

# From FATIGUE to FABULOUS

21 WAYS TO BALANCE YOUR HORMONES FOR A HAPPY LIFE





# From Fatigue to Fabulous

*By Dr. Keesha Ewers*

**Going from fatigued to energized is a process.** It's not usually one thing that creates an autoimmune disease, hormone havoc, or cancer. It's not normally one food or one habit that causes you to gain weight. Likewise, it's not just one thing that's going to get you to optimal health.



Energy is created at a cellular level. There are many habits, foods, and lifestyle choices that affect the way your cells reproduce and make energy for you. Some of these habits are thought habits and some of them are dietary. Most of them you can control if you know what to look for.

I wrote this book for that very reason. I want you to know what is causing you to feel Un-fabulous. I didn't know what caused my autoimmune disease called rheumatoid arthritis. I didn't know right away why I got breast cancer.

It turns out I had several food sensitivities I didn't know about that were causing me to gain weight, have joint inflammation and pain, and suck my energy dry. I didn't know why I was so tired all of the time. I just wanted "my old self back." Have you ever felt like that?





Well my old self was not what I got. I actually got an upgraded model of myself once I learned to watch for the things that were making my genetics activate my grandfather's rheumatoid arthritis in me. You are not a victim of your genetics. After one year of avoiding specific foods and thoughts, I reversed my autoimmunity, and it has not come back in 20 years.

After I found out that I was holding onto anger and resentment, my breast cancer went away in one month. It's true. It's possible. It takes work and mindfulness though. I had to do some deep forgiveness work and trauma release therapy to get rid of my breast cancer without chemotherapy or radiation or surgery.

It was not easy changing my diet and my thoughts to reverse my autoimmunity. I wouldn't trade the journey I have been on for the world though. I look at these illnesses as the gifts that woke me up. I really knew on a root level what my beliefs, thoughts, emotions, and food choices were doing to me.

# Hijacking Hormones

You probably already know that not all things we call food are great for you. Did you know that there are more than 3,000 chemicals added to our food supply? These are commonly called food additives, and they definitely play havoc on hormone levels, libido, weight, mood, energy, your immune and digestive systems, and your overall health.

There are also hundreds of thousands of additional toxins we pollute our brain with every year. I'm talking about thoughts and feelings that make us feel fearful, anxious, guilty, or ashamed. Yes, these too make us feel distinctly "un-fabulous" and mess with our hormone levels.

This is something the ancient sister science of Yoga, called Ayurvedic medicine, recognized millennia ago: we ingest more than food and drink. We also ingest thoughts and emotions, which, when digested, become part of our bodies.

If those thoughts are positive and progressive, they boost our vitality; if they are negative, they drain us. In this book, we'll look at both the physical and nonphysical dimensions of what we "eat" that messes with your hormones, your health, and your energy level.

You might wonder what exactly a hormone IS and DOES and why you should bother reading about "hormone hacks." Well according the Merriam-Webster definition:

A hormone is, "a product of living cells that circulates in body fluids (as blood) or sap and produces a specific often stimulatory effect on the activity of cells usually remote from its point of origin."

In other words, a hormone signals the cells in the body so they know what to do next. These little messenger chemicals are the important regulators of your mood, your sex drive, your weight, your menstrual cycle if you have one of those, your skin complexion, your energy, your sleep, your appetite and food cravings, your memory, and on and on and on. So let's move on to what's hijacking them and give you some hormone happy swaps. The road to feeling un-fabulous is paved with these 21 toxic chemicals, foods, and thoughts.





## Seven Chemical Hormone Disruptors and Energy Drains

In the United States it's legal to add artificial flavorings, coloring, preservatives, and chemicals to our food supply. Though it's legal, it's definitely not healthy. So if you are eating processed foods, please pay careful attention to this section. If you are one of those rare souls who never eat out of a bag, can, or package, you are likely not eating the "sinful seven" and can skip down to the next sections: **Seven Food** and **Seven Mental Hormone Disruptors and Energy Drains**.

### 1. Artificial Sweeteners



Did you know that eating artificial sweeteners actually increases your appetite and your cravings for sweet tastes? It's not all about calories. Aspartame is one of the worst offenders. In 1984 when I was in college, I wrote an investigative report for school on aspartame. I had to dig through microfiches in the library in those days for the data and press reports. My paper exposed the fraudulent way this product was pushed through the FDA and the impact it would have on U.S. citizens. At the time, I predicted that Aspartame would be soon pulled from shelves. All of the damning information I had to dig for

back then is now widely available with a keystroke thanks to the Internet, yet aspartame is still in our food supply.

