

Cooking Up Vitality



*Rockin' Recipes from
Celebrity Docs, Leaders,
and Parents*



Dr. Keesha Ewers

Bestselling Author of *Solving the Autoimmune Puzzle*

Cooking Up Vitality: Rockin' Recipes from Celebrity Docs, Leaders, and Parents
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Disclaimer

The information contained in this ebook is not intended to treat, diagnose, cure or prevent any disease. All material provided in Cooking Up Vitality is provided for educational purposes only. Always seek the advice of your qualified healthcare provider with any questions or concerns you have regarding your health, and before undertaking any diet, exercise or other health program.

For those on a journey to reclaim or to maintain vitality, this cookbook is for you.

Thank you to all those who generously submitted these delicious recipes. Your dedication to help others is inspiring to us all.

- Dr. Keesha

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INTRODUCTION

It is with pleasure that my team and I bring to you this labor of love. This cookbook is a compilation of the favorite gluten-free, sugar-free, and dairy-free-friendly recipes from some of the most incredible thinkers and healers in the healthcare space. Many of these men and women were speakers for the Woman's Vitality Summit and have generously donated their own recipes to be of service to you.



We have all walked the path of moving from the standard American diet (SAD) to a more health-conscious way of eating in order to reverse our own diseases, or those in our children.

I know that the transition from a SAD diet to a whole foods way of eating can be tough. That's why this is my gift to you. You are joining me at my table, eating the food my family eats. This cookbook is the answer to the question I get every day in my clinic, "What do I eat if I stop eating gluten, sugar, soy, dairy, and processed food?"

The goal of this little compilation of recipes is to help you achieve optimal wellness and vitality. May it bring you great joy as you embark on a journey of food discovery, moving from an attitude of deprivation to one of abundance and plenty!

HELPFUL TOOLS

1. A powerful blender such as a [VitaMix](#)
2. Non-toxic cookware free of non-stick coatings such as stainless steel and cast iron pans
3. An easy to clean juicer. I love the [Breville juicer](#). I juice every morning and it's a snap with this juicer.
4. [Spiralizer](#) to make your own gluten-free noodles from vegetables
5. Stainless Steel [Zester](#) for grating lemon, lime, nutmeg, ginger and turmeric
6. Stainless steel [measuring cups and spoons](#)
7. Glass [mixing and storage bowls](#)
8. [Coffee grinder](#) to grind spices
9. Quart-sized [glass jars](#) for infusions and teas and ferments
10. [Bamboo lids](#) for making sole solution in quart-sized jars
11. [Glass teapot](#) with infuser



THE FUNCTIONAL PANTRY

Buy organic, local and biodynamic where possible.

FATS & OILS

- avocado oil
- Brazil nut oil
- coconut flakes
- coconut milk, full fat (BPA-free can)
- coconut oil
- creamed coconut
- extra virgin olive oil
- Fatworks tallow
- ghee
- grapeseed oil
- hemp oil
- Sacha Inchi oil
- sesame oil
- walnut oil

SEEDS & SEED BUTTERS

- chia seeds
- flax seeds (buy whole, use coffee grinder)
- hemp hearts
- pumpkin seeds, raw
- pumpkin seed butter, raw
- sunbutter
- sunflower seeds, raw
- tahini, raw

NUTS & NUT BUTTERS

- Brands: Artisana, Maranatha soaked, Justin's nut squeezes
- almonds
- Brazil nuts
- cashews
- chestnuts
- hazelnuts
- peanuts

- pecans
- pistachios
- Sacha nuts
- walnuts

FLOURS

- almond flour / meal
- cashew flour
- coconut flour
- hazelnut flour
- tapioca

SWEETS

- cacao nibs
- cacao powder, raw (Navitas Naturals)
- coconut nectar or crystals
- dates
- goji berries
- golden berries
- honey, raw local
- mulberry
- stevia
- xylitol
- yacon syrup

THICKENERS

- agar (seaweed in Asian section)
- gelatin (Great Lakes, red container)

POWDERS & SMOOTHIE ADDITIONS

- chlorella powder
- collagen (Great Lakes)
- flaxseed oil, high lignin (Barlean's)
- hemp hearts

- maca root powder
- protein powder ([Functional Nutrients](#))
- pumpkin seed protein powder
- spirulina powder

SPICES & FLAVORINGS

- alioli
- apple cider vinegar (Bragg's)
- avocado oil mayo (Primal Kitchen)
- coconut aminos (sub for soy sauce)
- cardamom
- chicken paste
- cinnamon, ground
- cumin
- garlic
- ginger
- Herbamare
- oregano
- sea salt
- tapenades
- turmeric

FERMENTED FOODS

- Brands: Britts Pickles, Bubbies, Firefly Sauerkraut (in the refrigerated section)
- carrot sticks
- kimchi
- kombucha
- miso
- yogurt, kefir (plain, no sugar)

BROTHS

- bone broth, chicken or turkey
- bone broth, [pre-made](#)

VEGETABLES & HERBS

Variety of colors

- avocado
- broccoli
- Brussel sprouts
- cauliflower
- cilantro
- cucumber
- greens - spinach, chard, kale, collard
- parsley
- peppers, red, orange, yellow
- spaghetti squash
- sugar snap peas
- tomatoes
- zucchini

STARCHY VEGETABLES

- acron squash
- beets
- butternut squash
- carrots
- peas
- pumpkin
- sweet potato

FRUITS

- apples
- blackberries
- blueberries
- cherries
- citrus fruits
- cranberries
- grapes

- mangos
- pears
- strawberries

PROTEIN

- beans
- beef, grass-fed, local (US wellness)
- chicken, lean
- eggs, pasture-raised
- flounder
- halibut
- hummus
- lentils
- salmon
- striped bass
- trout
- tuna, sardines - tinned (Wild Planet or other with no BPA lining)
- turkey, lean

PREPARED FOODS

- burgers, frozen
- Epic Bars
- Exo Bars (crickets)
- Go Raw bars
- Huma Chia Gel, for runners
- Julian Bakery paleo wraps
- kale chips
- Navitas Naturals trail mix
- Paleo Valley beef sticks
- Paleo Wraps
- Primal bars
- Roam Bars (pork)
- Tanka Bars, jerkey
- vegetables, frozen

HERBAL TEAS

- apple cinnamon
- [Capomo](#) (Mayan nut coffee substitue)
- chamomile
- chicory
- dandelion leaf
- ginger
- lemon balm
- milk thistle
- nettle
- peppermint
- red clover
- red raspberry leaf
- rooibos
- rosehip
- Tulsi
- vanilla
- Yerba mate

WHY ORGANIC?

When you purchase organic food, you are ensuring that your food is free of insecticides, herbicides and pesticides. These chemicals have been shown to cause diseases such as autoimmunity and cancer.

The Environmental Working Group (EWG) is a fantastic resource for information on how to clean up your home, diet, car, office, and the environment. They list the Dirty Dozen (produce that must be organic) and the Clean Fifteen (lower in chemicals). Go to www.ewg.org to find out more information about cosmetics, cleaning supplies, how to read labels, and much more.

Make sure you buy organic pastured eggs and animal protein. These animals have been raised more humanely and are free of antibiotics and harmful hormones and chemicals.

The list below from the EWG is in numerical order with the lowest numbers bearing a higher load of pesticides and the higher numbers carrying a lower load.

DIRTY DOZEN

1. strawberries
2. apples
3. nectarines
4. peaches
5. celery
6. grapes
7. cherries
8. spinach
9. tomatoes
10. sweet bell peppers
11. cherry tomatoes
12. cucumbers
13. snap peas, imported
14. blueberries, domestic
15. potatoes
16. hot peppers
17. lettuce

18. kale, collard greens
19. blueberries, imported
20. green beans
21. plums
22. pears
23. raspberries
24. carrots
25. winter squash
26. tangerines
27. summer squash*
28. snap peas, domestic
29. green onions
30. bananas
31. oranges
32. watermelon
33. broccoli
34. sweet potatoes
35. mushrooms

CLEAN 15

36. cauliflower
37. cantaloupe
38. grapefruit
39. honeydew melon
40. eggplant
41. kiwi
42. papayas*
43. mangos
44. asparagus
45. onions
46. sweet peas, frozen
47. cabbage
48. pineapples
49. sweet corn*
50. avocados

* A small amount of sweet corn, papaya and summer squash sold in the US is produced from Genetically Engineered (GE) seed stock. Buy organic varieties of these crops to avoid GE produce.



TEAS & ELIXIRS

Carob Cinnamon Delight

Trudy Scott

INGREDIENTS

¾ c of boiling water

1 T carob powder

¼ t cinnamon

Coconut milk (full-fat) or fresh raw cream (if you can tolerate dairy)

Carob is a delicious alternative to coffee or hot chocolate as it doesn't contain caffeine. It has a definite chocolate-like flavor and is something I recommend to my clients who may be looking for a healthier alternative or who can't tolerate coffee or chocolate. Carob is originally from the eastern Mediterranean region, Northern Africa and the western part of Asia. *Ceratonia siliqua* or carob is also known as locust bean gum.

Consider trying carob if you are anxious and stressed. There are a subset of those with anxiety who are more prone to the anxiety-provoking effects of coffee. Some very sensitive people may even find the caffeine in chocolate to be too stimulating.

In fact, a 2002 study found that carob may actually have calming effects. It is antioxidant rich, contains the polyphenol gallic acid which has been shown to help metabolic syndrome, has been shown to lower total and LDL cholesterol, has chemoprotective properties, and helps with digestion.

DIRECTIONS

1. Boil the water.
2. Add carob and cinnamon and top up with coconut milk (or cream), stir and enjoy! The carob tends to settle a bit so you'll probably need to stir it again when you're half way through drinking it.

Food Mood Expert Trudy Scott is a certified nutritionist on a mission to educate and empower anxious individuals worldwide about natural solutions for anxiety, stress and emotional eating. She is known for her expertise in the use of targeted individual amino acids, the social anxiety condition called pyroluria and the harmful effects of benzodiazepines. Trudy is the author of *The Antianxiety Food Solution: How the Foods You Eat Can Help You Calm Your Anxious Mind, Improve Your Mood and End Cravings* and host of The Anxiety Summit, now in its 4th season and called a "bouquet of hope". Trudy is passionate about sharing the powerful food mood connection because she experienced the results first-hand, finding complete resolution of her anxiety and panic attacks.

www.everywomanover29.com | www.theanxietysummit.com



Digestion Tisane

Sherry Strong

INGREDIENTS

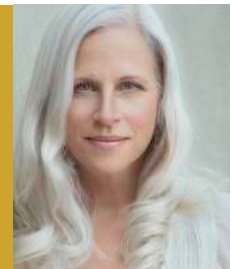
½ c peppermint leaves
¼ c chamomile buds
2 T liquorice root

Great for settling the tummy and a sweet treat for that tooth!

DIRECTIONS

1. Combine herbs and place in a sealable dark glass jar.
2. Boil fresh water (reboiling water changes the flavour and quality of the tea).
3. Add 1-2 t of herb mixture per cup of water.
4. Allow herbs to steep for 5 minutes.
5. Strain and drink.

Sherry Strong is the author of *Return to Food - The Life-Changing Anti-Diet*, founder of the Return to Food Academy and Sweet Freedom Project. As an award winning chef, nutritionist and food philosopher she became the Victorian Chair of Nutrition Australia, Melbourne President of Slow Food, Curator and Co-Founder of the World Wellness Project. Sherry has been featured on numerous television shows internationally with over 24 years in the business of helping people develop a healthier relationship with food, their body and the planet. Her most recent passion project is the Sweet Freedom Summit and 8 Week Online Program, helping people end sugar addiction for good. www.returntofood.com



Rooibos Chai

Dr. Shiroko Sokitch

INGREDIENTS

Organic rooibos chai (rooibos, cinnamon, ginger, cardamom, cloves)
1 c hot water
1 c organic plant milk (almond, cashew, coconut)
Monk fruit extract (optional)

This tea is good for relaxing, warming on a cold winter day, many antioxidants, and good for digestion.

DIRECTIONS

1. Brew a strong cup of hot tea.
2. Meanwhile, warm the milk in a small pot.
3. Pour the hot milk over the hot chai.
4. Add monk fruit extract to taste.

Dr. Shiroko Sokitch's mission is to help you heal and regain the health and vitality you deserve when no one else has found the answers. She does this by using a unique blend of Chinese and Western medicine to help you learn to listen to and balance your body. Dr. Shiroko has a broad range of medical experience with training in general surgery and acupuncture, and 10 years of experience as an emergency room doctor. In addition to practicing integrative medicine for 23 years, she hosted a public access TV show, *Perspectives on Healing* for 2 years, has had a Sonoma County news column for 15 years, and is writing her second book-*7 Keys to Accelerated Healing*. As the owner of Heart to Heart Medical Center in Santa Rosa, California since 1993, she specializes in: acupuncture, chronic illness, pain treatment, hormone balancing, bio-identical hormones, digestive problems, and brain chemistry balancing. www.hearttoheartmedicalcenter.com



Bile Boosting Ginger Calendula Tea

Dr. Terry Wahls

INGREDIENTS

¼ in. grated fresh ginger
2 t calendula tea
1 t coconut milk (or to taste)
2 c boiling water



The ginger and calendula in this tea will increase the production of bile, which boosts detoxification in the liver. The addition of 500 mg or more of chlorella taken at the same time will further support detoxification, increasing the liver's production of bile and the body's ability to eliminate the various pollutants that are stored in your fat, such as plastics, solvents, and pesticides and heavy metals like lead, mercury, and arsenic. The beauty of this tea is its very pleasant taste and its effectiveness at improving the efficiency of your liver.

DIRECTIONS

1. Brew the calendula tea and fresh ginger with boiling water for 10 minutes.
2. Strain and add coconut milk to taste.

Dr. Terry Wahls is a clinical professor of medicine at the University of Iowa where she teaches, sees patients in a therapeutic lifestyle clinic, and conducts clinical trials. She is also a patient with secondary progressive multiple sclerosis, which confined her to a tilt-recline wheelchair for four years. Dr. Wahls restored her health using a diet and lifestyle program she designed specifically for her brain and now pedals her bike to work each day. She is the author of *The Wahls Protocol: How I Beat Progressive MS Using Paleo Principles and Functional Medicine*, *The Wahls Protocol: A Radical New Way to Treat All Chronic Autoimmune Conditions Using Paleo Principles* (paperback), and the cookbook *The Wahls Protocol Cooking for Life: The Revolutionary Modern Paleo Plan to Treat All Chronic Autoimmune Conditions*. www.terrywahls.com



Ayurvedic Detox Tea

Dr. Keesha Ewers

INGREDIENTS

¼ t whole cumin
½ t whole coriander
½ t whole fennel
1 in. fresh ginger, peeled and minced
Pinch of sea salt

This medicinal tea improves digestion, skin, food absorption and balances the doshas!

DIRECTIONS

1. Boil 2 quarts of water.
2. Add spices and steep for 10 minutes with the lid on.
3. Strain and pour into a thermos to keep warm.
4. Sip 4-6 cups throughout the day.
5. Start fresh by making a new batch in the morning.

Dream Beautifully Tea

Rachael Pontillo

INGREDIENTS

Herbs: Organic preferred, dried is fine as long as the color is still vibrant and they still have a firm texture. Add these herbs to a mason jar and shake until evenly distributed.

1 part jasmine flowers (*Jasminum odoratissimum* or *grandiflorum*)

1 part rose petals (*Rosa damascena*)

1 part lavender flowers (*Lavandula angustifolia*)

*1 part chamomile flowers (*Matricaria chamomile*)

2 parts sacred basil/tulsi (*Ocimum sanctum*)

*Omit this if you are allergic to anything in the asteraceae family.

This herbal tea blend is one of my best beauty secrets, as it contains herbs naturally known to support healthy skin from within and also help encourage lucid sleep and pleasant dreams. The taste is so delicate and lovely, it's sure to put a smile on your face as you drift off to a peaceful sleep.

DIRECTIONS

1. Steep 1 heaping teaspoon per 8 oz. boiling filtered water, covered, for 20 minutes.
2. Enjoy while warm, as is, or lightly sweeten with raw, local honey or organic stevia.



Rachael Pontillo is the bestselling author of the book *Love Your Skin, Love Yourself*, and co-author of *The Sauce Code*. She's an AADP and IAHC Board Certified International Health Coach, licensed aesthetician; and natural skincare formulator and educator. She's the president and co-founder of the Nutritional Aesthetics™ Alliance, the creator of the popular skincare and healthy lifestyle blog, *Holistically Haute™*, as well as the 6-week online course, *Create Your Skincare*. She is currently pursuing her Ph.D. in Holistic Life Counseling. Rachael also holds additional certifications in metaphysical science, detoxification, acupressure, Reiki, Chinese Facial Diagnosis, and Ayurveda. She's an avid herbalist, self-professed skincare ingredient junkie, and lifelong learner. www.rachaelpontillo.com



Mama Needs a Rest Tea

Dr. Shawn Tassone

INGREDIENTS

1 T dried lemon balm
2 t dried peppermint
1 t fennel seeds
1 t dried chamomile flowers
1 t dried lavender flowers
2 slices dried licorice root
Sweetener, as needed
Heavy cream or milk, as needed

This is one of my favorites for women, preferably made by a caring partner when you need a rest or at least a little quiet time to help slow down. The herbs are all calming and the addition of heavy cream will boost tryptophan levels and increase the effects.

