optional)
- 1 cup freshly brewed lemon-balm tea



Juice all of the fruits (and ginger, if using) and mix with the tea. As you drink this cocktail, make sure to breathe slowly and deeply.

FYI: Lemon Balm

This herb is a member of the mint family. Lemon balm is reported to help combat mild forms of anxiety and irritability. The tea also can be dabbed onto herpes sores on the mouth or genitals. Apply it three to six times a day at the first sign of an outbreak to reduce or even prevent symptoms. Some people use it as an adjunct to antiviral medications. Caution: pregnant women and people with hypothyroidism should not use lemon balm.

ANTICANCER V-12

After tasting this delicious vegetable juice, you'll never want to drink the canned varieties again.

Serves 2–3.

- 4 large ripe tomatoes
- 3 large carrots
- 3 stalks celery
- 1 sweet bell pepper (red, yellow, or orange)
- 4 green onions
- 4 leaves of the greenest romaine lettuce



RECIPES FOR HEALTH BLISS

- 4 large spinach leaves
- 2 kale leaves
- ½ cup broccoli sprouts
- ½ small beet
- ⅓ cup parsley
- 1–3 cloves garlic (optional)
- 1 small lemon (with peel, if organic)
- ¼ tsp. sea salt



Juice all ingredients and stir in the salt. Add extra tomatoes if you need more juice.

FYI: Lutein

Lutein is a carotenoid pigment found in plants that protects the colon cells from damage caused by highly reactive compounds called free radicals. These are a type of oxygen molecule that freely moves inside cells; reacting with proteins, fats, and DNA; changing their structure and disrupting their function. Free radicals are generated by the metabolism of oxygen and other chemicals such as cigarette smoke; unsaturated fats; food additives; and environmental chemicals such as herbicides, pesticides, and preservatives. In several recent studies, eating a lutein-rich diet was reported to reduce the risk of colon cancer by as much as 17 percent. Good sources of this carotenoid include tomatoes, carrots, oranges, broccoli, kale, romaine lettuce, and spinach.

VITALITY SHAKE

I make this smoothie several mornings a week right after my workout. It really hits the spot and provides a balance of protein, carbohydrates, and omega-3 fatty acids. This smoothie is also a great meal replacement.

Serves 1–2.

- 1 cup purified water
- 1 ripe banana, peeled (I like to use a frozen banana)
- ½ cup frozen fruit such as blueberries, strawberries, cherries, peaches, raspberries, or papaya
- 1–2 Tbsp. protein powder
- 3–4 leaves romaine lettuce
- 1 Tbsp. flaxseed oil



Blend, adding extra water if necessary to achieve the consistency you desire. Serve immediately.

Variation 1: Vary the fruits, and instead of water, use apple or pineapple juice, or hemp or nut milk (see Easy Nut Milk recipe that follows). To increase protein, B vitamins, and vitamin E, I add freshly milled raw wheat germ and nutritional yeast. When I want to add an extra boost of protein, I'll also blend in 6 almonds or a few pumpkin or sunflower seeds.

Variation 2: For a Vitality Dessert, pour this or another favorite smoothie into ice-cube trays and freeze. Press the frozen cubes through a Champion Juicer, and you have a very healthful sorbet-type dessert or meal.

Tip: Freezing Bananas

At any given time, I have about 20 frozen ripe bananas on hand. I use them in smoothies, to create banana ice cream (refer to the Frozen Fruit Treats recipe in Chapter 17), or simply to eat as a snack. Adding a frozen banana makes a smoothie colder and thicker. To freeze, simply peel the bananas and store whole or cut into pieces in zip-top freezer bags in your freezer.

EASY NUT MILK

This is a perfect replacement for dairy milk.

Serves 2–4.

½ cup almonds or cashews

2½ cups purified water (for soaking the nuts)

Soak the nuts in the water overnight to release and increase the nutrients and make the proteins more digestible. Drain, reserving the water. In a nut or coffee grinder or The Total Blender, grind the nuts into meal. Place the reserved water and meal in a blender and blend at high speed for about 2 minutes. Strain the resulting liquid through a fine-mesh strainer. Chill and serve.

Variation 1: Sweeten with a touch of maple, barley-malt, or brown-rice syrup or agave nectar, or add a teaspoon of pure vanilla extract.

Variation 2: For a warm drink on a chilly evening, add a dash of cinnamon, cardamom, and/or nutmeg. For a chocolate flavor, add a teaspoon of carob powder or organic raw cocoa powder. Warm on very low heat.

FYI: Cashews & Almonds

Cashews provide calcium, magnesium, iron, zinc, and folic acid. Almonds are a great source of protein and are very alkaline. They're the king of nuts, providing calcium, magnesium, phosphorus, potassium, zinc, folic acid, vitamin B₁₂, and vitamin E.

NUT-MILK SMOOTHIE

I always keep a quart of this in my refrigerator to enjoy with clients, family, and friends.

Serves 1.

1 cup almond-nut milk (See Easy Nut Milk recipe on previous page.)

1 ripe frozen banana, cut into chunks

Dash of cinnamon

Blend all ingredients and serve.

Variations: For a chocolate flavor, add 1 teaspoon carob powder or organic cocoa powder (I use raw powder). For a more complete, nutritious meal, blend in 1–2 tablespoons of your favorite protein powder. For a sweeter taste, blend in 3 medjool dates and a few drops of pure vanilla extract; and for an exotic taste, guaranteed to impress anyone, blend in 2 apricots with a dash of nutmeg and cardamom.