We have an exploding “diabesity” (diabetes + obesity) problem in the United States. This is largely due to our need for the sweet taste in food, drinks, and junk food, which we satisfy with foods containing natural sweeteners and chemical additives like aspartame (NutraSweet), sucralose, and saccharin. If you ingest such chemicals, you run a high risk of having your hormones disrupted to point that you can gain weight and create toxicity in your brain.

Did you know sucralose (Splenda) is made from chlorine and can cause leaky gut and make inflammatory bowel disease worse? Leaky gut is common in Americans today because of the number of chemicals being dumped in our food. It is the root cause of asthma, food allergies, chronic sinusitis, eczema, hives, migraines, irritable bowel, fungal disorders, fibromyalgia, and inflammatory joint disorders including rheumatoid arthritis.

Saccharine has been linked to cancer and yet those little pink *Sweet and Lo* packets are still on every table in cafes.

We now know that sugar is eight times more addictive than cocaine and is the number one cause of inflammation; and inflammation is the cause of autoimmunity and cancer.

High fructose corn syrup is found in almost any junk food that comes in a package. These packaged junked foods are found in every grocery store and mini mart across America. But just because they are inexpensive and easy to access does not mean they are good for you. High fructose corn syrup can cause insulin resistance and leaky gut, which you now know leads to diabesity, inflammation, mood problems, hormone imbalance, fatigue, autoimmune diseases, and cancers.

## The Swap

Lowering your sugar intake is a good thing. Try coconut palm sugar. It spikes your blood sugar up at about half the rate of cane sugar and brings a lovely sweet taste to your baking. It's a good bridge towards leaving the need for sweet behind. Once you have gotten yourself off of sugar and its harmful artificial cousins, try using stevia, Lo Han (monk fruit), and xylitol. Be careful with xylitol though. It can cause gut upset like gas, bloating, and diarrhea if you go overboard with it. My family can attest to that!



## 2. Synthetic Trans Fats

Crackers, many manufactured baked goods, chips, and most fried foods contain partially hydrogenated vegetable oil, which causes inflammation. We now know that all disease is exacerbated by or caused by inflammation.



Synthetic trans fats have been linked to cancer, stroke, diabetes, heart disease, the production of sex hormones, and a decrease in immune function and response. They are definitely on the list of “un-fabulous foods” for a good reason.

### The Swap



Fat is not the enemy. We have been conditioned by good marketing to believe “fat free” is healthy. This is untrue. Use coconut oil, ghee (clarified butter), olive oil, or avocado oil in your cooking. Fish oil, nuts, and seeds help balance your healthy fats with the fats found in animal protein. Animal fats are not bad for you, but your fat ratios are important to balance.

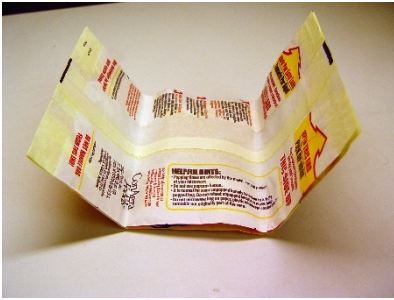
These healthful fats should not be over-consumed if you are trying to lose weight or are a kapha body type in the Ayurvedic framework. (See below for more information about doshas and body type). Contrary to the American rule, “if a little bit is good, a lot must be better”; your fat intake should be individualized to your genetics, body type, and current cellular needs.

If you are a vata body type, these fats will help you stay grounded, moisturized, and feeling fabulous. All body types need some healthy fats. Use my recipe later in this book and try your hand at making ghee. It's a wonderful eye moisturizer as well as substitute for butter if you are dairy intolerant.



### 3. Artificial Flavors

Please realize that the term “artificial flavor” on a label has no meaning. This might mean there is a blend of several hundred additives or just a few. Many of these chemicals are hormone disruptors, which not only make you feel moody and fat, but are also cancer risks.



Did you know that the artificial butter flavoring on microwave popcorn has a chemical that has been shown to trigger Alzheimer’s disease? The term “artificial flavoring” (or “natural flavor”) on a label can also mean genetically engineered flavor enhancers.

#### The Swap

Avoid anything artificially or “naturally” flavored. Eat healthy whole foods that taste good because they are good, and good for you. You can, if you wish, also make your own truly natural flavorings to add to foods if you like. Later in this book, I have included some recipes for making your own flavorings that won’t cause hormone chaos in the recipe section. Enjoy!