DIRECTIONS

1. Take the herbs and crush them, especially the fennel seeds.
2. Steep for a few minutes with boiling water and strain.
3. Add sweetener and heavy cream or milk to taste.

Shawn Tassone, MD PhD is a double boarded physician in Obstetrics and Gynecology and the American Board of Integrative Medicine. He is the author of *Spiritual Pregnancy: Develop, Nurture & Embrace the Journey to Motherhood* (Llewellyn Publications, 2014) and *Hands Off My Belly! The Pregnant Women's Guide to Surviving, Myths, Mothers, and Moods* (Prometheus, 2009). Dr. Tassone has written for *Psychology Today* and was the content editor for About.com Women's Health page. He is an instructor in integrative medicine at Arizona State University. His belief is that the human body was made to heal itself and that the medical model should involve more patient-centered care with an active patient and a passive healer. He currently practices in Austin, TX where he instructs his patients on natural therapies, as well as those traditionally accepted. www.drshawntassone.com



Heart Tea

Dr. Maya Shetreat-Klein

INGREDIENTS

1 c organic hibiscus blossoms
1 c organic hawthorne
1/3 c organic rose petals
1/3 c organic violet leaves



DIRECTIONS

1. Combine ingredients and store in a sealed jar.
2. Fill tea ball (infuser) with desired amount, pour hot water over it, and steep for 3-5 minutes, covered.
3. Add honey or sweetener as desired and enjoy!

Maya Shetreat-Klein, MD is a neurologist, herbalist, urban farmer, and author of *The Dirt Cure: Healthy Food, Healthy Gut, Happy Child* (Simon and Schuster, 2016), which has been translated into ten languages. She has been featured in the New York Times, The Telegraph, NPR, Sky News, The Dr. Oz Show and many more. Board certified in adult and child neurology as well as pediatrics, Dr. Maya completed the University of Arizona's Fellowship in Integrative Medicine, and now serves on their faculty. She works and studies with indigenous communities and healers in Ecuador. In her book and her practice, she offers an integrative and spiritual approach to allow moving beyond chronic health problems in children and adults. She also founded the Terrain Institute, where she teaches Terrain Medicine™, an earth-based program for transformational healing. www.dirtcure.com



Dr. Shippy's Clarity & Energy Tea

Dr. Ann Shippy

INGREDIENTS

½-1 t matcha green tea
(Matcha Love)
1-2 scoops of D-ribose
(Designs for Health)
1 t Brain Octane (Bulletproof)
1 scoop Carnitine Tartrate
(Designs for Health), (optional)
Sprinkle of organic cinnamon
½ t honey (optional)
1 c of filtered (almost) boiling
water, divided

Every morning I enjoy a bowl of this delicious tea. I find that this combination of tea and supplements helps with mental clarity, energy, and it controls my appetite. Matcha green tea powder has restorative powers and a smooth finish. It's also rich in L-Theanine, an amino acid that has a calming mental effect. D-ribose supports increased energy levels and cardiovascular health. Brain Octane oil provides mental clarity and physical energy, plus it keeps you satisfied and free from food cravings. L-carnitine has been shown to support the heart and cardiovascular system. It also may improve brain function and help with weight loss. Athletes and weekend warriors take it to improve recovery after workouts. Cinnamon is packed with antioxidants. It can also lower blood sugar levels.

DIRECTIONS

1. In small bowl, whisk ½ cup of water and matcha tea until dissolved.
2. Add the rest of the water and the remaining ingredients.
3. Add honey to taste if desired.

Ann Shippy, M.D. is on a mission to help create extraordinary wellness throughout the world by using cutting-edge science, testing and the latest genetic research to find and treat root causes—and not just the symptoms—of illness. As a former IBM engineer, Dr. Shippy became frustrated that traditional medicine couldn't find answers to her own health ailments, so she left over a decade in engineering to adapt her skill-set to the world of medicine. She is board certified in internal and functional medicine with a thriving practice in Austin, TX. She is the author of two books, *Shippy Paleo Essentials* and *Mold Toxicity Workbook: Assess Your Environment & Create a Recovery Plan*. shippymd.com/



Headache Relief Tea

Dr. Keesha Ewers

INGREDIENTS

¼ c chamomile
¼ c feverfew
¼ c skullcap
¼ c lemon balm
½ c lavender
1 T lemon peel
1 slice fresh ginger

Each of the herbs has actions that reduce anxiety, melt tension, and aid in headache reduction. This recipe will give you enough for several cups. Mix and store in a sealed jar.

DIRECTIONS

1. Brew 1-2 t of herbal tea per 1 c hot water.
2. Pour into a mug over a slice of ginger root. Steep for 15 minutes.
3. You may sweeten with coconut nectar, stevia, or raw honey if desired.

Liv-Free Tea

Damian Dubé

INGREDIENTS

½ c dandelion root
½ c milk thistle seeds, ground
½ c burdock root

A simple tea blend to help the liver detoxify. Because we all live on a polluted planet, supporting the liver is an important step in cancer prevention and overall health and wellness. The ingredients in this tea can help promote glutathione production, as well as phase 1 and 2 liver detoxification pathways.

DIRECTIONS

1. Mix all ingredients together and keep sealed in a jar.
2. To make a cup of tea, use 1 T of mix per 8 oz. of hot water.
3. Allow to steep covered for 10 minutes (roots need to be steeped for longer periods of time).

Burn Out Free Tea

Damian Dubé

INGREDIENTS

¼ c dried avena sativa (oat straw)
¼ c dried nettle leaves
¼ c dried tulsi leaves
¼ c dried spearmint
1 T lavender flowers
1 T rose flowers

This tea is great for frazzled nerves, elevated cortisol levels, and general nourishment. I recommend this tea to cancer survivors, co-survivors, and anyone needing a little cup of comfort. The rose helps soothe the emotional heart, while the nettles provide all the minerals you need to support the adrenals. I call avena sativa the warm blanket you wish someone could tuck you in bed with because that's just how it feels, with a little bit of Tulsi (or Holy Basil) to aid the adrenals.

DIRECTIONS

1. Mix all ingredients together and keep sealed in a jar.
2. To make a cup of tea, use 1 T of mix per 8 oz. of hot water.
3. Allow to steep covered for 5 minutes. Enjoy.



Diagnostic and Functional Nutritionists, Damian and Heather Dubé, are the Co-Founders of e3 Energy Evolved, a thyroid, adrenal and metabolic restoration system helping women and men create their lifetime-best natural wellness & metabolism. They discovered their system during their battle to successfully beat Heather's advanced Hashimoto's Thyroiditis, Chronic Fatigue Syndrome and Autoimmune Disease drug-free through nutrition and lifestyle, and transform her body to compete naturally as a US National Level Figure Athlete in 2 years. With 50 years combined education and experience in nutrition, wellness, psychology, athletics and pharmacy, they are Nutritionists, Athletes, Expert Contributors for Experience Life & OnFitness Magazines, and Nutrition Science Peer Reviewers to mass market fat loss brands like TapouT XT. e3energyevolved.com



Robin's Pecan Milk & Chai Latte

Robin Nielsen

INGREDIENTS

Pecan milk:

- 1 c pecans, raw
- 4 c water
- 1 T vanilla
- 6 drops stevia (or to taste)

Chai Latte:

- 1 rounded scoop Blue Lotus Golden Masala Chai
- 4 oz. hot water
- 4 oz. steamed or frothed pecan milk



Dairy is a very inflammatory, often hormone-imbalancing food. So I look for yummy substitutes like quick and easy pecan milk. The cool thing about making “milk” with pecans is that you don’t have to strain it like you do with other nut milks. The pecans are soft and purée readily. I make it in the morning for a quick, 5 minute frothy chai latte.

DIRECTIONS

Pecan milk:

1. Put all ingredients in blender.
2. Blend on high until well blended.
3. Use as you would use milk.
4. You can also soak the pecans in water for a few hours, drain and then make the nut milk. This helps to remove some of the phytates.

Chai Latte:

1. Mix the chai powder with the hot water in your mug using a small whisk.
2. Pour the beautiful frothed pecan milk over the top.
3. Sprinkle with a little cinnamon. So delicious!

Robin Nielsen is an integrative Certified Nutrition Consultant, Board Certified in Holistic Nutrition, she specializes in helping women find hormone balance from puberty to menopause, to live their most fabulous lives. She is founder of Juvenescence, LLC, the highly successful Get Your Groove On!, corporate and community wellness program, is co-creator of Sexy Younger You!, and is CEO and Chief Wellness Officer for Insulite Health pcos.com, supporting women with PCOS and its devastating symptoms, to transform their lives. She has been featured on the CBS television program *Eye on the Bay* showcasing her life changing women's retreats. juvenescence.net



Golden Milk

Dr. Sylva Dvorak

INGREDIENTS

2 c of organic milk (coconut, almond or hemp, not cows milk)
1 t shaved fresh turmeric or organic ground turmeric
1 T fresh shaved ginger root
4-5 organic peppercorns

Golden milk is an ancient healing drink with many healing benefits. The main benefit is that it is anti-inflammatory and, if you drink it before bedtime will help you sleep better. You can double or triple the ingredients and store the remainder in your refrigerator.

For even more healing benefits and richer taste, add a teaspoon of coconut oil or ghee (see condiments chapter) and whisk in your cup for a latte-type experience. Coconut oil is a superfood and also has numerous healing properties including supporting brain function, weight loss, your immune system and heart.

You can also add a sprinkle of cinnamon to your cup to add even more healing benefits. Cinnamon is loaded with antioxidants – properties that protect your body from oxidative damage caused by free radicals.

DIRECTIONS

1. Combine above ingredients in a saucepan and heat.
2. Simmer for approximately 10 minutes (do not boil).
3. Use a strainer and pour into your favorite cup. Sip immediately.

Dr. Sylva Dvorak is a holistic counselor, social entrepreneur, and author who maintains a private counseling practice while serving as Executive Director and Chief Inspiration Officer of the I AM Foundation. She has published numerous articles, contributed to several books, and is the co-author of the NY Times bestseller, *Your Hidden Riches - Unleashing the Power of Ritual to Create a Life of Meaning and Purpose* (Random House, Nov. 2014). Sylva's commitment to help others find their personal freedom goes back to her experiences as a young child. She and her family escaped from what was then Czechoslovakia during the Soviet Union occupation and at that time she spent time in refugee camps. Sylva lives what she teaches and is passionate about merging ancient knowledge with scientific understanding of the body and mind and how that can lead to healing and inner transformation. www.drsvladvorak.com | www.iamfoundation.org



Easy Golden Milk Latte

Dr. Jolene Brighten

INGREDIENTS

2 c coconut milk
2 t turmeric root powder
1 t fresh ginger root or powder
½ t cinnamon
1-2 t of raw honey
Pinch of fresh ground black pepper



This beautiful golden root works on some of the major inflammatory pathways in the body to bring down pain and inflammation. Turmeric is highly absorbable as a beverage, especially when you add in a little black pepper. By lowering inflammation you'll nourish your adrenals and balance your hormones all with one tasty beverage! You can whip this up in minutes and enjoy warm or over ice. I usually make extra in the morning and store in a mason jar in the refrigerator for when I get home.

DIRECTIONS

1. Blend everything together in a blender until smooth.
2. Place in a small saucepan over medium heat for 3-5 minutes.
3. Drink immediately or put into the refrigerator for later.

Dr. Jolene Brighten is a licensed Functional Medicine Naturopathic Doctor, best selling author, speaker, and mother. Dr. Brighten specializes in women's health, from fertility to postpartum care, adrenal and thyroid support, autoimmune conditions, and digestive disorders. In her patient centered practice, Dr. Brighten thrives on navigating the space between conventional and alternative medicine, all while working with patients to help them achieve optimum balance, health, and happiness. www.drbrighthen.com



Liana's Love Potion

Liana Chaouli

INGREDIENTS

1 c boiling water
¼ t turmeric
¼ t cinnamon
1 date, pitted and diced

DIRECTIONS

1. Boil water.
2. Add turmeric, cinnamon, and date pieces into a cup.
3. Fill the cup with boiling water.
4. Cover the cup with a saucer or any kind of lid to allow it to steep for about 3 minutes. Enjoy!

Liana Chaouli is the President and Founder of Image Therapists International Inc. and a globally recognized thought leader, style expert and educator. Ms. Chaouli, provides transformation through the empowerment of wardrobe. She has spent two decades consulting CEOs, celebrities, and political figures on matters of self-image. As the developer of Image Therapy™, she works closely with her clients on their personal and professional presence using analysis, physical appearance, and education to adjust attitudes affecting self-esteem and overall sense of worth. Her clients include Bob Mackie, The Canfield Training Group, IBM, Nordstrom's, Coldwell Banker University, Chico's, and many more.

www.imagetherapists.com



Spiced Turmeric Latte

JJ Virgin

INGREDIENTS

For Spice Paste:

2 scoops JJ Virgin Chai Plant-Based All-In-One Protein Shake powder

2 T ground turmeric

1½ t ground ginger

½ t ground cinnamon

½ c filtered water

For Each Latte:

8 oz. unsweetened coconut milk

1 t coconut oil

1 t spice paste

Known for its anti-inflammatory properties, turmeric makes a delicious, nurturing latte when mixed with chai protein powder and coconut milk. Also called “golden milk,” this healing recipe is perfect whether you’re fighting off a summer cold or the mid-winter blahs. Note: 1 batch of spiced turmeric paste is enough for several dozen lattes, and it keeps beautifully in the refrigerator. That means you can enjoy a Spiced Turmeric Latte every evening with only 2-3 minutes of prep.

DIRECTIONS

Spice Paste:

1. Stir together all the ingredients in a small saucepan until well-combined.
2. Cook over medium heat, stirring constantly, until the mixture becomes a thick paste, 1-2 minutes.
3. Let the mixture cool, then store in a small jar in the refrigerator.

Latte:

1. Whisk together all the ingredients in a cooking pot and cook over medium heat until warm. (Do not allow to boil.)



Celebrity nutrition and fitness expert JJ Virgin teaches clients how to lose weight and master their mindset so they can lead bigger, better lives. She is author of 4 NY Times bestsellers: *The Virgin Diet*, *The Virgin Diet Cookbook*, *JJ Virgin's Sugar Impact Diet*, and *JJ Virgin's Sugar Impact Diet Cookbook*. Her memoir *Miracle Mindset: A Mother, Her Son, & Life's Hardest Lessons* explores the powerful lessons in strength and positivity that she learned after her son was the victim of a brutal hit-and-run accident. JJ hosts the popular “JJ Virgin Lifestyle Show” podcast and regularly writes for *Huffington Post*, *Rodale Wellness*, and other major publications. She is also a business coach and founded the premier health entrepreneur event and community, The Mindshare Summit. www.jjvirgin.com



Anti-inflammatory Lemongrass Refresher

Erin Knight

INGREDIENTS

5 stalks organic lemongrass,
chopped
1 c fresh organic turmeric root,
washed and sliced (not peeled)
3 in. organic ginger, washed and
sliced (not peeled)
2 qt water
Juice of 2 limes
2 T raw honey (optional)

This is a great tea to drink 2x daily when you know you are especially prone to migraines (thunderstorms, after-workout shoulder tension, “that time of the month”). All three powerhouse plants reduce excess inflammation and ginger and lemongrass taste great and soothe nausea. The anti-inflammatory benefits can take a couple of days to come into full effect, so try to plan ahead.

Note of caution: Lemongrass, ginger and turmeric are powerful medicinal plants so be sure you understand counterindications if you plan to use large amounts in this tea or your cooking. For example, all three can lower blood sugar so consult your doctor if you suffer with diabetes.

DIRECTIONS

1. Bring the chopped lemongrass and turmeric root to a boil in the water, turn down the heat and simmer for 5 minutes.
2. Add the ginger and simmer 2 more minutes before turning off the heat.
3. After cooling and steeping for 5 more minutes, strain into another pan or metal bowl.
4. Enjoy a cup hot and then transfer the rest to a glass pitcher after the tea has cooled to avoid shocking the glass. Add honey and lime, if you like, and store in the refrigerator.

Erin Knight helps women who desire natural solutions providing freedom from chronic migraines, so that they can experience a dramatic increase in energy and start participating in life again. www.EngineeringRadiance.com



Healing Infusion

Dr. Stephanie Davis

INGREDIENTS

1 clove garlic
1-2 in. of fresh ginger
1-2 in. of fresh turmeric
1 lemon
1-3 T raw honey (don't use raw if you're pregnant)
12 oz. hot water

I use this infusion for many things- colds, sinus infections, general inflammation, digestive issues, and morning sickness. It can also be used in conjunction with dysbiosis or GI infection treatment. It contains many natural anti-inflammatory and anti-microbial compounds that work synergistically together to support healing, plus it tastes great and makes you feel warm and cozy when you're feeling under the weather. Note that all of the ingredients can be adjusted to taste levels.

DIRECTIONS

1. Boil your water while you prepare the other ingredients.
2. Grate the garlic and ginger directly into your cup or a cheese cloth if you don't like the little pieces. Cut the lemon in half and squeeze both halves into the cup.
3. Pour the water into the cup with the other ingredients.
4. Add the honey and stir everything up so it dissolves easily.
5. Let cool for a few minutes and drink.

VARIATIONS

Morning Sickness: I recommend only using the lemon, ginger and honey (not raw) to help with morning sickness. Sip slowly throughout the day or moments of nausea.

GI Upset: Adding 1 T of apple cider vinegar can increase the GI supporting properties of this infusion.