DRIED PLUM & APPLE SMOOTHIE

The more common name for dried plum is *prune*, but I don't call them that because there are so many popular misconceptions associated with the word. This is a refreshing afternoon pick-me-up guaranteed to keep you in the flow.

Serves 1–2.

- 1 cup vanilla nondairy yogurt
- 8 dried plums, pitted
- ½ cup frozen apple-juice concentrate (you can also find it bottled and unfrozen)
- ¼ lemon, peeled (leave pithy part on)
- ⅛ tsp. ground cinnamon
- 3 leaves fresh mint
- 5–6 ice cubes



Blend until smooth and serve.

FYI: Dried Plums (Prunes)

A natural laxative, dried plums are a good source of calcium, phosphorus, potassium, beta-carotene, and iron. They help lower cholesterol and are beneficial for the blood, brain, and nerves.

CRANBERRY-APPLE COOLER

I love the unique, refreshing taste of this drink.

Serves 1–2.

- 12 oz. cranberry-apple juice, freshly juiced or from health-food store
- 1–2 Tbsp. protein powder or cashews (optional)
- 1 large ripe banana
- Water and ice to taste (optional)

Blend all ingredients in a blender or food processor until smooth and serve.

Variations: Instead of cranberry-apple juice, try papaya, pomegranate, apple, or orange juice.

FYI: Cranberries

Cranberries have abundant antioxidant and antibacterial properties, which is why they're recommended for urinary-tract infections. They're also a good source of calcium, magnesium, potassium, manganese, and phosphorus.

CREAMY CINNAMON-BANANA SMOOTHIE

Everyone loves this smoothie!

Serves 1–2.

8 oz. vanilla almond milk (See Easy Nut Milk recipe earlier in this chapter.)

1–2 Tbsp. cashews or favorite protein powder

1 frozen or fresh ripe banana, peeled

¼ tsp. cinnamon

Pinch of nutmeg

Pinch of clove

Blend all ingredients in a blender or food processor until creamy and smooth. Serve.

FYI: Cinnamon

Researchers at Kansas State University have added cinnamon to the growing list of natural bacteria fighters. So spicing up your next glass of juice, cider, or smoothie with cinnamon may be a good idea for reasons beyond great taste.

TROPICAL-FRUIT SMOOTHIE

When you drink this smoothie, you'll feel like you're on a vacation in Hawaii.
Serves 2–3.

- 2 ripe bananas, peeled
- 1 mango, peeled, seeded, and cubed
- 1 papaya, peeled, seeded, and cubed
- 1 cup fresh pineapple chunks
- Ice cubes to taste

Blend all ingredients in a blender or food processor until smooth. Add water to thin out, if needed. Serve.

FYI: Bananas

Bananas provide potassium, tryptophan, vitamin C, vitamin K, and vitamin B₆. Not only do they promote sleep and remove toxic metals from the body, they also act as a mild laxative, are antifungal, and are a natural antibiotic. The pectin in bananas helps heal ulcers and lowers cholesterol. The best way to eat them is ripe—that is, when there are spots on the skin.

MIXED-MELON AMBROSIA

Melons provide a treasure trove of vitamins A, B, and C, along with trace minerals and enzymes. On a hot summer day, everyone will love this beautiful, delectable smoothie.

Serves 2–3.

- 2 cups watermelon chunks
- 2 cups honeydew chunks
- ½ cup cantaloupe chunks, frozen
- ½ cup strawberries, frozen
- 1 Tbsp. maple syrup or agave nectar (optional)



Juice the watermelon and honeydew together. Pour the melon liquid into a blender and blend with the frozen fruit. Sweeten to taste.

Variation: Substitute frozen pitted cherries or blueberries for the strawberries.

FYI: Melons

Because of their high water content, melons are excellent rehydrators and cleansers. For maximum benefit, eat melons alone (don't combine with other fruits) when you're not creating a smoothie. Cantaloupe is one of the best sources of beta-carotene, potassium, and vitamin C.

MANGO-COCONUT-CREAM SMOOTHIE

Serve this smoothie in a clear glass to display its dazzling color.

Serves 2–3.

- 2 medium mangos (about 1 cup), peeled, seeded, and cut into chunks
- 1 cup orange, lemon, vanilla, or peach nondairy yogurt
- $\frac{3}{4}$ cup lite coconut milk (or combination of fresh coconut water and meat from a young coconut)
- $\frac{3}{4}$ cup vanilla hemp milk or nut milk
- 2 Tbsp. frozen orange-juice concentrate, thawed
- Juice of $\frac{1}{2}$ lime

Blend all ingredients in a blender or food processor until creamy smooth and serve immediately.

Variation: To increase protein to almost 20 grams per serving, increase nut milk to 2 cups and add 2 tablespoons of your favorite protein powder.

FYI: Coconut

Coconut contains iron, fiber, and lauric acid, an antimicrobial and antibacterial fatty acid also found in human milk. An 8-ounce serving of fresh coconut milk has only 60 calories, mostly from sugars. Try it instead of water or vegetable stock to cook grains and cereals. I drink fresh coconut water from young coconuts a few times each week.