### 4. Monosodium Glutamate (MSG)

MSG can excite your cells to the point of death (of cells). That is the meaning of the word excitotoxin. MSG is an excitotoxin. Still FDA approved, MSG shows up in Chinese food, flavorings, salad dressings, frozen dinners, junk food, and some meats. It is a hormone disruptor and is linked to Alzheimer’s disease, Parkinson’s disease, Lou Gehrig’s disease, learning disabilities, and cancer.



## The Swap

Put your own spice mixtures together at home where you know exactly what is going into them. At the end of this book are some spice mixture recipes and my favorite salad dressing recipe. No need for MSG!

## 5. Artificial Coloring

Food manufacturers dump 15 million pounds of artificial food dyes into our food sources. There are countless studies indicating their harmful effects on children, ranging from learning disorders to attention and activity disorders. Warning labels on food alert children, pregnant women, and the elderly to stay away. This should be a signal for the rest of us to avoid these foods as well.

Food dyes are hormone disruptors and are linked to cancer, allergies, leaky gut, and immune function abnormalities. Red dye #40 was shown to induce hyperactivity in children and brain tumors in mice. Some of these studies were actually conducted by the chemical industry itself.

When I take groups to Peru, my travel companions get to see how natural dyes are made. The people of the Andes use a small fungus that grows on a cactus to color their cloth red. They use plant fibers and matter from their environment to get the brilliant hues that appear in the rich tapestries that brighten every village in Peru. Their incidence of cancer and leaky gut and ADHD? It has been nothing compared to the U.S., but sadly it is beginning to increase due to their craze for soda pop (a serious hormone disruptor).



## The Swap

I have been experimenting with natural food dyes in my kitchen, using items I can get locally. Beet juice powder makes a gorgeous red or pink, depending on how much you use. I used it last holiday season in a sugarless icing I made for some paleo cookies for my grandkids.

Turmeric makes a lovely yellow.

Blueberry juice turns out purple.

Carrot powder creates a popping orange, liquid chlorophyll turns everything green, and cocoa powder makes a great earth tone.

Try experimenting and find natural food dyes in your own kitchen. It's fun!



## 6. High Fructose Corn Syrup (HFCS)

High fructose corn syrup is a byproduct of corn silage that this country has way too much of due to a variety of political factors in agribusiness. The solution for disposing of this excess is to make a sugar alternative and dump it into our food supply.



The problem is that HFCS is much worse than even sugar for the body. It is processed through the liver and can cause liver damage and disrupt hormones the same way other toxins and alcohol do. It is turned into fat by the liver and is a big contributor to the diabetes problem in our country. One can of soda contains more of this obesity causing agent than you should consume in a day.

Incidentally, the fructose in fruit must also be watched. Do not consume more than 15 gms of fructose a day. This means no more than 1/3 cup of raisins or two dates for the whole day. Often I see my



patients throwing a lot more than that in their smoothies in the morning. This raises your blood sugar first thing in the morning and can cause a roller coaster of sugar cravings and energy crashes for the rest of the day—leaving you feeling un-fabulous for sure.

## The Swap

If you want your beverages to taste sweet try this:

- Fill a glass container with water
- Slice a few pieces off of your favorite fruit and place in the water
- Add a few of your favorite herbs
- Drink all day and enjoy this refreshing fruit tasting water without the inflammation!

Some mixtures I love are cucumbers and mint, strawberries and mint, basil and blueberry, watermelon and lemongrass, orange and lemongrass. Fruity, fresh and fabulous!



## 7. Preservatives



There are many chemicals used to lengthen the shelf life of food. These are linked to health issues such as cancer, hormone imbalances, hyperactivity in children, memory issues, allergies, and neurological issues.

The following are some common names you will find on labels at a grocery store near you:

- Sodium benzoate. Found in fruit juices, salad dressings, and soft drinks. Can cause hyperactivity in children.
- Sodium nitrite. Found in lunch and deli meats, bacon, and hotdogs. Can cause stomach, pancreatic, and colorectal cancers.

- Butylated hydroxyanisole. Used in cosmetics, rubber, petroleum products, medications such as statin drugs, and animal feed. Can cause neurological issues and cause cancer.
- Butylated hydroxytoluene. Found in rice, poultry, cosmetics, and medications. Can cause cancer and neurological issues, altering behavior.

## The Swap

Make your own salad dressings and eat whole foods. Shun shelf life and eat real food when it's fresh.