Immune Boosting: Adding a piece of astragalus root to the boiling water can boost immune support.

Dr. Stephanie Davis, DC is a Functional Medicine practitioner, Research Director for Living Matrix, speaker, and mother. Dr. Davis specializes in healing eczema by identifying the root causes of this autoimmune condition. She believes truly healing the skin comes from an inside-out approach, not just treating the surface. After years of treating gut and autoimmune conditions, she saw that eczema frequently occurs with them and needs to be addressed given its significant impact on the patient's lives. Her goal with every patient is vibrant health inside and out. www.drstephaniedavis.com



Ginger Turmeric Tea

Kerry McClure

INGREDIENTS

1½ cups water
½ - 1in. fresh ginger, peeled & sliced
½ - 1in. fresh turmeric, peeled & sliced
Raw honey, to taste
1 slice lemon (optional)

If you are new to ginger and turmeric, start slow. They can be quite strong in flavor. Note: Turmeric can permanently stain so please be mindful of surfaces you use to process your turmeric as well as the cups and containers you put it in.

DIRECTIONS

1. Place ginger and turmeric slices in your favorite tea cup.
2. Bring water to a boil and add to tea cup.
3. Steep 10-15 minutes, depending upon how strong you like your tea.
4. Add raw honey to taste.
5. Add slice of lemon.
6. Take some self-care time, enjoy your tea, contemplate the beauty of your day.

Kerry McClure is a health and wellness practitioner of nutrition, yoga, meditation, mindfulness, and fitness and creator of The Vibrant Life Method online wellness course. Kerry works with people to eat, move, and practice mindfulness for better energy; a clear, focused mind; and a long, healthy life free from chronic symptoms of illness. Kerry is board certified in Holistic Nutrition® and a member of the National Association of Nutrition Professionals. She brings 25+ years of experience in corporate America to her company, Kerry McClure – Practical Wellness. www.kerrymcclure.com



Sole Solution

Dr. Keesha Ewers

INGREDIENTS

1-2 c sea salt
filtered water

Sole (pronounced Solay) is saturated natural salt water. It is not enough to add salt to your food if you are not absorbing the minerals in it. By fully saturating a water solution with mineral rich sea salt, you get the adrenal-healing, bone-building, detoxifying and hydrating benefits of salt.

DIRECTIONS

1. Put salt in quart-sized wide-mouthed jar and fill with water, leaving one inch at the top.
2. Cover with a non-metal lid and shake gently.
3. Let the salt dissolve overnight. If the salt is completely dissolved in the morning, add more to the mixture and leave overnight again. Do this until you see a little salt at the bottom of the jar.
4. Take 1 tsp of the sole in water every morning.

Elderberry Tonic

Sarica Cernohous

INGREDIENTS

¾ qt strained water kefir
½ c fresh/frozen wild blueberries
*2 t dried elderberries
1 T organic, raw sugar (Turbinado, Rapadura, Coconut Crystals, etc.)

*To rehydrate elderberries, place berries in a small glass or stainless steel bowl and pour about 2 T of HOT water onto them, and set them aside for 20-30 minutes to plump up. Pour liquid and berries into the jar together to blend with other ingredients.



This delicious and delightful immune tonic is wonderful for cold and flu season, offering a healthy dose of Vitamin C and other antioxidants, the immune support of elderberry, gut-benefiting bacteria and various B vitamins.

DIRECTIONS

1. Pour the berries into the water kefir and stir in the sugar.
2. Using an immersion blender, quickly mix all ingredients, until berries are broken down and become a part of the liquid (If no immersion blender, simply add all ingredients to a regular blender, pulse quickly to roughly chop the berries, then pour all ingredients into a quart jar).
3. Cap tightly and keep at room temperature for 12-24 hours (if room temperature is quite warm, the second fermentation will go faster, so 12 hours may be sufficient).
4. Open carefully as the carbonation may have really built up and can lead to spillage.
5. Strain and enjoy! Store any remaining in the refrigerator for up to 4 days.

Sarica Cernohous is a nationally-certified practitioner of Traditional Chinese Medicine and Chinese Herbal Medicine, practicing Japanese-style acupuncture and LED Light Therapy. Sarica authored *The Funky Kitchen*, a primer on the basics of traditional food preparation, from which her online course, "Fresh, Fun and Flavorful in The Funky Kitchen" is based. She is a board member for the National Association of Nutrition Professionals NANP, and a continuing-education provider for the NANP and the NC-CAOM (Acupuncture and Oriental Medicine). With Dr. Jack Tins, Sarica co-founded the teaching platform, The Belly Garden and is a coach for Metabolic Balance of Germany. Sarica has created the LAPIS Method, a fusion of lab-based, personalized, whole-food nutrition with education of the importance of and techniques around traditional food preparation methods. www.naturallylivingtoday.com



Morning Lemon Elixir

Trish M. Ward

INGREDIENTS

1 c room temperature water
Juice from 1 lemon
*1 T Bragg's raw apple cider vinegar
1 t raw honey OR a couple drops of stevia
Dash of sea salt
Dash of cinnamon

This amazing elixir stimulates digestion, releases toxins from the liver, jumpstarts your digestive enzymes, and is loaded with vitamin C.

DIRECTIONS

1. Combine all ingredients, still well, and enjoy!

*If you feel nauseous or experience tightness in the chest after drinking, omit the Bragg's. This reaction can occur from the body's releasing of bacteria and toxins during detox. Continue to drink the lemon elixir, omitting the Bragg's for at least three days, and then reintroduce it. If the reactions continue upon reintroduction, continue to only drink the lemon water.

Warm Cranberry Flush

Trish M. Ward

INGREDIENTS

2 T cranberry or pomegranate juice concentrate
6 oz. warm water
Juice from one lemon
Dash of nutmeg
Stevia or 1 T of raw honey (optional)

This warm drink will support healthy digestion, improve lymphatic drainage, and warm your kidneys and bladder, which is ideal for the winter months. Great for flushing the lymphatic system, cleansing unwanted bacteria, detoxing, and weight loss.

DIRECTIONS

1. Combine all ingredients, stir well, and enjoy!

Trish Ward helps committed individuals and special needs families discover the food and lifestyle habits that work specifically for their unique biochemistry and soul journey, so they can live symptom-free, with abundant energy, stamina and joy. She calls herself, the "Soulful Nutritionist," because she firmly believes that merging Soul and Science is where the magic of life is! In her 15 years of practice, she has seen, time and time again, that both one's physiology and psychology need to be in alignment to find true health. She is a founding member of mTT CA (My Team Triumph), an organization that allows disabled individuals the opportunity to experience endurance events, races, etc. thru able-bodied people; and is the creator of Restore Your Health, from the Inside Out - an 8 week program designed to address gut/brain healing. She is Mom to three, one with special needs, and a wife to her college sweetheart. www.trishmward.com





SMOOTHIES

Soul Satisfaction Smoothie Elixir

Debora Wayne

INGREDIENTS

½ c brewed and cooled pao d'arco or dandelion tea (loose tea leaves or one teabag. I prefer loose raw tea leaves)
¾ c coconut, almond, hemp, or cashew milk
1 T Bulletproof collagen protein
1 t Bulletproof vanilla bean powder
1 T grassfed butter or unrefined coconut oil
Cinnamon, to taste
⅛ - ¼ t cardamon
⅛ - ¼ t ground cloves
Pinch of sea salt
1 - 1 ½T raw cacao powder
¼ -½ c of berries, fresh or frozen

Helps calm the emotions, sooth the soul, nourish the body, increase energy and vitality after yoga or other forms of exercise. WARNING: It's addicting :)

DIRECTIONS

1. Brew and cool the tea.
2. Place coconut milk into a high speed blender.
3. Add all remaining ingredients.
4. Blend. Start on low speed for 5 seconds, increase to grind, then to liquify/high. Add more liquid if needed.
5. For additional antioxidant benefits, add your favorite greens like spinach, kale, or micro greens.
6. For additional sweetness add ½-1 t of Lakanto (monk fruit crystals) or 1-2 Medjool dates, chopped and pitted.

Debora Wayne, founder of "The Pain Free Living Program™," is an energy healer and pain-release specialist who helps people rapidly remove the hidden root cause for chronic pain, depression, anxiety, trauma, struggles with food, weight, and more. Her life's work unite leading-edge science with spiritual healing, and features her revolutionary, non-invasive method known as Biofield Healing™. Debora is the #1 Bestselling Author of *Why Do I Still Hurt? - Rapid Relief for Chronic Pain, Depression, Anxiety, and More*. She has degrees and certifications in Psychology, Hypnotherapy, Chemical Dependency Counseling, has 30+ years practicing and teaching the Art of Meditation, is a nationally recognized Fine Artist, a former professional Modern Dancer, a Certified Yoga Instructor, a Reiki Master, Biofield Healing™ Master Practitioner, and Founding Director of the Biofield Healing™ Institute based in Del Mar, California. www.PainFreeLivingProgram.com



Minty Green Rooibos Smoothie

Kirstin Nussgruber

INGREDIENTS

½ medium-sized frozen banana
(or just-ripe pear)
1 lemon, juiced
2-3 c cold rooibos tea
Fistful of baby spinach leaves
3 kale leaves, torn into pieces,
stems removed
¼ c fresh parsley leaves
2 T fresh mint leaves
2 T ground flax and/or chia
seeds

Never mind eating your greens, how about drinking them! This is a great way to include your phytonutrient-rich greens on a daily basis. Add to the blend cold brewed rooibos tea with its powerful antioxidant and anti-inflammatory properties and you have a cancer-fighting superfood cocktail smoothie to re-charge you from the inside out!

DIRECTIONS

1. Place in blender and blend until smooth.

Energizing Berry Nut Rooibos Smoothie

Kirstin Nussgruber

INGREDIENTS

1 c cashews, raw
2 T ground chia and/or flax
seeds
1 c cold rooibos tea
½ ripe avocado
1 c frozen blueberries
½ c frozen other berries (cher-
ries, strawberries, raspberries)

An antioxidant and phytonutrient dense smoothie booster any time you indulge in it! Great for an afternoon pick-me-up too!

DIRECTIONS

1. Combine cashews and water in blender and blend until smooth.
2. Add rest of ingredients, blend away.

Kirstin Nussgruber, C.N.C., EMB is a Certified Holistic Nutritional Consultant and Health Coach. Kirstin is an empathetic cancer mentor, speaker and educator who is passionate about helping people get out of cancer overwhelm by teaching them how to reclaim their lives. A two-times cancer survivor herself, she learnt first-hand the importance of an integrative and functional medicine approach to one's health to facilitate true healing. Kirstin offers individualized 1 on 1 mentoring, can be hired for inspirational speaking engagements and produces interactive virtual programs such as the Beyond Cancer Program™. She is a co-host for the #AllThingsCancer podcast, a monthly guest-blogger for The Anti-Cancer Club, has been featured frequently in a variety of holistic Internet Radio Shows and online Podcasts and was a monthly contributing author for the online *Sybil Magazine – For the Spirit and Soul of Woman*. www.kirstinscancercare.com



Watermelon Cooler

Jennifer Fugo

INGREDIENTS

2 c chilled water
4 slices fresh watermelon
8-10 ripe strawberries, rinsed
and hulled
2 large mint leaves, rinsed
10 drops vanilla creme stevia
(SweetLeaf brand)

My watermelon cooler is a fantastic drink to naturally cooling your body down due to a hot flash, warm temperatures, or post-workout. You can also freeze the mixture into popsicle molds for a frozen treat!

DIRECTIONS

1. Add everything to your blender and blend until the ingredients are smooth. Enjoy right away or store in the refrigerator for later. If you wait for later, you will need to stir it up as the watermelon sediment will rise to the top.

Jennifer Fugo, MSc, CHC is a functional clinical nutritionist and the founder of Gluten Free School. She guides women to uncover the missing links underlying ongoing IBS-type digestive issues. She's a go-to expert on how to transition and live gluten-free with joy as well as teaching gluten-sensitive women simple, savvy and empowering steps to get healthy. Living gluten-free since early 2008 after a gluten sensitivity diagnosis, Jennifer knows what it's like to feel overwhelmed by the cost and seemingly complicated aspects of going gluten-free. A sought-after expert, advocate & speaker about healthy, gluten-free living, Jennifer has been featured on Dr. Oz, Yahoo! News, eHow, CNN, and Philadelphia Magazine. She is also the best-selling author behind the ground-breaking book *The Savvy Gluten-Free Shopper: How to Eat Healthy without Breaking the Bank*.
www.GlutenFreeSchool.com



DIY Electrolyte Drink

Dr. Keesha Ewers

INGREDIENTS

4 segments of a fresh orange
1/8 c fresh lemon juice
2 c of water or coconut water
1/2 t organic raw honey or stevia
1/8 t Himalayan pink salt

DIRECTIONS

1. Put all ingredients in a blender and blend. Store in a glass mason jar.

Orange Bliss Smoothie

Dr. Deanna Minich

INGREDIENTS

½ mango, diced
½ medium carrot, finely diced or
grated to make it easy to blend
½ c freshly squeezed orange
juice
½ c unsweetened almond milk
½ t pumpkin spice powder
1 scoop protein powder of your
choice (hemp, pea, rice, whey for
omnivores)
Water and ice to blend

DIRECTIONS

1. Put all the liquid and whole food ingredients into a high-speed blender first, followed by the dry ingredients, then blend everything until a fluid consistency is reached. Add more water if needed. Drink immediately.

Dr. Deanna Minich is an internationally recognized lifestyle medicine expert, creative visionary and teacher, and author of five books. Her extensive background in nutrition, yoga, Ayurveda, Traditional Chinese Medicine, and personal growth led her to create a whole-self, colorful approach to health called Food & Spirit. She developed the Certified Food & Spirit Practitioner Program to provide health professionals with a practical way to apply the Food & Spirit framework with their patients and clients. She is author of *Whole Detox*, a book based on a whole-life, whole-systems, whole-foods approach to detoxification, and host of the online Detox Summit. Her passion is teaching a whole-self approach to nourishment and bridging the gaps between science, spirituality, and art in medicine.
www.deannaminich.com



Piña Colada Green Smoothie

Dr. Keesha Ewers

INGREDIENTS

2 handfuls organic spinach
2 T chia seeds
4 fresh or frozen pineapple
chunks
1 c coconut milk (use coconut
flakes and make your own with
the Vitamix!)
1 scoop Functional Nutrients
Pure and Paleo protein powder,
vanilla flavor
½ c water
1 t coconut extract flavor

DIRECTIONS

1. Put all ingredients in a high-powered blender and blend until smooth. Drink immediately.



Apple Ginger Smoothie

Dr. Véronique Desaulniers

INGREDIENTS

2 handfuls of fresh parsley
1 green apple, quartered
2 c of kale, destemmed
½ lemon, including peel if it is organic
½ in. ginger root
¼ c MCT oil (coconut oil derived)
Water or unsweetened almond milk, to your consistency preference

It's always good to get back to basics. Whether you are on a healing journey or you are simply being proactive with prevention, blended drinks or smoothies should be a part of your daily menu. I like to juice in the mornings and then have a smoothie for lunch. The blending adds more fiber and variety to your drink. You can add oils, protein powder, powdered concoctions of maca, pre-biotics, or various seeds. This recipe is full of green power and has a wonderful taste from the ginger and lemon. The ginger and lemon stimulate the digestion system and support your liver, which we all need!

DIRECTIONS

1. Add everything to your blender and blend on high for a minute.
2. Lower the speed and add 1 scoop of protein powder of choice (whey or plant) and mix for only a few seconds.

Dr. Véronique Desaulniers, better known as Dr. V, has maintained successful practices in the Wellness Field since 1979. She specializes in Chiropractic, Bio-Energetics, Meridian Stress Analysis, Homeopathy, and Digital Thermography. After 30 years in active practice, she decided to “retire” and devote her time sharing her personal, non-toxic healing journey with breast cancer. Her years of experience and research have culminated as The 7 Essentials™, a step-by-step coaching program. Dr. V authored the #1 Best Selling book, *Heal Breast Cancer Naturally*. Her website and her personal healing journey have touched the lives of thousands of women around the globe. www.breastcancerconqueror.com



Pumpkin Smoothie

Tricia Greaves Nelson

INGREDIENTS

8 oz of unsweetened cashew,
almond, or coconut milk
½ c canned organic pumpkin
1 scoop protein powder
Dash of cinnamon
Dash of stevia
½ apple (optional)

DIRECTIONS

1. Add everything to your blender and blend on high for a minute.

Tricia Greaves Nelson is an Emotional Eating Expert who lost 50 lbs. by identifying and addressing the underlying causes of her emotional eating. Tricia and her husband, spiritual healer Roy Nelson, have spent close to 30 years helping people overcome a myriad of addictions, including food addiction and emotional eating. They have spent decades researching the hidden causes of the addictive personality and they write and speak to audiences worldwide on the topic. Tricia is a certified coach, speaker and co-author of *101 Great Ways to Improve Your Health*. She has been featured on NBC, CBS, KTLA, FOX and Discovery Health.
www.HealYourHunger.com



Kale Craving Killer

Debra Atkinson

INGREDIENTS

½ pear
¼ avocado
½ cucumber
½ lemon
handful of cilantro
1 c kale (packed)
½ in. ginger
½ c coconut water
1 scoop protein powder
pure water, as needed
Ice (optional if using right away
or ingredients are cold)

This will keep for a day or so. Try blending in the morning and take one chilled to work in your personal cooler or find a space in the break room refrigerator.