Try my favorite fresh and fabulous salad dressing in the recipe section at the end of this book.

Instead of chemical preservatives, use your freezer to preserve your food if you want to save both your left-overs and your hormones.





# Seven Food Hormone Disruptors and Energy Drains

## 1. Sugar

Sugar can definitely make you feel fabulous—for a little while. It gives you a bump in energy and can feed your brain if you have skipped a meal and are running on empty. The problem is it causes inflammation, addiction, and craving, and can really play havoc with your hormone balance and neurotransmitters (the messenger chemicals from the brain that help you feel good, focus, experience sexual desire, feel motivated, remember, and respond to danger properly).

When I say sugar, I am talking about the white, brown, and liquid forms, as well as your carbohydrate count for the day. Carbohydrates on a food label are code for sugar.

**Remember this formula: For every 4 gms of carbohydrate you ingest, you are actually eating or drinking 1 tsp of sugar.**





Make sure you do the math and keep track of your sugar consumption. I hear all day from my patients, “I don’t eat sugar.” But when I start really digging into what they are eating, I find they are not counting bananas, pasta, bread, rice, etc.

Americans are eating sugar in the form of pastries, candies, cookies, soft drinks, but also as French fries, chips, crackers, breads, cereals, and grains.

The great news is today it’s easier than ever to cook, bake, and eat without eating more than the allowed 6 tsp of sugar per day (24 gms).

Consider: one can of soda has 46 gms of carbohydrates (that’s the equivalent of 11+ tsp of sugar) **plus** 44 gms of sugar—for a whopping total of 22 tsp of sugar. Bye-bye hormones and hello fat and fatigue!

## The Swap

Some replacements for sugar that are easier on your blood sugar balance than maple syrup and honey are stevia, lo han (monk fruit), xylitol, erythritol, coconut palm sugar, and real fruit.

A paleo-style diet encourages us to eat as our ancestors did. They did not have any of the sugar replacements I just listed other than the fruit.

However, sometimes you just want to celebrate. If you are trying to make a birthday cake or celebrate a family event that requires a special family favorite, experiment with cooking up a “paleo” version. There are literally thousands of recipes on the Internet created by enthusiastic people who want to be healthy. Try it. Let’s say you want to bake a chocolate cake with vanilla frosting. Just type “chocolate cake with vanilla frosting, paleo recipe” into the Google search bar on your computer. Presto! Up will pop several options for cakes that won’t use flour, dairy, sugar, soy, or anything chemical or processed.

Try the sugar substitutes I mentioned earlier and continue to feel fabulous because you won’t have the typical weight gain, bloating, or fatigue when you’re done eating them.

## 2. Alcohol

Alcohol is another commonly ingested product that can make you feel fabulous and free for a short time, and then less than vital afterwards. Alcohol affects different people in different ways. If you have a candida or bacterial overgrowth in your gut, beer and wine will make those little critters very very happy. They love it when you drink! They reproduce and then cause inflammation, hormone issues, brain fog, lack of focus, skin break outs, digestive pain, and exacerbate autoimmunity and other imbalances you might have going on.

Depending on your genetics, you may or may not be able to manage alcohol. For certain genetic types, alcohol can trigger Alzheimer's disease, heart disease, inflammation, obesity, and liver disease.



Alcohol can also trigger addiction in the brain and give a false sense of what you need to be social, witty, or relaxed. It is dehydrating. It interferes with hormone production and sleep. It is also a huge libido and sexual performance killer.

When I discuss the possibility of leaving alcohol behind for a certain period of time or even for life (if it's a genetic issue), I have patients who get quite

upset at the prospect of doing without a nightly cocktail or two, a glass or two of wine with dinner, or drinks with friends.

I have nothing but compassion for you if you feel this way. I know just how hard it is to change a habit and kick an addiction. I am a recovering sugar addict myself. So here are some ideas I give to my patients when we have this discussion.

## The Swap

- When you know you are going to be in a social setting where it will be necessary for you to have a drink in your hand, ask for soda water with a lime or cranberry twist.
- If you are used to having wine with dinner, use the ideas I gave above for flavorings and drink from a beautiful crystal decanter filled with water and some sliced fruit and fresh herbs.
- If you drink alcohol to “relax” before bed, switch to chamomile tea, which actually does relax you and aid in sleep. It’s essential to get 7-8 hours of sleep a night and to stay well hydrated. This achieves both of these goals that are so critical to feeling vital and fabulous.
- Try my favorite Ayurvedic sleepy-time “cocktail” before bed. It’s in the recipe section later in this book.