DIRECTIONS

1. Add everything to your blender and blend on high for a minute.

Debra Atkinson, M.S., CSCS is the host of the Flipping 50 TV Show and the Flipping 50 podcast. As a personal trainer and wellness coach with 30 years experience, she works with women who are pro-aging with vitality and energy. She is an international fitness presenter for the International Council on Active Aging (ICAA), IDEA, and NSCA and author of hundreds of articles and four books including *You Still Got It, Girl!*, *The After 50 Fitness Formula For Women*, and *Navigating Fitness After 50: Your GPS For Choosing Programs and Professionals You Can Trust*.
www.flippingfifty.com



Detox Wild Greens Smoothie

Dr. Terry Wahls

INGREDIENTS

1 c of wild greens, such as dandelion, plantain, or lamb's quarters (or fresh herbs such as parsley)
1 c of ice
1 c of water
1 c of green grapes (optional)
1 T lime juice or lemon juice
¼ in. chopped fresh ginger
¼ t black pepper

Vegetables and fruit are generally cultivated to increase their carbohydrates and sweetness. Wild greens and herbs have not been cultivated that way and are therefore a more abundant source of vitamins, minerals, and antioxidants than most garden vegetables. The combination of wild greens or fresh herbs and a splash of citrus and the sweetness of green grapes makes a delightful green smoothie that offers powerful detox support. The combination of dandelion and ginger is particularly potent at supporting the enzymes involved in the processing and elimination of toxins. This smoothie is great for those who are trying to support their detoxification enzymes and increase the processing and elimination of plastics and pesticides that can disrupt hormonal balance.

DIRECTIONS

1. Put all the ingredients in a blender and mix until smooth.

Dr. Terry Wahls is a clinical professor of medicine at the University of Iowa where she teaches, sees patients in a therapeutic lifestyle clinic, and conducts clinical trials. She is also a patient with secondary progressive multiple sclerosis, which confined her to a tilt-recline wheelchair for four years. Dr. Wahls restored her health using a diet and lifestyle program she designed specifically for her brain and now pedals her bike to work each day. She is the author of *The Wahls Protocol: How I Beat Progressive MS Using Paleo Principles and Functional Medicine*, *The Wahls Protocol: A Radical New Way to Treat All Chronic Autoimmune Conditions Using Paleo Principles* (paperback), and the cookbook *The Wahls Protocol Cooking for Life: The Revolutionary Modern Paleo Plan to Treat All Chronic Autoimmune Conditions*. www.terrywahls.com



Liver Detox Smoothie

Dr. Keesha Ewers

INGREDIENTS

3 beets cooked
3 carrots
2 c leafy greens of your choice
1 c dandelion or other greens
1 organic lemon, quartered
1 apple, cored and sliced
1 c purple cabbage, chopped
½ bunch fresh cilantro
Water, as needed
2 T MCT (medium chain tri-glyceride) oil, which helps make the nutrients more absorbable by the body
1 T ground flax seeds
1 scoop Functional Nutrients
Pure and Paleo protein powder

DIRECTIONS

1. Put all ingredients in a high-powered blender and blend until smooth. Drink immediately.



Chocolate Blueberry Smoothie

Dr. Sachin Patel

INGREDIENTS

5 oz. baby spinach
½ c almond milk
½ c crushed ice
3 Medjool dates
2 c frozen blueberries
1 banana
2 T natural cocoa powder
1 T ground flax or chia seeds

Pure cocoa powder has plenty of health benefits such as lowering blood pressure, increasing insulin sensitivity, increasing HDL, decreasing LDL and decreasing inflammation to name a few benefits. This recipe was inspired by Dr. Joel Furrman.

DIRECTIONS

1. Blend all ingredients in blender on smoothie setting.
2. Serve immediately and enjoy!

Dr. Sachin Patel is the proud husband, father, and founder of The Living Proof Institute and Practice Development mentor. His philosophy is that the patient is the doctor the future and that nothing can heal the patient better than they can heal themselves. Working with thousands of patients, Dr. Patel now trains functional medicine practitioners all over North America on how to help patients heal themselves, one community at a time. www.livingproofinstitute.com



Superfood Anxiety Busting Chocolate Smoothie

Megan Buer

INGREDIENTS

4 frozen bananas
2 large handfuls fresh greens (spinach, kale, etc)
2 T raw cacao powder
1 t barley grass powder (great for nourishing the nervous system!)
2 T hemp seeds (good source of protein and omega fats)
1 c milk (almond, rice, goat, etc.)
1-2 c water, depending on how thick you want your smoothie
1 T maple syrup (optional; I don't use this, but you may want a little sweetness!)

Great for breakfast or a snack.

DIRECTIONS

1. Put all the ingredients in a blender.
2. Blend and enjoy!



As a mother to 3 children, Megan Buer struggled for years with Hashimoto's disease, adrenal fatigue, sugar addiction, food intolerances, panic, and anxiety. She went on a journey of health and discovery – spending over 10 years researching, experimenting, and finally figuring out all the unique tools she needed to naturally heal herself. She is a certified Emotion Code practitioner, Reiki healer, wellness coach, author, and blogger. Megan's mission is to take the fear and overwhelm out of health. She is passionate about simplifying your healing journey, empowering you with the tools needed for health, and get you thriving again! Megan works with clients remotely full time, educates, speaks, and writes. She is also a part of the health team at Revolution Health Center in Virginia. www.harmony-restored.com



Brain Loving Smoothie

Dr. Ritamarie Loscalzo

INGREDIENTS

1 lemon, peeled and cut in half
with small piece of peel
½ lemon, juice of (if desired)
1 big handful baby arugula
2 big handfuls baby kale
1 container of mint
5 drops sage oil (or fresh sage)
1 t Brain Octane Oil (or MCT oil)
Sunwarrior Liquid Light and/or
Rush (optional)
1 t macuna pruriens powder
1 t Healthforce Nutritionals
Green Protein Alchemy Magic
Mint Green Powder
1 small piece turmeric
1 in. piece ginger
2 T hemp seeds
1-½ c water
½ large avocado
Sprinkle kelp
Handful cilantro
½ stalk celery
1 T sunflower lecithin

This smoothie supports brain health, clarity and memory.

DIRECTIONS

1. Blend lemon, lemon juice, arugula, kale, mint, sage oil, Brain Octane Oil, Sunwarrior Liquid Light or Rush, macuna, Magic Mint Green Powder, turmeric, ginger, hemp seeds and water.
2. Add remaining ingredients and blend.



Dr. Ritamarie Loscalzo is passionately committed to transforming exhausted high achievers into high energy people who love their lives and live to their full potential. She specializes in using the wisdom of nature and modern scientific research to restore balance to hormones. She founded the Institute of Nutritional Endocrinology which empowers health and nutrition professionals to use functional assessments and natural therapeutics to unravel the mystery of their clients' complex health challenges and attain true healing. Dr. Ritamarie is a licensed Doctor of Chiropractic with certifications in HeartMath®, Accupuncture, Clinical Nutrition, Herbal Medicine and Living Foods chef, instructor, and coach. She is passionate about using HeartMath® techniques to guide clients to reduce the negative impact of stress on their health. After recovering her health by changing her diet and lifestyle, Dr. Ritamarie began her formal training in nutrition and natural medicine in 1985. www.DrRitamarie.com | www.NutritionalEndocrinology.com





BREAKFASTS

Chocolate Banana Protein Pancakes

Dr. Keesha Ewers

INGREDIENTS

2 scoops Functional Nutrients
chocolate protein powder
2 T almond flour
2 T ground flax seeds
3 eggs, lightly beaten
1 banana, mashed
4 T almond milk

DIRECTIONS

1. In a mixing bowl, combine all dry ingredients together with a whisk.
2. In a separate bowl, combine the egg, banana and almond milk.
3. Gently pour the wet ingredients into the dry ingredients while mixing with a rubber spatula until just combined. Do not over-mix.
4. Heat a large skillet over medium heat, and coat with cooking spray. Pour ¼-cup rounds of batter onto the skillet, and cook until bubbles appear on the surface, about 3 minutes. Flip with a spatula, and cook for another 2-3 minutes.



Flax Chia Pudding

Dr. Shiroko Sokitch

INGREDIENTS

½ c organic flax meal
1 T organic chia meal
1 T collagen powder (I use Bulletproof)
1 T organic clear fiber
1 c almond, coconut, or cashew milk – heated
Topping options: almond butter, cashew butter, blueberries, sweetener (1 t honey, maple syrup or a drop of monk fruit extract)

DIRECTIONS

1. Heat the alternative milk and then pour it over the dry ingredients.
2. Add almond butter, or cashew butter, or blueberries or other flavors.
3. When I travel, I put the dry ingredients in a Ziploc bag. Wherever I am, I can then go to Starbucks or a local coffee shop and get a cup of hot nut milk and some cinnamon and mix in my dry ingredients – voila! Healthy breakfast!



Dr. Shiroko Sokitch's mission is to help you heal and regain the health and vitality you deserve when no one else has found the answers. She does this by using a unique blend of Chinese and Western medicine to help you learn to listen to and balance your body. Dr. Shiroko has a broad range of medical experience with training in general surgery and acupuncture, and 10 years of experience as an emergency room doctor. In addition to practicing integrative medicine for 23 years, she hosted a public access TV show, *Perspectives on Healing* for 2 years, has had a Sonoma County news column for 15 years, and is writing her second book-7 Keys to Accelerated Healing. As the owner of Heart to Heart Medical Center in Santa Rosa, California since 1993, she specializes in: acupuncture, chronic illness, pain treatment, hormone balancing, bio-identical hormones, digestive problems, and brain chemistry balancing. www.hearttoheartmedicalcenter.com



Quick & Easy Chia Breakfast Pudding

Dr. Ritamarie Loscalzo

INGREDIENTS

½ c chia seeds

2½ - 3 c flavored liquid (nut or seed milk, fresh pressed vegetable juice, a smoothie, or any combination of the above, with water if desired)

1- 2 t pure, organic, raw vanilla powder, vanilla extract, or other flavorings to taste

1 pinch sea salt

1 t cinnamon (optional)

Additional sweetener if needed: stevia, xylitol, blended blueberries

This simple, delicious breakfast pudding promotes energy and blood sugar balance (chia).

DIRECTIONS

1. Soak chia seeds in water, juice, or smoothie for several hours or overnight. The longer you soak them, the more liquid you will need.
2. Once the chia seed has absorbed all of the liquid and expanded, it will be thick and gelatinous.
3. Add your choice of flavorings: vanilla powder, cinnamon, or other flavorings.

Dr. Ritamarie Loscalzo is passionately committed to transforming exhausted high achievers into high energy people who love their lives and live to their full potential. She specializes in using the wisdom of nature and modern scientific research to restore balance to hormones. She founded the Institute of Nutritional Endocrinology which empowers health and nutrition professionals to use functional assessments and natural therapeutics to unravel the mystery of their clients' complex health challenges and attain true healing. Dr. Ritamarie is a licensed Doctor of Chiropractic with certifications in HeartMath®, Accupuncture, Clinical Nutrition, Herbal Medicine and Living Foods chef, instructor, and coach. She is passionate about using HeartMath® techniques to guide clients to reduce the negative impact of stress on their health. After recovering her health by changing her diet and lifestyle, Dr. Ritamarie began her formal training in nutrition and natural medicine in 1985. www.DrRitamarie.com | www.NutritionalEndocrinology.com



Hormone Balancing Chia Pudding

Bridgit Danner

INGREDIENTS

¼ c sesame seeds, soaked and ground
¼ c sunflower seeds, soaked and ground
½ c chia
2½ c coconut, almond, or hemp milk
½ t cinnamon
½ t cardamom
Dash of nutmeg
Honey
Toppings: seasonal berries

This pudding is great for breakfast and hormone balancing! The chia is high in fiber, protein and Omega 3. The sesame seeds and sunflower seeds are great for the luteal phase of the woman's cycle. You can also use flax and pumpkin seeds for the follicular phase of the cycle. The pudding keeps in the refrigerator for up to five days.

DIRECTIONS

1. Combine ground seeds, chia, milk, and spices. Mix thoroughly.
2. Add honey, if desired, and stir again.
3. Soak pudding for at least 4 hours in the refrigerator.
4. The next morning, add toppings and enjoy!



Bridgit Danner runs an online women's health community called Women's Wellness Collaborative. She practiced Chinese Medicine for nearly 12 years and is a certified Functional Diagnostic Nutrition practitioner. She has worked extensively in the fertility field, and with many women in helping them find health within their busy lives. Bridgit became passionate about women's health after her own postpartum health crisis. With the help of life coaching, holistic nutrition, functional medicine and whole food cooking, she was able to recover from postpartum depression, epstein barr virus and adrenal dysregulation. She loves to share the tools and skills she's learned, along with the tools of other experts, to help women everywhere find the energy and balance they crave. www.bridgitdanner.com





SALADS

Tabouli Salad

Dr. Sachin Patel

INGREDIENTS

3 c parsley, chopped
¼ c uncooked quinoa
¼ red or white onion, diced
finely
1 large tomato, diced
1 cucumber, diced
2 T mint leaves, finely chopped
3 T extra virgin olive oil
½ lemon, freshly juiced
1 clove garlic, pressed
Himalayan pink salt and ground
black pepper, to taste

Parsley can help neutralize carcinogens. It is high in antioxidants such as vitamin C and beta carotene.

DIRECTIONS

1. Cook quinoa according to package directions.
2. Combine parsley, onion, cucumber and mint leaves in a large salad bowl.
3. Whisk lemon juice, olive oil, garlic, salt and pepper in a small bowl. Drizzle on top of parsley.
4. Once the quinoa is cooked, allow it to cool down and add it to the large salad bowl.
5. Toss well and serve.



Dr. Sachin Patel is the proud husband, father, and founder of The Living Proof Institute and Practice Development mentor. His philosophy is that the patient is the doctor the future and that nothing can heal the patient better than they can heal themselves. Working with thousands of patients, Dr. Patel now trains functional medicine practitioners all over North America on how to help patients heal themselves, one community at a time. www.livingproofinstitute.com



Taco Salad

Damian Dubé

INGREDIENTS

1 lb. boneless skinless chicken breast (sliced into small pieces)
2 T olive oil
1½ c yellow onion, coarsely chopped, divided
2-3 T cumin
1½ T chili powder
½ t garlic granules
1 t dried oregano
2 t raw sea salt
1½ T fresh cilantro, minced
½ lime
½ c filtered water
6 c shredded green cabbage
1 ½ c vine ripe tomatoes, chopped
1 avocado, diced

DIRECTIONS

1. Preheat large skillet on medium for 3-5 minutes. Once hot, add olive oil and chicken pieces, sautéing until nearly cooked.
2. Add ½ cup of yellow onions, continuing to sauté until onions are tender (about 3-4 minutes).
3. Reduce heat to low/medium and add cumin, chili powder, garlic, oregano, sea salt, cilantro and juice from ½ of a lime, continuing to sauté for 3 minutes, stirring frequently.
4. Add ½ cup water and simmer for an additional 3-5 minutes, stirring frequently.
5. While simmering, place shredded cabbage on dinner plates.
6. Remove taco mixture from heat and spoon over shredded cabbage. Top with remaining onion, tomatoes and avocado pieces or guacamole. Ready to serve.



Diagnostic and Functional Nutritionists, Damian and Heather Dubé, are the Co-Founders of e3 Energy Evolved, a thyroid, adrenal and metabolic restoration system helping women and men create their lifetime-best natural wellness & metabolism. They discovered their system during their battle to successfully beat Heather's advanced Hashimoto's Thyroiditis, Chronic Fatigue Syndrome and Autoimmune Disease drug-free through nutrition and lifestyle, and transform her body to compete naturally as a US National Level Figure Athlete in 2 years. With 50 years combined education and experience in nutrition, wellness, psychology, athletics and pharmacy, they are Nutritionists, Athletes, Expert Contributors for Experience Life & OnFitness Magazines, and Nutrition Science Peer Reviewers to mass market fat loss brands like TapouT XT. e3energyevolved.com



Delicious Detox Salad

Dr. Véronique Desaulniers

INGREDIENTS

Salad:

3 c of organic broccoli
3 c of organic cauliflower
2 c organic parsley
2 celery sticks
1 clove of garlic

Dressing:

1 c grapeseed oil mayonnaise
1 T raw apple cider vinegar
Juice of 1 lemon
Himalayan crystal salt to taste
A few drops of lemon stevia

Cruciferous vegetables truly are nature's detox miracle since they are high in sulforaphane which increases your glutathione levels. Glutathione is a primary anti-oxidant that keeps your cells clean. Cruciferous veggies also help the liver with Phase II detoxification, which often gets bogged down because of all the chemicals we are exposed to. It's simple, quick to make and quite tasty. Bon Appétit!

DIRECTIONS

1. In a food processor, add broccoli and cauliflower.
2. Pulse until finely chopped. Place in large bowl.
3. Add the parsley, celery, and garlic into bowl and mix.
4. In a separate bowl, mix the dressing ingredients.
5. Serve with sunflower seeds or other raw, soaked nuts.



Dr. Véronique Desaulniers, better known as Dr. V, has maintained successful practices in the Wellness Field since 1979. She specializes in Chiropractic, Bio-Energetics, Meridian Stress Analysis, Homeopathy, and Digital Thermography. After 30 years in active practice, she decided to "retire" and devote her time sharing her personal, non-toxic healing journey with breast cancer. Her years of experience and research have culminated as The 7 Essentials™, a step-by-step coaching program. Dr. V authored the #1 Best Selling book, *Heal Breast Cancer Naturally*. Her website and her personal healing journey have touched the lives of thousands of women around the globe. www.breastcancerconqueror.com



The Heart Salad

Dr. Deanna Minich

INGREDIENTS

For omnivores:

4 oz. lox

For vegans:

¼ c cooked cannellini beans

¼ c cooked lima beans

For both:

2 large handfuls spinach leaves,
about 3 c

¼ avocado, diced

¼ c broccoli sprouts

¼ t fresh dill

¼ c sliced strawberries, sliced in
half to resemble heart shapes

2 T toasted slivered almonds

Dash each of sea salt and
ground black pepper

Dressing:

1 T flaxseed oil

1 T extra-virgin olive oil

½ T balsamic vinegar

DIRECTIONS

1. Wash the spinach leaves and put them into a large serving bowl.
2. Add the avocado, broccoli sprouts, and dill, and lightly toss everything.
3. Top the salad with the strawberries and almonds.
4. Add all the dressing ingredients to a jar with a lid or a shaker cup, and shake to combine them well. Drizzle the salad with the dressing. Omnivores, eat the salad with the lox; vegans, with the beans.

Dr. Deanna Minich is an internationally recognized lifestyle medicine expert, creative visionary and teacher, and author of five books. Her extensive background in nutrition, yoga, Ayurveda, Traditional Chinese Medicine, and personal growth led her to create a whole-self, colorful approach to health called Food & Spirit. She developed the Certified Food & Spirit Practitioner Program to provide health professionals with a practical way to apply the Food & Spirit framework with their patients and clients. She is author of *Whole Detox*, a book based on a whole-life, whole-systems, whole-foods approach to detoxification, and host of the online Detox Summit. Her passion is teaching a whole-self approach to nourishment and bridging the gaps between science, spirituality, and art in medicine.

www.deannaminich.com



Beet & Walnut Salad

Dr. Keesha Ewers

INGREDIENTS

8 red beets
⅔ c walnuts
4 T raw apple cider vinegar
4 T extra virgin olive oil
Sea salt and freshly ground
black pepper to taste
Organic spring greens mix
Goat cheese crumbles

DIRECTIONS

1. Preheat oven to 400°F and roast beets on a baking sheet until fork tender. Cool and then peel and dice.
2. Place the chopped beets in a medium bowl and toss with all of the remaining ingredients except the cheese and mixed greens. Allow beets to marinate in the dressing for a few minutes prior to serving. Add goat cheese crumbles as you plate the salad over a bed of fresh mixed greens.

Tahini Salad Dressing

Dr. Keesha Ewers

INGREDIENTS

3 T organic olive oil
3 T raw tahini
1 T lime juice
1 t coconut nectar
1 T minced onion
4-8 leaves fresh basil
2 t grated fresh ginger
1 t paprika
½-1 t sea salt
½ t black ground pepper

DIRECTIONS

1. Place all ingredients in a blender and process until liquefied. Serve immediately over green salad.



Colorful Kale Salad

Kerry McClure

INGREDIENTS

1 large bunch of dinosaur kale, remove tough, thick stem from the leaves before chopping
¼ head of red cabbage
½ red onion, finely chopped
2 cloves garlic, minced
1 small shredded beet
1 small shredded carrot
⅓ c pumpkin seeds, raw
1 to 2 T olive oil (more depending on your texture taste)
1 T apple cider vinegar
1 squeezed lemon
⅓ – ½ c nutritional yeast
Pinch of cayenne pepper
1 t sea salt or to taste
Black pepper to taste

If you are new to ginger and turmeric, start slow. They can be quite strong in flavor. Note: Turmeric can permanently stain so please be mindful of surfaces you use to process your turmeric as well as the cups and containers you put it in.

DIRECTIONS

1. First, massage chopped kale leaves with sea salt to help soften and break down the kale a bit.
2. Add cabbage, onion, garlic, shredded beet and carrots, and pumpkin seeds.
3. In the same bowl as the kale and ingredients, add olive oil, apple cider vinegar, lemon, and nutritional yeast and cayenne pepper. Add salt and pepper to taste. Mix everything together thoroughly. I usually mix until the nutritional yeast has dissolved.



Kerry McClure is a health and wellness practitioner of nutrition, yoga, meditation, mindfulness, and fitness and creator of The Vibrant Life Method online wellness course. Kerry works with people to eat, move, and practice mindfulness for better energy; a clear, focused mind; and a long, healthy life free from chronic symptoms of illness. Kerry is board certified in Holistic Nutrition® and a member of the National Association of Nutrition Professionals. She brings 25+ years of experience in corporate America to her company, Kerry McClure – Practical Wellness. www.kerrymcclure.com



Dr. Keesha's Massaged Kale Salad & Basil Dressing

Dr. Keesha Ewers

INGREDIENTS

Salad:

2 c pumpkin seeds, raw
2 large bunches of dinosaur kale
½ purple onion, finely sliced
2 large avocados, chopped
2 apples, diced

Dressing:

2 lemons juiced, divided
½ c organic olive oil, divided
1 t sea salt, divided
4 t raw honey
2 large bunches of fresh basil
Ground pepper, to taste

DIRECTIONS

1. Cook the pumpkin seeds in a dry wide skillet over medium heat, stirring constantly until lightly toasted. Remove from heat and cool.
2. Remove the kale from its stems and discard the stalks. Chop the kale into bite sized pieces and place in a large bowl with half of the lemon juice, ½ t sea salt and 2 T of the olive oil. Massage with your hands well until the kale is softened, about 3 minutes. Set aside.
3. Slice the onion, avocados, and apples. Toss together with the kale mixture and your freshly made dressing. Serve with a topping of toasted pumpkin seeds.
4. Dressing: Place the basil, remaining olive oil, lemon juice and salt, pepper and honey in a blender. Mix until liquefied.





SOUPS

Dr. Keesha's Bone Broth

Dr. Keesha Ewers

INGREDIENTS

Chicken or turkey carcass or 2
pounds of bones
2-3 carrots
1 yam or sweet potato
1 whole garlic cluster
1 onion
2-3 celery stalks
2 T apple cider vinegar
1 T sea salt
2 t black pepper
1 bunch of parsley
2 t rosemary

Broth or stock is an infusion that is rich in minerals and made from the bones of healthy animals that are boiled in water with herbs, spices, and veggies. Bone broth is what is known as a traditional or healing food that was made by our grandparents, great grandparents, and so on. Bone broth is nutrient dense and inexpensive to make. It's a win-win because it helps to heal leaky gut. This highly nutritious broth is high in phosphorous, magnesium and calcium so it's amazing for anyone who needs to heal their digestive system, joints, hair, nails and skin. I have seen this get rid of cellulite in my own body. I eat a roasted chicken or turkey every week. I save that carcass in the freezer if I am not planning on making broth right away. Sometimes I will save up 2 chicken carcasses to make my broth so I get twice as much in one session and then freeze it. You can also go to your local butcher to get bones.

DIRECTIONS

1. Add the bones to a stock pot with the water and add the vinegar. Let them soak for 30 minutes.
2. Add your veggies and herbs and simmer for the following times for each kind of bones: Beef - 48 hours, Chicken or poultry - 24 hours, Fish - 8 hours.
3. When finished, remove pot from heat and allow to cool slightly. Strain using a metal strainer to remove the bones and veggie chunks.
4. Store in glass containers for 4-5 days or freeze for later.



Turmeric Bone Broth

Niki Gratrix

INGREDIENTS

1 pint or 2 cups of bone broth
(can be bought precooked in
a carton from Pacific Foods
available at Thrive Market,
Wholefoods and many natural
food stores)
1 T organic coconut oil or ghee
¼ t black pepper
1-3 g of dried organic turmeric
powder

According to The International Journal of Biochemistry & Cell Biology, turmeric's remarkable anti-inflammatory properties means it has been found to be helpful for Alzheimer's disease, multiple sclerosis, cancer, rheumatoid arthritis, obesity and many other chronic illnesses.

The active component of turmeric is curcumin and it is not easily absorbed by the body. However there are some proven steps which can increase its bioavailability. Mixing turmeric with black pepper can increase its bioavailability by 2000% according to research published in the Journal of Medicinal Plant Research. Turmeric is also fat-soluble, so by mixing it with healthy fats like coconut oil, ghee or olive oil, this also increases its bioavailability according to research published in the journal Cancer Research and Treatment. Finally, research shows heating up for 10 minutes increases the solubility of turmeric in water 10 fold, this may help absorption as well.

DIRECTIONS

1. Add the coconut oil or ghee, black pepper and turmeric to a pint of cold bone broth in a saucepan and heat up.
2. Simmer for 5 minutes. Sip or drink.

Niki is an award-winning nutritionist, mind-body expert, and health writer helping people to optimize energy. In 2005 she co-founded one of the largest mind-body clinics in integrative medicine in the UK where she worked as Director of Nutrition until 2010. The clinic specialized in treating Chronic Fatigue Syndrome/ME, won the award for Outstanding Practice in 2009, and later published a preliminary study in 2012 on its results with patients in the British Medical Journal Open. In August 2015 she hosted the largest ever free online health summit, The Abundant Energy Summit, on overcoming fatigue. She writes regularly for a range of health magazines in both the UK and the US and speaks internationally at health conferences and has appeared on both radio and TV shows. www.NikiGratrix.com



Green Crockpot Chicken Soup

Jennifer Fugo

INGREDIENTS

4 chicken legs with skin and bones, rinsed
1 medium onion, diced
2 stalked celery, rinsed and chopped
3 large carrots, scrubbed and chopped
Water
½ T ground black pepper
1 T sea salt
3 cloves garlic, minced (only if you want a strong garlic flavor)

Trying to get more veggies into your diet or someone you love? Look no further. This easy to make crock pot soup adds a delicious dose of green veggies to make a beautiful and creamy soup (that's dairy-free). If you can afford it, buy organic free-range chicken. Your soup will taste much better and richer because the chicken is higher in nutrients than those conventionally raised. If you can get the parts from a local chicken farmer, then that's even better. You can add whatever you want to the broth. I love to get creative and add things that you might not initially think of like avocado and pico de gallo. I've even been adding a bit of white rice to mine lately. You can also freeze some of the broth for 2 to 3 months. And for a different flavor profile, try subbing the 4 chicken legs for 2 turkey legs.

DIRECTIONS

1. Place chicken and veggies in ceramic bowl of crock pot and add pepper. Fill up the bowl with water until you come to about ½ inch below the lip of the bowl.
2. Cook soup on LOW for 8 to 10 hours or until vegetables are tender and chicken will fall off the bone.
3. Then add salt to taste and adjust pepper if need be.
4. Remove chicken from soup and store it separately after cleaning the meat off of the bones. Discard bones and skin.
5. Add in other ingredients, as desired.

Jennifer Fugo, MSc, CHC is a functional clinical nutritionist and the founder of Gluten Free School. She guides women to uncover the missing links underlying ongoing IBS-type digestive issues. She's a go-to expert on how to transition and live gluten-free with joy as well as teaching gluten-sensitive women simple, savvy and empowering steps to get healthy. Living gluten-free since early 2008 after a gluten sensitivity diagnosis, Jennifer knows what it's like to feel overwhelmed by the cost and seemingly complicated aspects of going gluten-free. A sought-after expert, advocate & speaker about healthy, gluten-free living, Jennifer has been featured on Dr. Oz, Yahoo! News, eHow, CNN, and Philadelphia Magazine. She is also the best-selling author behind the ground-breaking book *The Savvy Gluten-Free Shopper: How to Eat Healthy without Breaking the Bank*.
www.GlutenFreeSchool.com



Liana's Famous Chicken Soup

Liana Chaouli

INGREDIENTS

2½ c dried chickpeas, soaked overnight with 1 T pink salt
Sea salt, to taste
3 huge yellow onions, washed and unpeeled (tops cut to expose some flesh)
2 T turmeric
4-8 cardamom pods, sliced, or powders (the pods are better and make sure to take the non-bleached ones which are naturally green)
Dried limes, pierced to release flavor
1 large chicken
Water, enough to cover the chicken at least 3 in.

This soup heals the soul in every way. You can't make a mistake, I promise you! You'll find your balance with this recipe. As you keep practicing this soup, it will get better and better. My recommendation is to add more onions and if you love rice, make some Basmati rice separately to serve with the soup at the table. Enjoy and keep healing your soul, so others can go out and do the same!

DIRECTIONS

1. Prepare chickpeas the night before: Wash chickpeas then add to a bowl and cover with at least 2 in. of water. Add salt and place in refrigerator overnight in a covered container. The next day, drain and rinse. (If you prefer canned, skip this step and add chickpeas as the last ingredient in step # 4).
2. Prepare chicken: Wash chicken. If desired, cut into pieces. The soup can also be made with the chicken left in one piece. Place the cold chicken and the cold water into a pot over high heat.
3. Once the water starts to boil, use a slotted spoon to excavate all the foam. Continue to boil and keep taking the foam off the top of the water, about 7-10 minutes.
4. Add the onions, the turmeric, cardamon pods, dried limes, chickpeas.
5. Cover your pot and let the magic of the stove do the rest. Cook for 1½ to 2½ hours, depending on the size of your chicken.

Liana Chaouli is the President and Founder of Image Therapists International Inc. and a globally recognized thought leader, style expert and educator. Ms. Chaouli, provides transformation through the empowerment of wardrobe. She has spent two decades consulting CEOs, celebrities, and political figures on matters of self-image. As the developer of Image Therapy™, she works closely with her clients on their personal and professional presence using analysis, physical appearance, and education to adjust attitudes affecting self-esteem and overall sense of worth. Her clients include Bob Mackie, The Canfield Training Group, IBM, Nordstrom's, Coldwell Banker University, Chico's, and many more.
www.imagetherapists.com



Curry Red Lentil Soup

Kerry McClure

INGREDIENTS

1 T coconut oil
1 medium yellow onion, finely diced
2 t grated ginger
2 large garlic cloves, minced
2-3 t Garam Masala curry powder, to taste
1 t sea salt
3 T tomato paste
5 c water
½ of a 14 oz. can of full fat coconut milk mixed with ½ c of water
1 c red lentils
1 large jewel sweet potato, peeled and diced into ½ in. cubes
1 bunch dinosaur kale, stemmed and coarsely chopped

DIRECTIONS

1. Heat the coconut oil in a large pot. Add the onion and cook over medium heat. Add a pinch of salt and cook for about 5-8 minutes, or until onion is tender.
2. Stir in the ginger, garlic, curry powder, and salt. Stir for about a minute, stirring frequently.
3. Add the tomato paste, water, coconut milk, red lentils, and sweet potato. Bring to a boil, and then lower to a simmer.
4. Cook, partially covered, until the sweet potatoes are tender and the lentils are cooked, about 30 - 45 minutes.
5. Stir in the kale and cook for about 5 minutes, or until wilted and tender. Serve.



Kerry McClure is a health and wellness practitioner of nutrition, yoga, meditation, mindfulness, and fitness and creator of The Vibrant Life Method online wellness course. Kerry works with people to eat, move, and practice mindfulness for better energy; a clear, focused mind; and a long, healthy life free from chronic symptoms of illness. Kerry is board certified in Holistic Nutrition® and a member of the National Association of Nutrition Professionals. She brings 25+ years of experience in corporate America to her company, Kerry McClure – Practical Wellness. www.kerrymcclure.com



Quick Coconut Thai Soup

Dr. Ritamarie Loscalzo

INGREDIENTS

1 c cauliflower florets
2 c broccoli florets, chopped
1 c shredded cabbage
1 small yellow onion, finely diced
2 c water
2 T dried lemongrass
2 T coconut butter
1 t to 1 T MCT oil, to desired taste
¼ t kelp, powdered
½ t curry paste
½ t sea salt
Dash cayenne pepper
1 t ground turmeric
1 clove garlic, minced
1 in. piece of fresh ginger

This quick tasty soup contains brassicas for sex hormone balance and detox.

DIRECTIONS

1. Chop vegetables into small pieces.
2. Either steam vegetables until tender or sprinkle with salt and massage to soften. Place vegetables in a large bowl.
3. Blend water and dried lemongrass. Strain mixture through a fine mesh strainer, cheese cloth, or nut milk bag to remove the fibrous lemongrass particles.
4. Put lemongrass flavored water back in blender with the remaining coconut butter or MCT oil, and other seasonings and blend until you have a creamy soup base.
5. Adjust seasonings to your liking.
6. Add extra water to thin or extra coconut butter to thicken.
7. Pour soup base over your steamed/wilted vegetables and serve warm.

Dr. Ritamarie Loscalzo is passionately committed to transforming exhausted high achievers into high energy people who love their lives and live to their full potential. She specializes in using the wisdom of nature and modern scientific research to restore balance to hormones. She founded the Institute of Nutritional Endocrinology which empowers health and nutrition professionals to use functional assessments and natural therapeutics to unravel the mystery of their clients' complex health challenges and attain true healing. Dr. Ritamarie is a licensed Doctor of Chiropractic with certifications in HeartMath®, Accupuncture, Clinical Nutrition, Herbal Medicine and Living Foods chef, instructor, and coach. She is passionate about using HeartMath® techniques to guide clients to reduce the negative impact of stress on their health. After recovering her health by changing her diet and lifestyle, Dr. Ritamarie began her formal training in nutrition and natural medicine in 1985. www.DrRitamarie.com | www.NutritionalEndocrinology.com





Homemade Ghee

Dr. Sylva Dvorak

INGREDIENTS

4 sticks of organic unsalted butter (preferably from grass-fed cows), cut into cubes

Ghee has been a dietary staple in India for 1000's of years. Ghee can be bought at many healthy food stores. However, you can easily make a fresh batch at home. Some of the many benefits of using ghee include supporting your digestive health, supporting your immune system and anti-inflammation.