## 3. Fried foods

In Ayurvedic medicine there is a way of categorizing foods, thoughts, experiences, and people. The terms used are in the Sanskrit language from India, and therefore not familiar to most Westerners. They are tamasic, rajasic, and sattvic. Fried foods are heavy and oily and therefore considered tamasic. They cause us to gain weight, to become dull and lethargic, and are most definitely not vitality producing.



When we add salsa or hot sauce to whatever was deep fried, we have just added a food that is considered rajasic. Rajasic foods create heat in the mind and body. If over-indulged in, they can literally burn us and our vitality right up. So those spicy chicken wings make you a dullard with a hot temper around Super Bowl time!



## The Swap

Sattvic foods nourish and strengthen us on all levels and increase vitality. We feel fabulous when we ingest them and know we have done something very good for ourselves. These foods are organic, obtained close to where they were grown, and high in energy (not processed, genetically modified, or fried). We think clearly, are energized, feel loving, and our skin glows when we eat sattvic foods. Some examples of sattvic foods include most fresh, organic vegetables and fruits, almonds, mung beans, ghee, and so on.



## 4. Non-organic foods

Foods that have been coated in pesticides, genetically modified, or grown in soil that has been stripped of nutrients are not going to enhance your vitality. Likewise, eating animals raised in close quarters without sunlight, pumped full of hormones and steroids, and fed low-energy foods full of pesticides will not help you feel fabulous. Research is now showing that these kinds of toxins can actually “turn on” genes that can cause disease. You can go your whole life and never know you are wired genetically for a disease if you never turn it on. The good news is you can also turn these genes off if you know you have them.



This is what I love about practicing medicine in our day and age. It's exciting to be able to look at genetics panels from [www.23andme.com](http://www.23andme.com). I take those genetic results and then do some other testing to see which of those genes are turned on and not serving you. This is an amazing way to use lifestyle factors such as diet to prevent and treat serious illness.

## The Swap

Make sure you seek out grass-fed meats, wild-caught fish, pastured eggs (not just free range), and cruelty-free poultry. These choices are higher in vitality for you because they lived a life higher in vitality themselves.

Always look for the stickers that start with a "9" on your produce. That "9" means it is organic and not genetically modified. You can go to the Environmental Working Group Website to find alternatives for household cleaners, cosmetics, yard aids, and non-organically grown foods. One of the phrases they coined is the "clean 15" and the "Dirty Dozen" ([www.ewg.org](http://www.ewg.org)). I have listed them here.



## The Clean 15

- Avocado
- Corn
- Pineapple
- Cabbage
- Frozen sweet peas
- Onions
- Asparagus
- Mangoes
- Papayas
- Kiwi
- Eggplant
- Grapefruit
- Cantaloupe
- Cauliflower
- Sweet potatoes



## The Dirty Dozen Plus (always buy organic)

- Apples
- Peaches
- Nectarines
- Strawberries
- Grapes
- Celery
- Spinach
- Sweet bell peppers
- Cucumbers
- Cherry tomatoes
- Snap peas (imported)
- Potatoes
- Hot peppers
- Kale and collard greens

## 5. Coffee

Coffee is another potential problem, depending upon your genetics. Some people can metabolize it and others cannot due to genetic issues. Regardless of your genetics, however, coffee is acidic. Acidity can cause inflammation and disrupt your hormone balance.

Once again, from the world of Ayurveda, there is a great way of finding out if you can do coffee without it harming your level of vitality.

Ayurveda gives us three different body types called doshas. These constitutional types are not pigeon holes. Each person is their own specific mix of these three types: vata, pitta, and kapha. A brief overview of the three doshas, or body types, follows:

### Vata

Composed of air and space (ether), this person usually has a thin body frame, thin lips and hair, dry skin, brittle nails, cold hands and



feet, and creaky joints. They learn quickly and forget quickly, walk and talk fast, can be restless and scattered in the mind and body, are imaginative and creative, at times anxious and fearful, and might have trouble with sleep, constipation, consistency, and mood swings. Coffee is not good for this person. It is too heating and can contribute to the spaciness, anxiety, and lack of focus that can be present with a vata imbalance.