Ghee has a high smoke point (250°C or 482°F). You can cook and fry with ghee and it will not break down into free radicals like many other oils. It does not spoil easily so it does not need refrigeration. Ghee is made from butter but the milk solids and impurities have been removed, so most people who are lactose or casein intolerant have no issue with ghee. It is rich in vitamins A, D and E, K2 and CLA (when using milk from grass fed cows).

DIRECTIONS

1. In a medium saucepan with a heavy bottom, add the butter and put on medium heat, stirring occasionally.
2. As butter comes to gentle boil, lower heat and let gently simmer for 30-45 minutes. You'll notice milk solids forming. Occasionally scrape from the side and gently stir. Solids will mostly form on the bottom of the pan. Do not try to rush making ghee, you will burn it. Let it simmer slowly until milk solids form on the bottom and foam is thicker on top.
3. Put a cheesecloth in a strainer. Pour into a glass container (jar) let cool for a few minutes then cover with lid. It will last for up to 3 months in the refrigerator and up to a year if it is not opened.

Dr. Sylva Dvorak is a holistic counselor, social entrepreneur, and author who maintains a private counseling practice while serving as Executive Director and Chief Inspiration Officer of the I AM Foundation. She has published numerous articles, contributed to several books, and is the co-author of the NY Times bestseller, *Your Hidden Riches - Unleashing the Power of Ritual to Create a Life of Meaning and Purpose* (Random House, Nov. 2014). Sylva's commitment to help others find their personal freedom goes back to her experiences as a young child. She and her family escaped from what was then Czechoslovakia during the Soviet Union occupation and at that time she spent time in refugee camps. Sylva lives what she teaches and is passionate about merging ancient knowledge with scientific understanding of the body and mind and how that can lead to healing and inner transformation. www.drsvladvorak.com | www.iamfoundation.org



Herbed Ghee

Dr. Keesha Ewers

INGREDIENTS

2 lbs. organic unsalted butter
1 t thyme, finely chopped
1 t rosemary, finely chopped
½ t sage, finely chopped
2 t chives, finely chopped
2 t parsley, finely chopped
1 clove garlic, finely chopped
½ -1 t sea salt

DIRECTIONS

1. Melt the butter over low heat gradually in a heavy-bottomed pot. Do not stir. Cook until it is a clear golden liquid. It may bubble some, and a foam may form on top, but if you have a deep pot it won't boil over. Golden or light brown solids will form and may settle at bottom. Do not stir these.
2. Remove from heat while the liquid is still a clear gold but steam has stopped evaporating from the simmering butter. My husband holds his eye glasses over the top of the cooking butter to see if they fog up. When they no longer fog, you are done cooking!
3. Remove from heat and pour through 2 paper towels or a coffee filter into a wide-mouthed glass jar. Cool and then cover with a tight-fitting lid.
4. Ghee does not need to be refrigerated. Always use a clean utensil to scoop out ghee for use. As long as you don't introduce other foods into your beautiful ghee it won't ever go bad.
5. Herbed ghee: Add herbs to ½ c soft ghee, as prepared above. Mix completely. I use my blender to do the mixing and chopping.



Anti-Inflammatory Pro-Flavour Curry Spice Blend

Sherry Strong

INGREDIENTS

2 T ground cumin
1 T ground coriander
1 T ground fennel seeds
1 T ground turmeric
1 T ground thyme
1 t ground ginger
½ t ground cinnamon
½ t ground cloves
½ t ground cayenne
1 T sea salt

Great for settling the tummy and a sweet treat for that tooth!

I like to buy the whole spices and herbs when I can and dry and grind them myself. In a pinch feel free to buy organic ground spices. Use this blend anywhere you'd like an authentic curry flavour. Add to casseroles, soups, curries, baked vegetables and salad dressings. You can also combine this with some beautiful cold pressed oil and lemon juice to make curried Kale chips in the dehydrator.

DIRECTIONS

1. Combine spices in a spice grinder or mortar and pestle until homogenous.
2. Store in an airtight container.



Sherry Strong is the author of *Return to Food - The Life-Changing Anti-Diet*, founder of the Return to Food Academy and Sweet Freedom Project. As an award winning chef, nutritionist and food philosopher she became the Victorian Chair of Nutrition Australia, Melbourne President of Slow Food, Curator and Co-Founder of the World Wellness Project. Sherry has been featured on numerous television shows internationally with over 24 years in the business of helping people develop a healthier relationship with food, their body and the planet. Her most recent passion project is the Sweet Freedom Summit and 8 Week Online Program, helping people end sugar addiction for good. www.returntofood.com





APPETIZERS & SIDES

Gluten Free Flax Bread

Dr. Véronique Desaulniers

INGREDIENTS

2 c flax seed meal
1 t cinnamon
½ t nutmeg
1 t sea salt
1 T baking powder
2 T Xylitol (or more if you want a sweet bread)
½ c water
5 organic eggs
⅓ c coconut oil

This delicious grain free bread is high in fiber and big on taste. I love this bread because you can change it up so easily by varying the spices, the sweetness and the ingredients. You can add raisins or cranberries to sweeten it up or add earthy spices like rosemary and garlic to transform it into a dinner bread. You can also add nuts to add some crunch.

DIRECTIONS

1. Preheat oven to 350°F.
2. In a mixing bowl, combine all dry ingredients together with a whisk.
3. After beating for 1 minute, mix in wet ingredients.
4. Pour batter into well-oiled glass bread pan and bake for 20-25 minutes until the center is springy to the touch.



Dr. Véronique Desaulniers, better known as Dr. V, has maintained successful practices in the Wellness Field since 1979. She specializes in Chiropractic, Bio-Energetics, Meridian Stress Analysis, Homeopathy, and Digital Thermography. After 30 years in active practice, she decided to “retire” and devote her time sharing her personal, non-toxic healing journey with breast cancer. Her years of experience and research have culminated as The 7 Essentials™, a step-by-step coaching program. Dr. V authored the #1 Best Selling book, *Heal Breast Cancer Naturally*. Her website and her personal healing journey have touched the lives of thousands of women around the globe. www.breastcancerconqueror.com



Baba Ghanoush

Dr. Sachin Patel

INGREDIENTS

1 eggplant
2 gloves garlic
¼ c fresh lemon juice
8 black kalamata olives
1 T fresh parsley
2 T sesame seeds
½ T extra virgin olive oil
Himalayan pink salt and black pepper, to taste

Eggplant contains a compound called chlorogenic acid, which is one of the most potent free radical scavengers. Benefits of chlorogenic acid includes anti-cancer, antimicrobial, and antiviral activities.

DIRECTIONS

1. Preheat oven to 375°F.
2. Prick eggplant with a fork several times and place on baking sheet. Bake turning frequently for 20-25 minutes. Once baked and cooked, remove skin from eggplant and discard.
3. Combine all ingredients in blender or food processor until smooth.
4. Enjoy with rice crackers or fresh vegetables of your choice.

Dr. Sachin Patel is the proud husband, father, and founder of The Living Proof Institute and Practice Development mentor. His philosophy is that the patient is the doctor the future and that nothing can heal the patient better than they can heal themselves. Working with thousands of patients, Dr. Patel now trains functional medicine practitioners all over North America on how to help patients heal themselves, one community at a time. www.livingproofinstitute.com



Robin's Sundried Tomato Hummus

Robin Nielsen

INGREDIENTS

2 c garbanzo beans canned
(Eden organic)
1 t paprika
1 T lemon zest
¼ c sesame tahini (comes in a
container like peanut butter)
2 cloves garlic
½ t sea salt
½ c lemon juice, freshly
squeezed
¼-½ c olive oil (use enough to
achieve desired thickness)
1 bag sundried tomatoes

So quick to make and so healthy. Add a dollop to salads, use for a vegetable dip, or add to veggie crackers. So many uses!

DIRECTIONS

1. Throw everything in a food processor and blend. Taste and adjust seasonings as necessary.



Robin Nielsen is an integrative Certified Nutrition Consultant, Board Certified in Holistic Nutrition, she specializes in helping women find hormone balance from puberty to menopause, to live their most fabulous lives. She is founder of Juvenescence, LLC, the highly successful Get Your Groove On!, corporate and community wellness program, is co-creator of Sexy Younger You!, and is CEO and Chief Wellness Officer for Insulite Health pcos.com, supporting women with PCOS and its devastating symptoms, to transform their lives. She has been featured on the CBS television program *Eye on the Bay* showcasing her life changing women's retreats. juvenescence.net



Mom & Kid Friendly Paleo Ranch Dip

Dr. Nicole Beurkens

INGREDIENTS

1 c mayonnaise (any type of mayo homemade or store bought will work)
3 T full-fat canned coconut milk
3 t dried dill
1 t dried parsley
½ t minced garlic
Salt and pepper, to taste

This simple tasty recipe is a great way to spend time relaxing with the kids while eating a healthy snack. It's a recipe you can quickly make together, and also involve the kids in cutting up their favorite veggies to dip. You can also use kale chips, sweet potato fries, or anything else dippable!

DIRECTIONS

1. Mix or whisk all ingredients together in a bowl to combine. Adjust seasoning as desired. Serve right away or chill in the refrigerator. Can be stored in the refrigerator for up to a week.

Dr. Nicole Beurkens has specialized expertise in evaluating and treating a wide range of learning, mood, and behavior challenges including autism spectrum disorder, ADHD, anxiety, mood disorders, brain injury, and other neurodevelopmental conditions. She holds a doctorate in Clinical Psychology, Masters degrees in Special Education and Nutrition, and is a Board Certified Nutrition Specialist. Dr. Nicole is the Founder and Director of Horizons Developmental Resource Center in Grand Rapids, Michigan, where she leads a multidisciplinary team dedicated to exceptional evaluation and integrative treatment services, research on innovative treatment protocols, and professional training on best practices. She is a best-selling author, award-winning therapist, and published researcher dedicated to empowering parents with knowledge and strategies to help children reach their greatest potential. www.HorizonsDRC.com



Yummy Braised Kale

Dr. Keesha Ewers

INGREDIENTS

1 T olive oil
1/8 t turmeric
1/8 t paprika
Ground black pepper, to taste
2 c young fresh kale, de-stemmed and cut into thin strips
Sea salt, to taste
1 t parsley, chopped
Garnish: Raw pumpkin seeds, chopped avocado, squeeze of fresh lime

DIRECTIONS

1. Heat the olive oil in a pan.
2. Add the turmeric, paprika and black pepper and stir briefly to release aroma.
3. Add the kale and salt, and cook covered, on low heat, until kale is tender, about 15 minutes.
4. Garnish with parsley, pumpkin seeds, avocado and lime. Serve hot.

Spiced Cauliflower

Dr. Keesha Ewers

INGREDIENTS

1/4 c ghee
2 t whole cumin seed
1/2 t turmeric
1/2 t sweet paprika
1/2 t ground cumin
2 t ginger, minced
Sea salt, to taste
4 c cauliflower, chopped
1/2 c filtered water
1 T fresh cilantro, finely chopped

DIRECTIONS

1. Heat ghee until it looks clear.
2. Add the cumin seeds and stir briefly until you can smell the aroma.
3. Add the powdered spices and stir once. Add the ginger, salt and cauliflower and stir briefly. Lower heat to medium and cook covered, stirring occasionally, until cauliflower is fork-tender. Add water as needed to prevent sticking.
4. Garnish with fresh cilantro.



Fennel & Beet Sauté with Mustard Vinaigrette

Wendy Myers

INGREDIENTS

Vegetables:

6 medium beets (red are more nutritious)

3 bulbs fennel

2 cloves garlic or 1 shallot

1 T extra virgin olive oil

1 t grass fed butter

¼ t sea salt

¼ t fresh ground pepper

Garnish with fennel fronds

Vinaigrette:

1 t organic whole grain Dijon mustard (my favorite is Delouis Fils organic French Dijon)

2 T balsamic vinegar

2 T extra virgin olive oil



Craving the carbs in root veggies? Me too! I love sautéing or roasting veggies, like fennel and beets, and drowning them in vinaigrettes. Makes for a healthy, delicious dish!

DIRECTIONS

1. Cut up your fennel into bite size wedges. Mince your garlic or shallots. Be sure to let it sit for 10 minutes after mincing to maximize nutrient release in the garlic.
2. Boil your beets to tenderize them. I find it just as easy to fill a small sauce pan with water and add the beets. Make sure the water covers the beets. Cover and cook on medium low heat for approximately 20 minutes until tender but still firm. Remember, these will be finished in a sauté pan, so make sure they are tender, but a bit underdone – you don't want them falling apart.
3. Once the beets are done, remove from the pan and let cool until you can handle them. The peel will slide right off. Use gloves or your hands will turn red. Then cut the beets in bite size wedges.
4. In a sauté pan, add the olive oil and butter and bring to medium high heat. Add the beets and fennel and sauté until caramelized, about 5-10 minutes until fork tender. That is why you didn't cook the beets all the way in the water. You don't want them falling apart. The last minute add in the vinaigrette (they don't need to be mixed prior to adding them to the dish) and heat until warm.
5. Garnish with a fennel fronds and serve.

Wendy Myers, FDN, is the founder of Liveto110.com and MineralPower.com. She is a functional diagnostic nutritionist in Los Angeles, Ca. She attended the Institute for Integrative Nutrition in New York and has a degree in Entrepreneurship from the University of Southern California. She uses Hair Mineral Analysis and other functional medical tests to design custom Mineral Power programs. This is an individualized targeted nutrient therapy program to facilitate toxic metal and chemical detox, heal the adrenals and thyroid, regain energy and brain function and reverse and prevent disease.





ENTREES

Vitamin D Superstar Salmon Cakes

Megan Buer

INGREDIENTS

3 cans wild caught Alaskan salmon
2 eggs, organic and pasture-fed
2-3 T organic mayonnaise
Several shakes of dill
Several shakes of herbamere seasoning

Great for a main meal, topped with avocado and served alongside sweet potatoes, broccoli, salad, and sauerkraut.

DIRECTIONS

1. Mix well until ingredients are combined.
2. Heat butter, ghee, or other cooking oil on a skillet over medium heat.
3. Put a ball of salmon mixture onto pan, flatten with back of fork.
4. Cook on each side 3-4 minutes until golden brown and cooked through.



As a mother to 3 children, Megan Buer struggled for years with Hashimoto's disease, adrenal fatigue, sugar addiction, food intolerances, panic, and anxiety. She went on a journey of health and discovery – spending over 10 years researching, experimenting, and finally figuring out all the unique tools she needed to naturally heal herself. She is a certified Emotion Code practitioner, Reiki healer, wellness coach, author, and blogger. Megan's mission is to take the fear and overwhelm out of health. She is passionate about simplifying your healing journey, empowering you with the tools needed for health, and get you thriving again! Megan works with clients remotely full time, educates, speaks, and writes. She is also a part of the health team at Revolution Health Center in Virginia. www.harmony-restored.com



Perfect Oven Steamed Salmon

Jennifer Fugo

INGREDIENTS

1 piece salmon, ideally wild-caught
1 light dusting sea salt
1 light dusting garlic powder
1 light dusting white pepper
Fresh lemon slices
Water

This salmon recipe is super simple even for those with limited cooking experience. Because the fish is so moist, it holds up well 2 or 3 days in the refrigerator to be used as leftovers.

DIRECTIONS

1. Preheat the oven to 375°F.
2. Place fish skin side down in the middle of a glass or pyrex cooking dish. The fish should not feel cramped because you'll need room around the fish for water in order for it to steam.
3. Lightly dust the top of the fish with sea salt, white pepper and garlic powder.
4. Place lemon slices on top of the fish. As an example, you might use one or two for a single serving of fish.
5. Add enough water to the baking dish so that there's about $\frac{1}{8}$ to $\frac{1}{4}$ inch of water surrounding the fish. Cover the baking dish with foil and place into the oven.
6. Timing is everything with this recipe. Typically I'll leave the fish in for 8 minutes undisturbed. The flesh should have turned a lighter pink color and should easily flake apart if done. If it's not, wait another 4 minutes and check again. Repeat if necessary. It's rare that you'll have to cook the fish past 16 minutes unless the filet is very thick (more than 2 inches at the thickest part).
7. Remove from the oven and enjoy!

Jennifer Fugo, MSc, CHC is a functional clinical nutritionist and the founder of Gluten Free School. She guides women to uncover the missing links underlying ongoing IBS-type digestive issues. She's a go-to expert on how to transition and live gluten-free with joy as well as teaching gluten-sensitive women simple, savvy and empowering steps to get healthy. Living gluten-free since early 2008 after a gluten sensitivity diagnosis, Jennifer knows what it's like to feel overwhelmed by the cost and seemingly complicated aspects of going gluten-free. A sought-after expert, advocate & speaker about healthy, gluten-free living, Jennifer has been featured on Dr. Oz, Yahoo! News, eHow, CNN, and Philadelphia Magazine. She is also the best-selling author behind the ground-breaking book *The Savvy Gluten-Free Shopper: How to Eat Healthy without Breaking the Bank*.
www.GlutenFreeSchool.com



Dr. Keesha's Favorite Salmon

Dr. Keesha Ewers

INGREDIENTS

Wild-caught salmon filets

Marinade:

1 c organic olive oil

½ c lemon juice

2 T gluten-free Worcestershire sauce

2 t sea salt

2 t ground black pepper

1 t dry mustard powder

2 t minced garlic

DIRECTIONS

1. Combine marinade ingredients in a small bowl.
2. Marinate wild-caught salmon filets overnight in covered glass 13 x 9 inch baking dish.
3. The next day, bake at 375°F in the oven until fish flakes with a fork.



Grilled Green Chicken

Dr. Peter Osborne

INGREDIENTS

1 medium sweet onion, peeled and chopped

1 c cilantro leaves and stems, packed

¼ c basil leaves, packed

¼ c mint leaves, packed

4 T Red Boat fish sauce

1½ t garlic, minced

Juice from 1 lime

1 t cayenne pepper

1 T maple syrup or 2 T apple juice

Salt and pepper, to taste

3 lbs. organic chicken

Don't be put off by the number of ingredients in this recipe.

You put everything (except the chicken) into a food processor to produce a delicious marinade filled with fresh herbs. The flavor is astounding! The chicken is marinated up to a day, then grilled. It makes a colorful, healthy twist for a chicken dinner.

DIRECTIONS

1. Marinade: In a blender, puree the onion, cilantro, basil, mint, fish sauce, garlic, lime juice, black pepper, cayenne pepper, salt and maple syrup until smooth.
2. Place the chicken in a gallon-sized Ziploc bag and pour marinade over it and let the chicken marinate for at least an hour and up to a day.
3. Take the chicken out of the refrigerator at least an hour before you are ready to grill it.
4. The chicken should be grilled for approximately 25 minutes (or until the internal temperature reaches 165°F).

Dr. Peter Osborne is a world-renowned expert in the field of gluten and grain sensitivity, as well as orthomolecular functional pastoral medicine. He is the author of the highly acclaimed new book, *No Grain No Pain*, published by Simon and Schuster. Dr. Osborne is a Doctor of Chiropractic, board certified Clinical Nutritionist and advisor for Functional Medicine University. He is the clinical director of Origins Healthcare in Sugar Land, TX, and is passionate about educating people and helping them heal through root cause resolution. www.drpeterosborne.com



Pav Bhaji

Dr. Sachin Patel

INGREDIENTS

1 small cauliflower florets, separated, green parts discarded
2 medium potatoes, peeled and diced
2 carrots, diced
½ c green peas
½ c green beans
1 onion diced
3 garlic cloves, pressed
1 t ginger, minced
½ green chili, minced
1 c tomatoes, pureed
1 T coconut oil
¼ c water
1 T fresh lemon juice
¼ red chili powder
½ t turmeric
½ t ground cumin
½ t ground coriander seeds
Himalayan pink salt, to taste
¼ c cilantro, chopped



This is an Indian style vegetarian Sloppy Joe. Cauliflower contains detoxifying compounds which offer protection against prostate cancer. To boost this protection, add turmeric to cauliflower.

DIRECTIONS

1. Steam cauliflower, potato, carrot, peas and green beans in a steamer pot until it is tender. Set aside.
2. In a large skillet, heat coconut oil on medium heat. Add onions and sauté until translucent, stirring often, about 5 minutes.
3. Add garlic and green chili and cook for 1 minute. Add red chili powder, turmeric, cumin and coriander; sauté for 1 minute.
4. Add cauliflower, potato, carrots, peas and green beans and sauté for 2 minutes. Stir in lemon juice, ginger and salt.
5. Add water and tomato puree, reduce heat and cover. Cook until potatoes are tender and soft enough to mash, about 10 minutes, stirring often.
6. Uncover and mash the contents in the skillet with a potato masher. Texture should be like mashed potatoes. Cover and simmer for another 15 minutes.
7. Garnish with cilantro and serve on its own or spread on gluten free bread.

Dr. Sachin Patel is the proud husband, father, and founder of The Living Proof Institute and Practice Development mentor. His philosophy is that the patient is the doctor the future and that nothing can heal the patient better than they can heal themselves. Working with thousands of patients, Dr. Patel now trains functional medicine practitioners all over North America on how to help patients heal themselves, one community at a time. www.livingproofinstitute.com



Tandoori Chicken/Chickpeas

Dr. Deanna Minich

INGREDIENTS

For omnivores:

2 x 4-oz. organic, free-range,
boneless, skinless chicken
breasts, cubed 1 in.

For vegans:

½ c cooked chickpeas

For both:

1 T coconut oil

1 T tandoori seasoning

Dash of ground black pepper

½ t sea salt

1 garlic clove, minced

2 T diced red onion

¾ c unsweetened, full-fat coco-
nut milk

4 handfuls kale, roughly
chopped kale (about 4 medium
to large leaves)

½ large red bell pepper, thinly
sliced into strips

Juice of ½ lemon

1 t extra virgin olive oil

DIRECTIONS

1. Melt the coconut oil in a frying pan set over medium-high heat. Add the tandoori seasoning, pepper, and salt, and stir the spices for a few seconds before adding the garlic and onion. Continue to stir the mixture until the onion becomes soft and translucent.
2. Add the coconut milk, and mix it in well before stirring in either the chicken (omnivore) or chickpeas (vegan).
3. Cover the pan and let the mixture simmer on medium heat for 7 to 10 minutes.
4. Meanwhile, in a saucepan, steam the kale and the red bell pepper until the kale becomes wilted and bright green (don't let it lose its color!).
5. Remove the vegetables from the heat and transfer them to a serving plate. Drizzle them with lemon juice and olive oil.
6. When the chicken or chickpeas are ready, spoon half of them onto the serving plate with the vegetables. Serve immediately.

Dr. Deanna Minich is an internationally recognized lifestyle medicine expert, creative visionary and teacher, and author of five books. Her extensive background in nutrition, yoga, Ayurveda, Traditional Chinese Medicine, and personal growth led her to create a whole-self, colorful approach to health called Food & Spirit. She developed the Certified Food & Spirit Practitioner Program to provide health professionals with a practical way to apply the Food & Spirit framework with their patients and clients. She is author of *Whole Detox*, a book based on a whole-life, whole-systems, whole-foods approach to detoxification, and host of the online Detox Summit. Her passion is teaching a whole-self approach to nourishment and bridging the gaps between science, spirituality, and art in medicine.
www.deannaminich.com



Moroccan Chicken Tagine

Wendy Myers

INGREDIENTS

8 chicken thighs or pieces, with bone and skin
5 cloves garlic, minced
1 t ground cumin
1 t ground ginger
½ t paprika
1 T sea salt
½ t freshly ground black pepper
1 large onion, finely chopped
3 T olive oil
1 Meyer or regular lemon
¼ t powdered saffron OR ¼ t powdered turmeric and 4 strands saffron
1 c pitted green olives
½ bunch Italian parsley (about ¼ c chopped)
½ bunch cilantro (about ¼ c chopped)
1½ c water or chicken stock



Spice up your chicken with some Moroccan flavor! The blend of spices in my Moroccan Chicken Tagine creates a mouthwatering explosion of flavor that will have you making it again and again! Prepare ahead as this recipe requires the chicken to marinate for 24 hours.

DIRECTIONS

1. In a large bowl, mix the garlic, cumin, ginger, paprika, salt and pepper, ½ the chopped onion and olive oil.
2. Halve lemon. Remove pulp. Cut lemon rind into wedges. Set aside. Add the pulp of the lemon to the mixing bowl. Add the chicken. Mix everything together and place in a large glass container or large plastic bag to marinate for 24 hours in the refrigerator.
3. In a large Dutch oven or casserole pan, heat oil over medium-high heat. Add onion and sauté for 8 minutes. Add the chicken with the marinade. Add the lemon wedges, powdered saffron and 1 ½ cups water or chicken broth. Bring to a boil over high heat, turn down to a simmer and cook, partially covered, for 30 minutes.
4. Stir the chicken and continue to cook for another 15 minutes or until the chicken is tender.
5. Move the chicken to a serving dish and cover to keep warm. Put the sauce back on stove on medium heat and begin to reduce.
6. Add the olives, parsley and cilantro to the sauce. Cook for another five minutes to reduce the sauce until it's just a little thick. Pour sauce over chicken and serve with your favorite vegetable.

Wendy Myers, FDN, is the founder of Liveto110.com and MineralPower.com. She is a functional diagnostic nutritionist in Los Angeles, Ca. She attended the Institute for Integrative Nutrition in New York and has a degree in Entrepreneurship from the University of Southern California. She uses Hair Mineral Analysis and other functional medical tests to design custom Mineral Power programs. This is an individualized targeted nutrient therapy program to facilitate toxic metal and chemical detox, heal the adrenals and thyroid, regain energy and brain function and reverse and prevent disease.



Coconut Curry Lamb

Damian Dubé

INGREDIENTS

12 oz. ground lamb
¼ c organic coconut milk (original)
¼ c organic lite coconut milk
2 c bok choy, sliced
2 c zucchini, sliced
1 T curry powder
1 t turmeric
½ t cardamom
½ t raw sea salt

DIRECTIONS

1. Preheat large skillet on medium heat.
2. Add lamb and heat until thoroughly cooked, frequently mixing with a spatula.
3. Add zucchini and bok choy. Cook until slightly tender, stirring frequently.
4. Reduce heat to low and add curry, turmeric, cardamom, sea salt and all coconut milk, and sauté for 2-3 minutes. Be careful not to burn.
5. Remove from heat and serve.

Diagnostic and Functional Nutritionists, Damian and Heather Dubé, are the Co-Founders of e3 Energy Evolved, a thyroid, adrenal and metabolic restoration system helping women and men create their lifetime-best natural wellness & metabolism. They discovered their system during their battle to successfully beat Heather's advanced Hashimoto's Thyroiditis, Chronic Fatigue Syndrome and Autoimmune Disease drug-free through nutrition and lifestyle, and transform her body to compete naturally as a US National Level Figure Athlete in 2 years. With 50 years combined education and experience in nutrition, wellness, psychology, athletics and pharmacy, they are Nutritionists, Athletes, Expert Contributors for Experience Life & OnFitness Magazines, and Nutrition Science Peer Reviewers to mass market fat loss brands like TapouT XT. e3energyevolved.com



Easy Paleo Stirfry

Dr. Shiroko Sokitch

INGREDIENTS

1 medium organic onion, diced
2 in. piece of fresh ginger,
minced
1 lb. organic ground lamb (can
also use other organic ground
meat)
1 Kabocha Squash, roasted,
peeled, then cut into ½ in cubes
2 zucchini, grated
5 baby bok choy, chopped
1 bunch swiss chard, chopped
Himalayan pink salt
Coconut oil

I make this with various kinds of meat, vegetables and flavors – easy to sub in other favorites. Serve alone or with quinoa or rice.

DIRECTIONS

1. Heat the coconut oil in a wok.
2. Add onions and sauté until they are slightly brown and soft.
3. Add the ginger and the lamb. Stir and cook a few more minutes.
4. Add the zucchini and bok choy. Stir and cook until it is slightly cooked.
5. Add the chopped swiss chard, cover with a lid, and cook until all ingredients are cooked to your taste. Add salt, as desired.

Dr. Shiroko Sokitch's mission is to help you heal and regain the health and vitality you deserve when no one else has found the answers. She does this by using a unique blend of Chinese and Western medicine to help you learn to listen to and balance your body. Dr. Shiroko has a broad range of medical experience with training in general surgery and acupuncture, and 10 years of experience as an emergency room doctor. In addition to practicing integrative medicine for 23 years, she hosted a public access TV show, *Perspectives on Healing* for 2 years, has had a Sonoma County news column for 15 years, and is writing her second book-7 Keys to Accelerated Healing. As the owner of Heart to Heart Medical Center in Santa Rosa, California since 1993, she specializes in: acupuncture, chronic illness, pain treatment, hormone balancing, bio-identical hormones, digestive problems, and brain chemistry balancing. www.hearttoheartmedicalcenter.com



Cauliflower Pizza Crust & Pie

Dr. Keesha Ewers

INGREDIENTS

1 head cauliflower, chopped
2 eggs
1 t dried oregano
1 t dried basil
1 t garlic, minced
¼ c almond flour
Sea salt, to taste
Ground black pepper, to taste
Desired pizza toppings

DIRECTIONS

1. Preheat your oven to 400°F.
2. Mince the cauliflower in a food processor or blender.
3. Steam the minced cauliflower for 5 minutes or until slightly tender. Drain, cool, and dry on paper towels.
4. Once cool and dry, mix the steamed cauliflower, whisked eggs, oregano, dried basil, garlic, almond flour, together with salt and pepper to taste.
5. Spread the cauliflower mixture onto a pizza pan and bake for 15-20 minutes.
6. Make the pizza pie: Spread the cooked crust with marinara sauce and any topping you desire. Try sun dried tomatoes, fresh basil leaves, steamed broccoli, spinach, goat cheese crumbles, marinated artichoke hearts, Kalamata olives, sliced tomatoes, sliced onions, roasted garlic, or anything else you can think of. Bake another 10 minutes, or until toppings are cooked.



Kale and Sundried Tomato Frittata

Dr. Keesha Ewers

INGREDIENTS

4 c chopped kale
Sea salt, to taste
¼ c onion, minced
1 T garlic, minced
1 T extra virgin olive oil
8 large eggs
⅓ c almond milk
2 t oregano
12 basil leaves finely chopped
½ t red pepper flakes
Fresh ground pepper, to taste
¾ c sundried tomatoes, chopped
4 oz. goat cheese, crumbled
Garnish options: fresh cilantro, sliced avocado, hot sauce

DIRECTIONS

1. Preheat oven to 400°F.
2. In a large pan, sauté kale, salt, onion, garlic and olive oil over medium heat until the kale is cooked down and the onions are clear. Remove from heat.
3. In a large bowl whisk the eggs, milk, and seasonings until mixed completely.
4. Add the kale mixture to the bowl and combine.
5. Pour into greased glass baking dish. Top with chopped sundried tomatoes and goat crumbles, if desired.
6. Bake 30-40 minutes until middle is set.
7. Cool for 10 minutes and serve with chopped fresh cilantro, sliced avocado, and hot sauce, if desired.





SNACKS

Robin's Quick Nut Granola

Robin Nielsen

INGREDIENTS

Handful of walnuts, raw
Handful of pumpkin seeds, raw
1 T organic cranberries
3 T shredded coconut
2 T ground flax seed
½ c frozen berries
1 t ground cinnamon
Almond, pecan or coconut milk
(organic, unsweetened)
Stevia, to taste

DIRECTIONS

1. Put walnuts and pumpkin seeds in a bowl and cover with boiling water. Let sit for a few minutes. Drain.
2. Add the cranberries, coconut, flax seed, berries and cinnamon.
3. Warm the coconut or almond milk. Pour over mixture and enjoy.



Robin Nielsen is an integrative Certified Nutrition Consultant, Board Certified in Holistic Nutrition, she specializes in helping women find hormone balance from puberty to menopause, to live their most fabulous lives. She is founder of Juvenescence, LLC, the highly successful Get Your Groove On!, corporate and community wellness program, is co-creator of Sexy Younger You!, and is CEO and Chief Wellness Officer for Insulite Health pcos.com, supporting women with PCOS and its devastating symptoms, to transform their lives. She has been featured on the CBS television program *Eye on the Bay* showcasing her life changing women's retreats. juvenescence.net



Grain Free Granola

Dr. Keesha Ewers

INGREDIENTS

1 c pumpkin seeds, raw
1 c shelled sunflower seeds, raw
1 c sesame seeds, raw
1 c unsweetened coconut flakes
1 c almonds, sliced
1 c walnuts, chopped
1 c goji berries
1 c dates, pitted and chopped
½ c coconut oil
1 T cinnamon
1 t ground nutmeg
1 t ground anise
1 T vanilla
Sea salt, to taste

DIRECTIONS

1. Preheat oven to 325°F.
2. Mix all of the dry ingredients together in a large bowl.
3. Melt the coconut oil over low heat or a warm water bath and pour it in a small bowl.
4. Add the spices, vanilla and salt to the oil and stir well to combine.
5. Pour the oil mixture over the dry mixture and stir, coating evenly.
6. Spread mixture on a silicone lined baking sheet and bake for 20 minutes.
7. Stir and bake an additional 5 minutes until the edges of the coconut flakes are slightly browned.
8. Allow the granola to cool completely, then store it in an airtight container.



Coconut Almond Protein Bars

Damian Dubé

INGREDIENTS

32 dates

1 c shredded coconut, unsweetened

½ c natural almond butter

½ c almonds, raw

5 scoops vanilla beef protein

¼ c coconut milk, lite

½ T unrefined coconut oil

DIRECTIONS

1. Add almonds to food processor and pulse for 15 seconds to partially chop, then transfer chopped almonds to a separate bowl.
2. Place dates in food processor and process until fully blended and forming a ball.
3. Add coconut, protein and almond butter and process again until fully combined.
4. Add coconut milk and process again until mixture forms a ball.
5. Transfer contents to a large bowl, add almonds and knead with hands to fully combine.
6. Grease an 8"x8" baking pan with coconut oil.
7. Place dough in baking pan and press with hands and fingers until evenly distributed and tightly packed.
8. Cover with plastic wrap and refrigerate for a minimum of 2 hours.
9. Cut into 8 bars. Ready to serve.