## Pitta



Composed of fire and water, this person is usually called a typical "type A personality." Some common characteristics are a medium body frame and fair skin often with freckles or moles, strong appetite, and digestive fire. They can run warm on their internal thermostat unless they have burned out their thyroid and adrenal glands by burning the candle at both ends for too long. Early greying of hair or baldness, sharp intelligence and understanding, a curious mind, a propensity for acne, rashes, sensitive teeth and heartburn are also hallmarks of the pitta dosha. When imbalanced they tend to have more acidity, a strong body odor, inflammation, irritability (especially in the heat or when meals are skipped), and judgment of self that can leak out onto others.

Again, coffee is too heating and acidic for this person. Incidentally, pitta people gravitate to coffee to help them be "more productive." It can be quite damaging to their hormones and energy in the long run, burning them out and causing weight gain.

## Kapha

Composed of water and earth, this person could be called the "cookie baking mom or dad." The grounded nature of this type lends to the loyal stability they offer in relationships. Other characteristics can be a larger body frame with smooth, oily skin and hair, slower speech and gait, cold skin and slow digestion, and lubricated joints.





They tend to learn slowly but never forget, are slow to get going but have strong endurance.

They can have thick hair, nails, and skin and tend to be gentle and caring with a tendency toward excess weight and fat, copious mucus and congestion, boils and cysts, sugar and salt cravings, and poor carbohydrate metabolism. They also are prone to frequent water retention, sedentary lifestyle, and attachments to love and relationships. This is the only dosha type that can tolerate coffee. It helps with their metabolism and can aid them in getting off the couch and moving.

### The Swap

I recommend you try a product called capomo. It's called the maya nut and grows in Central America. It's alkaline, caffeine free, and does not cause inflammation or disrupt your hormones. It tastes and smells much like coffee and is brewed like coffee. Try it and let me know what you think! I feel fabulous when I drink it.

## 6. Gluten

In spite of bread being called the "staff of life" we have a 400% rise in gluten sensitivity every year in the U.S. You usually know if you bite into a candy bar and chase that with a soda you are shortening your life. However, did you know a slice of whole wheat bread could be doing the same thing?

Bread contains a protein found in wheat, rye, spelt, barley, and kamut called gluten. People with a gluten sensitivity or full out celiac disease (diagnosed or undiagnosed) have a higher risk of death from inflammatory conditions such as heart disease and cancers.

The most serious form of allergy to gluten, celiac disease, affects 1 in 100 people, or 3 million Americans, most of whom don't know they have it. But milder forms of gluten sensitivity are even more common and may affect up to one-third of the American population. An

estimated 99 percent of people who have a problem with eating gluten don't even know it, yet it's 100% manageable.

There are many "diseases" that can be caused by eating gluten:

- Osteoporosis
- irritable bowel disease
- inflammatory bowel disease
- anemia
- cancer
- fatigue
- canker sores
- rheumatoid arthritis
- lupus
- multiple sclerosis
- all other autoimmune diseases
- anxiety
- depression
- Schizophrenia
- dementia
- migraines
- Epilepsy
- neuropathy (nerve damage)
- autism

Given that it's the cause of so many "diseases," it's important to go after the root cause. Treating gluten sensitivity usually mean treating leaky gut, or intestinal permeability syndrome. Just removing gluten from your diet is not enough.

Please do not buy "gluten-free" processed products from the store. These are not vitality producing at all. In fact, these manufacturers have made a killing on us by removing the fiber found in wheat from baked goods and adding sugar instead. Gluten-free baked goods found in a store means full of sugar.



## The Swap

Make your baked goods at home. Paleo breads, muffins, and cookies are delicious, full of nutrients, and will fill you with vitality rather than drain you of it.

I don't like gluten-free mixes either, as they too are filled with processed grains. I use coconut flour, almond flour, and hazelnut meal for my flours when I bake and get amazing results. My favorite paleo brownies are in the recipe section at the end of this book. Try them out and see if you miss gluten. I think they are fabulous and won't disrupt your hormones.

## 7. Soy

Aside from wheat and corn, soy is one of the most highly genetically engineered foods in our food supply today.

A team of researchers traveled to Okinawa, Japan, in the 1970s to study why the people of Okinawa so often lived past the 100-year mark with such vitality and energy. What they came home with was this: The Japanese eat soy. They did not come home with the fact that several generations of Japanese live close by one another in Okinawa, nor that they eat fresh fish from the sea, sea vegetables, and other vegetables with every meal. They did not publicize the fact that the people of Okinawa intermingle generationally with one another, walk and move often daily and eat only what fits in a rice bowl...with chop sticks (implying more slowly than we eat).