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Moey's Munchies

Moey Bryant

INGREDIENTS

2 c coconut flakes
1 c walnuts (or any nuts you like)
1 c pumpkin seeds
1 c sunflower seeds
1 c cacao nibs
 $\frac{3}{4}$ t salt
10 Medjool dates
1 c raisins
 $\frac{1}{2}$ c ghee, melted
1 c coconut oil, melted



These little nuggets are the MOST delicious concoction I've come up with yet and are energy packed and VERY good for you! I put them in little jars that I can grab from the refrigerator and toss into my bag when I leave the house. Then I'm never stuck without good, nourishing food. They must be stored in the refrigerator because of the coconut oil and ghee, which will melt at high temps. Be creative with the ingredients. I change the recipe a bit each time. Sometimes I add a teaspoon of vanilla and dehydrated bananas. Here is the recipe for a large batch.

DIRECTIONS

1. Add coconut flakes, walnuts, pumpkin seeds, sunflower seeds, cacao nibs and salt to a food processor or high speed blender. Pulse, creating a rough grind, not too fine. Add mixture to a 9x12 glass baking dish.
2. Add dates, raisins, ghee and coconut oil to the food processor or high speed blender and turn it on high. This is a fast step as you don't want the oils to set but you do want the fruit completely cut up.
3. Dump this mixture on top of the dry ingredients and massage it well with your hands. The idea is to get some of the oily fruit into every bite.
4. Now taste the mix and see if there's enough salt for your taste.
5. Use a rigid spatula and tamp down the mixture so it will solidify into bars.
6. Refrigerate for an hour before cutting into squares.
7. Enjoy anytime!

Moey Bryant is an artist and health enthusiast. She lives with her husband and animal family on an island in the Pacific NorthWest.



Chocolate Energy Balls

Shana Ekedal

INGREDIENTS

2 c of hazelnuts
1 c Medjool dates
3 T of cacao powder
1 t vanilla extract
1-2 T water
Stevia, to taste
Dash of Himalayan salt
5 drops of ginseng root (optional)

DIRECTIONS

1. Place hazelnuts in a food processor and blend until it becomes a meal.
2. Add in the remainder of ingredients and process on high for 1-2 minutes.
3. Check the consistency of the mixture. Depending on the consistency of the dates, you may need 1-2 teaspoons of water so it is soft enough to roll into balls.
4. Scoop out a tablespoon of dough and roll between hands to make a ball.
5. Store at room temperature for 3-4 days.

Holistic Nutrition Expert and Transformation Coach, Shana Ekedal is an educator and a trailblazer in the area of mind, body, and spirit wellness. Her deepest purpose is to release women from the fears, doubts and insecurities that hold them back, so they can be fully present to their own vibrant energy, access their gifts, and share them powerfully with the world. shanaekedal.com



Mexican Chocolate Protein Balls

Dr. Keesha Ewers

INGREDIENTS

½ c cashews, soaked 2-4 hours
½ c walnuts, soaked 2-4 hours
8 large Medjool dates, pitted
2 T coconut oil, melted
¼ c Functional Nutrients chocolate protein powder
2 T cacao nibs
¼ t sea salt
1 t vanilla extract
1-2 t cinnamon, to taste
¼ t chili powder
2 T cacao powder, for dusting

DIRECTIONS

1. Drain and rinse the cashews and walnuts and transfer them to a food processor along with the dates. Process until well incorporated.
2. With the motor running, slowly add the melted coconut oil. Blend again until very smooth.
3. Add the chocolate protein powder and spices and puree until completely incorporated. Add cacao nibs and pulse a few times until mixed together.
4. Transfer to a small bowl, cover, and refrigerate for one hour until the dough is hard enough to roll into balls.
5. Roll into balls about 1 tablespoon in size, coat in cacao powder, and enjoy!
6. Store in the refrigerator.



Coconut Protein Balls

Dr. Keesha Ewers

INGREDIENTS

3 c dates, pitted
1 ½ c almonds
½ c warm water
4 scoops Functional Nutrients protein powder (vanilla or chocolate will work)
¼ c Enjoy Life or Lilly's chocolate chips
2 T cocoa powder, unsweetened
⅔ - 1 c coconut flakes, unsweetened

These protein-packed treats are great for pre- and post-workout.

DIRECTIONS

1. Combine the dates, almonds and water in a food processor and grind. Small chunks are fine.
2. Add date mixture to a mixing bowl along with protein powder, chocolate chips and cocoa powder. Mix with spatula until well combined. Mixture will seem dry in the beginning. If necessary, add more water.
3. Roll into balls and then roll in the coconut flakes. Yum!



Pumpkin Seed Balls

Dr. Keesha Ewers

INGREDIENTS

½ c almond, cashew, or sunflower seed butter
½ c pumpkin seed butter
3-4 T coconut nectar or yacon syrup
1 c organic flax & pumpkin seed, raw & ground (1:1 ratio) OR 1 c organic sesame & sunflower seed, raw & ground (1:1 ratio)
½ c shredded coconut, unsweetened
½ c puffed quinoa (optional)
Spices of your choice, to taste: ground cinnamon, cocoa powder, ground nutmeg, ginger powder, ginger, cardamom, pure vanilla extract, etc.

DIRECTIONS

1. In a small mixing bowl, add nut/seed butter and coconut nectar and stir well. Add spices of your choice, or leave it plain and enjoy the flavor. Stir well.
2. Add seeds and stir to combine.
3. Gradually, add the shredded coconut, and cereal and stir until evenly distributed.
4. Use your hands to scoop up mixture and form into balls.
5. Place in a glass container and store in the freezer for best texture.
6. Enjoy!



DESSERTS

Banana Carrot Muffins

Dr. Peter Osborne

INGREDIENTS

3 eggs
1 c dates, pitted
3 ripe bananas
1 t apple cider vinegar
½ c coconut oil, melted
1½ c carrots, shredded
1 T cinnamon
1 t sea salt
2 t baking soda
2 c almond flour
¾ c sliced almonds

This recipe takes a classic baking favorite and converts into a gluten free, processed sugar free, grain free, dairy free dessert that actually tastes good – great! This makes approximately 14 muffins.

DIRECTIONS

1. In a large food processor or blender, combine eggs, dates and bananas. Blend for a few seconds.
2. Add apple cider vinegar, coconut oil, and shredded carrots. Blend a few more seconds.
3. Add cinnamon, sea salt, baking soda and 1 cup of the flour. Blend until smooth.
4. Add second cup of flour and blend once more.
5. Add sliced almonds and stir with a spoon or spatula just until mixed.
6. Spoon into a muffin tin and bake at 350°F for 25 minutes.

Dr. Peter Osborne is a world-renowned expert in the field of gluten and grain sensitivity, as well as orthomolecular functional pastoral medicine. He is the author of the highly acclaimed new book, *No Grain No Pain*, published by Simon and Schuster. Dr. Osborne is a Doctor of Chiropractic, board certified Clinical Nutritionist and advisor for Functional Medicine University. He is the clinical director of Origins Healthcare in Sugar Land, TX, and is passionate about educating people and helping them heal through root cause resolution. www.drpeterosborne.com



Sautéed Apples

Dr. Keesha Ewers

INGREDIENTS

1 apple, any sweet variety
1 t ghee
1 t ground cinnamon
½ t fresh ginger, finely grated
¼ t ground clove
¼ t ground cardamom
⅛ t ground nutmeg
Pinch of sea salt
⅓ c unsweetened coconut flakes
¼ t lemon juice

DIRECTIONS

1. Core and chop the apple into bite-sized chunks.
2. Heat the ghee in a pan. When clear, add the spices and stir briefly to release aroma.
3. Add apple and sauté briskly for 3-4 minutes. In the last few seconds, add flaked, unsweetened coconut if desired.
4. Turn off heat, stir in the lemon juice and serve warm, topped with a dash of honey if desired. Discard whole spices when eating.



Chocolate Mint Protein Brownies

Dr. Keesha Ewers

INGREDIENTS

Brownies:

1 c Functional Nutrients chocolate protein powder
½ c cacao powder
¼ c arrowroot
¼ c coconut flour
1 t baking soda
1 t baking powder
1 egg or 1 flax gel (1 ½ T flax gel with 3 T water, let sit to make gel)
2 t peppermint extract
½ c applesauce
½ c coconut nectar
½ c hot water

Mint frosting:

1 large avocado
2 bananas
½ c coconut butter
6 T coconut oil
1 T vanilla extract
½-1 t peppermint, to taste
¼ t sea salt
Handful of spinach

DIRECTIONS

1. Preheat oven to 350°F.
2. Place all ingredients into a bowl and mix together, end with adding hot water. Spread protein bar batter into a lightly coconut oil greased 11×7 baking dish.
3. Bake for 30 minutes. Remove from oven and allow to cool.
4. As the bars cool, make frosting. Place frosting ingredients into a high speed blender and blend till smooth and creamy.
5. Once brownies have cooled, spread mint fudge frosting on top. Top with chocolate chips if desired!
6. Place mint fudge brownies in the refrigerator to let the frosting set.
7. Once set and chilled, cut into 16-18 slices. Store leftovers in refrigerator.



Paleo Peanut Butter Cupcakes

Dr. Keesha Ewers

INGREDIENTS

Cupcakes:

1 c coconut flour
1 c raw cacao powder
2 t baking soda
½ t sea salt
1 dozen pastured eggs
1⅓ c pure maple syrup or coconut nectar for a lower glycemic index
1 c melted coconut oil
4 t vanilla

Frosting:

3 c sunflower seed butter, raw peanut butter or raw almond butter
3 c palm shortening
1½ c pure maple syrup
2 T vanilla
1 t sea salt
2 dozen Justin's peanut butter cups

My son's birthday is on Valentine's Day. When he was young, before I knew just how bad gluten, dairy and sugar really are for you, I used to make a cake with peanut butter and chocolate...a family favorite. Over the years, I have experimented with finding healthier alternatives for some of the toxic ingredients in my kid's favorite holiday treats. This one was an instant hit! Note: This is NOT a low-calorie food or a health food :)!

DIRECTIONS

1. Pre-heat oven to 350°F.
2. Combine dry ingredients in a bowl and stir until mixed. In another bowl beat eggs together with maple syrup, vanilla and melted coconut oil. Fold both together and pour into silicone cupcake liners in a muffin tin.
3. Bake for 15 minutes. Remove from oven and allow to cool completely.
4. While the cupcakes are cooling, prepare the frosting: Whip all ingredients with hand mixer until creamy and stiff. Frost cupcakes and then top each one with a peanut butter cup and another dollop of frosting. Enjoy!



Chocolate Protein Almond Butter Cups

Dr. Keesha Ewers

INGREDIENTS

½ c virgin coconut oil, softened
2 scoops Functional Nutrients
chocolate protein powder
½ c almond butter
¼ c unsweetened cocoa powder
2 T coconut nectar
1 t vanilla extract
¼ t sea salt
12 drops liquid stevia

DIRECTIONS

1. Fill a mini-muffin pan with 24 liners and set aside.
2. In a blender or food processor, blend all ingredients until smooth. Pour 1 tablespoon of the mixture into each muffin liner.
3. Place the muffin pan in the refrigerator for 45-60 minutes or until the fudge firms up.
4. These can be stored in the refrigerator for up to 1 week, but I doubt they'll last that long!

Protein Packed Cookie Dough Balls

Dr. Keesha Ewers

INGREDIENTS

2 scoops Functional Nutrients
Vanilla Protein Powder
1 c almond flour
½ c almond butter
¼ c coconut nectar
1 t vanilla extract
¼ t sea salt
¼ c Enjoy Life or Lilly's mini
chocolate chips

DIRECTIONS

1. Mix the protein powder and almond flour together in a bowl.
2. Add the almond butter and coconut nectar syrup and stir thoroughly.
3. Add the vanilla and sea salt and mix. Your batter ought to look like cookie dough now.
4. Add the chocolate chips and stir. Roll the dough into balls or just eat from a spoon!

Easy Coconut Butter Fudge

Wendy Myers

INGREDIENTS

8 oz. 100% organic unsweetened cacao
16 oz. of coconut manna or raw coconut butter (Nutiva and Artisan are good brands)
1½ c Norbu or Lakanto sugar
½ c coconut sugar (OR use only 2 c Norbu or Lakanto sugar and eliminate coconut sugar)
1 c shelled hemp seeds
1 c shredded coconut (optional)

A delicious, guilt-free dessert that is high in protein and low in fat!

DIRECTIONS

1. Melt all ingredients together over a low heat.
2. Decide desired shape:
 - *Option 1:* When well blended, pour into silicone cupcake holders and freeze. Pop out of holders and store in freezer or refrigerator.
 - *Option 2:* Grease glass pan, pour in mixture and refrigerate until solid enough to cut into bars.
 - *Option 3:* You can also put it in the refrigerator for ten minutes to get the mixture more firm. Then roll the fudge into balls and roll in hemp seeds, coconut flakes, ground pistachios or other seeds to make a beautiful colored variety of truffles!
3. Keep fudge refrigerated until ready to be eaten.



Wendy Myers, FDN, is the founder of Liveto110.com and MineralPower.com. She is a functional diagnostic nutritionist in Los Angeles, Ca. She attended the Institute for Integrative Nutrition in New York and has a degree in Entrepreneurship from the University of Southern California. She uses Hair Mineral Analysis and other functional medical tests to design custom Mineral Power programs. This is an individualized targeted nutrient therapy program to facilitate toxic metal and chemical detox, heal the adrenals and thyroid, regain energy and brain function and reverse and prevent disease.



Cacao Mint Camel Milk Ice Cream

Susan Levin

INGREDIENTS

1 pint (2 c) Camel Milk (or other non-dairy milk of your choice)
3 eggs (preferably pastured)
½ t organic vanilla extract
⅛ t Celtic sea salt
Liquid stevia to taste (I use about 2 droppers)
¼ c raw organic cacao powder (I prefer Nutiva brand)
*1 drop Peppermint Essential Oil

*Note: Make sure to use a food-grade essential oil (I prefer Young Living or DoTerra), to ensure the safety of your ice cream.

The immune-boosting benefits of camel milk have been firmly established in empirical studies, and people all over the world are now experiencing its rich, creamy, and sweet taste and its accompanying health benefits to boot! This recipe brings together the healing properties of camel milk, the energetic potency of peppermint essential oil, and the antioxidant benefits of cacao, to create a yummy, energizing, and gut-healing dessert. Just don't tell your kids it's good for them! You will need a Cuisinart® ice cream maker (or similar model) for this recipe.

DIRECTIONS

1. In a food processor, combine milk, eggs, vanilla, salt and stevia.
2. Add cacao powder and blend until fully combined.
3. Add the drop of peppermint oil.
4. Turn the Cuisinart® ice cream maker on; pour the mixture into the frozen freezer bowl and let mix until thickened, about 15 to 20 minutes. The ice cream will have a soft, creamy texture. If a firmer consistency is desired, transfer the ice cream to an airtight container and place in freezer for about 2 hours. Remove from freezer about 15 minutes before serving.
5. Top with roasted buckwheat groats, crispy nuts, hemp seeds, coconut-milk whipped cream, or whatever other yummy toppings your family enjoys!

Susan Levin is an Author, Nutrition Consultant, and the mother of a child who recovered from autism. A Harvard graduate and native New Yorker, Susan explored careers in law and design before unexpectedly discovering that her passion lay in her family when her toddler was diagnosed with autism, and she changed her life to help him. Susan is the founder and CEO of Unlock Your Child, a community of families affected by autism and ADHD. She continues to embrace her passion by writing, lecturing, coaching families, and offering online programs. Her newest program, The Autism Mom's Self-Care Workshop, will be launching in February 2017. www.unlockyourchild.com



Green Frozen Yogurt

Dr. Keesha Ewers

INGREDIENTS

2 c vanilla coconut milk yogurt
1 large frozen banana
2 c spinach
½-1 scoop Functional Nutrients
chocolate protein powder
3 T Enjoy Life or Lilly's chocolate
chips (optional)

DIRECTIONS

1. In a blender or food processor, blend together the yogurt, banana, spinach and protein powder until very smooth. I find it's best to add the ingredients in the listed order.
2. Pour into your ice cream maker* and freeze as directed, about 10-15 minutes.
3. Add the chocolate chips right before you remove the frozen yogurt and stir to distribute evenly. You can eat as is or freeze for an hour to let it firm up.
4. Store in a freezer-safe container. It will freeze rock-hard, so let it thaw for 10-15 minutes before you want to eat it.

*If you don't have an ice cream maker, there are two alternative ways to make ice cream/frozen yogurt:

Option 1: Pour the mixture into an ice cube tray and freeze. Once completely frozen, blend the smoothie cubes until ice cream-like!

Option 2: Pour the mixture into a freezer-safe container and stir with a spoon every half hour, up to 2 hours, until it's at your desired texture.

Chocolate Avocado Mousse

Dr. Keesha Ewers

INGREDIENTS

4 ripe avocados
1 c organic raw cacao powder
1 c full fat coconut milk
1 T vanilla extract
1 T ground cinnamon
Stevia, to taste
Sea salt, to taste

DIRECTIONS

1. Combine all ingredients in food processor and process until completely smooth.
2. Taste and adjust seasonings.
3. Spoon into serving dishes and chill to set. Store in refrigerator until ready to eat.





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