Consequently, we got soy added to our food supply. We began genetically engineering it. We were told that it's very good for us and a wonderful protein alternative. What we were not told is that soy is an estrogen disruptor consumed the American way (in large amounts, heavy with pesticides, GMO, and powdered to be used as "an enrichment additive").

Soy affects hormone production for both men and women. It is a primary reason for thyroid disorders, hormone imbalances, and some cancers.

When in Japan, have a Japanese serving size of fermented, organic tofu. When in America, avoid the soy and gluten-rich "vegetarian meat alternatives" in the freezer section of your local grocery store. Avoid soy-based protein powders, soy milk, and soy sauce.

### The Swap

Try coconut aminos as a soy sauce alternative, and choose protein in whole food form instead of fake meats.

Coconut milk or homemade nut milks are a great alternative to soy milk. My favorite recipe for nut milk is in the recipe section of this book.



## Seven Mental Hormone Disruptors and Energy Drains

Your thoughts and feelings are digested by your mind and heart, much the same way food is digested by your digestive system. What you get from food is nourishment that gives you energy, vitality, and continued life as you create new cells from nutrients. What you get from nourishing thoughts and feelings are actions.



First you have a feeling, then a thought, and then take action. The leftover remnants of your thoughts and feelings will affect your cellular health and be held in the body for years to come.

Painful feelings and thoughts are held in the body if they are not processed well. Early painful experiences can leave a “button” that is exposed for others to push later. Having that button pushed can trigger the hormone cascade that begins in the

brain when you believe you are in danger or under attack in some way. If this happens too often, your body will begin to believe you are a zebra being chased by a lion and in danger of being its next meal. Your hormones will respond by sending the stress hormone cortisol out into



your blood stream, so you can have the energy to run from the lion or turn and fight it.

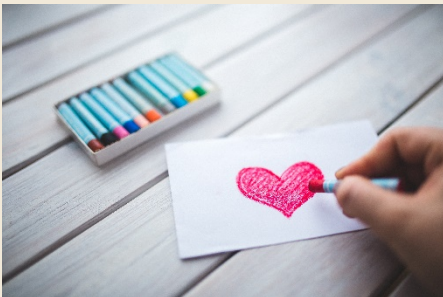
The problem is that there is not really a lion behind you, and all of that cortisol starts making your body store fat. Eventually your body just holds onto weight because it feels like it's constantly in danger and wants to make sure you have enough nutrients on board in case you can't stop to eat. After that has gone on for a while, you will start having your progesterone supplies stolen by the adrenal glands to keep you fighting or fleeing from the imaginary lion. That leaves you estrogen dominant, which puts you at risk for breast cancer, autoimmune disease, and of course moodiness and weight gain.

Watch as you react to the same situations in the same way throughout your life. It takes conscious awareness (and most likely psychotherapy) to change the patterns you have been repeating throughout your life.

There are many thoughts, beliefs, and feelings that can create hormone havoc in you, leaving you feeling less than free and fabulous. In fact, this is where we can be the least free—in our minds. I have only listed 7 hormone-disrupting thoughts and beliefs, but spend some time thinking of others that might be trapping you in your life.

## 1. Shame

Shame is an emotion that is a sure vitality sucker. You are not capable of feeling love and shame at the same time. Shame creates contraction in your body, whereas love is experienced as openness.



### The Swap

If you are feeling shame, find a moment in your life that you have felt love and spend time with that thought instead of the one causing you pain.

## 2. Hate

Hate usually arises because someone has betrayed or hurt you deeply. This is not a feeling that goes with feeling fabulous. The way out of hate is forgiveness. You have likely heard this before and are rolling your eyes right now. But let me just stop you before you quit reading here. I am not saying you have to reconcile with anyone who has caused you harm. I believe in having healthy boundaries with toxic people.

### The Swap

Think of the personality trait the person who hurt you exhibited that you really hate. Is it selfishness? Is it cruelty? Is it misusing power? How about a lack of integrity? Write in your journal any and all of the ego characteristics you find in the person you are focusing on right now.

Next look at them in the heart as if you are looking in the mirror. They are only reflecting the very human personality traits that you, me, and everyone else on this planet have. We all have the same traits! It's true. We just do them differently so it looks like we are so very different from the one we hate.



### For example

Adolf Hitler could be said to have misused power and been cruel. I can say that I have done both of those things (maybe even before breakfast today because I'm a mom and have to really watch not using the old guilt treatment on my teenager). I have never bought tanks and taken over Poland. I have never killed anyone. I will never do those things...BUT I have manifested two of the personality traits I identify in Hitler.

Make sense? Try it yourself. Go deep and don't be afraid to really look at what triggers you. You do it too, just differently than the one you hate.

This leads to forgiveness. When you are no longer blaming, judging, hating the other person, you can more readily forgive.

Remember what Mark Twain said so eloquently, "Not forgiving is like you drinking poison and expecting the other guy to die." Or the Chinese proverb that says, "Don't forgive, dig two graves instead of one."

### 3. I have to be perfect to be loved

This one is a cage that you will never feel fabulous in. You are worthy of love just by grace. By virtue of being who you are...a gift to this world with your own unique talents and skills you bring. You are perfect just as you are.

I cannot tell you how many people I have worked with in therapy that are trapped by the perfection myth. It's something you decided when you were a small child in response to events you didn't know how to process differently.

#### The Swap

Go pick up that little girl or boy inside you and let him or her know just how much YOU love her. Let her know she doesn't have to DO anything for you to love her. She just has to be herself and you will support and adore her no matter what. Forgive yourself for thinking anything else. You will not feel fabulous until you can do this. Take it from me. I know. This was my story until I re-wrote it and set myself free.



## 4. I am not safe



How can you possibly feel free and fabulous if you do not feel safe? If you are truly not safe, then make the necessary changes to make yourself safe. Every woman deserves to live free. Unfortunately, many in our world do not. If you are reading this, you are likely in a position to create safety in your life if you set your mind and considerable will to it.

Often not feeling safe is a result of a childhood trauma, stressor, or experience you did not have the skills to process. You likely had good reason to feel unsafe. Ask yourself now if it's still true.

What triggers that feeling in you today? Is it a big red button that you are hyper-vigilant about? Is it pressed all too easily? If so it is a good idea to get some work with a trained EMDR therapist or a therapist who is certified in Brainspotting or clinical hypnotherapy.

A zebra being chased by a lion is not going to feel safe. The zebra knows it's not safe to stop and go to the bathroom or to have a baby when it's in so much danger. Are you a zebra? Is your libido gone? Do you have bowel issues? Are your hormones imbalanced?

Feeling unsafe plays havoc on your entire hormone system and can lead to obesity, fatigue, sleeplessness, low sexual desire, PMS, hot flashes, vaginal dryness, memory issues, brain fog, and more.

### The Swap

The next time you are triggered by someone who leaves you feeling abandoned, unsafe, lonely, or hurt, close your eyes. Take a deep breath and really feel where those unsafe emotions are in your body.

In your shoulders? In your gut? In your throat or jaw or chest?

Now ask yourself how old you feel.



Are you very, very young?

Go get that little one and give her a big hug and reassure her that whatever she experienced as a child is not going to happen again because you are watching over her and keeping her safe.

Bring her into your heart and love her.  
Feel how safe you both are.



Breathe that feeling of grounded safety into the area of tension in your body.

Do this until you are relaxed again.

## 5. I don't have enough

Scarcity complex is an insidious trap that haunts you if you have thoughts of "not enough time," "not enough friends," "not enough energy," "not enough money," "not enough connection with my partner," "not enough...." Whenever you are having these thoughts, you are feeling un-fabulous for sure!

### The Swap



Write a positive affirmation that affirms your abundance. Whatever we spend time thinking about comes true, so make sure it's something you want to manifest.

For example: "I easily and effortlessly attract abundance of all kinds into my life. I am grateful for all of the love, resources, time, and energy I possess."

## 6. I will be happy when...

This is a black hole that leads straight to "un-fabulous" if there ever was one.

Have you ever caught yourself thinking, "I will be happy when I lose weight," or "I will be happy when I have a boyfriend or a partner or get married," I will be happy when I can finally pay off my bills," "or get that promotion," etc.



### The Swap

Find all of the things in your life you can be grateful for. Gratitude is powerful medicine and puts you on the road to feeling fabulous fast. Keeping a gratitude journal is a wonderful daily practice. We all have something to feel grateful for, but we often lose sight of those things because our stressors seem to fill our viewing screen.

When you wake up in the morning, begin with expressing gratitude for the very fact that you woke up. Then start listing even the very smallest things you can think of. They all add up to an infinite number of blessings to be grateful for.

Did you wake up in a bed with a roof over your head?

Are you getting out of bed and stepping on two feet that can still carry you around?

Are you about to brush teeth that you have to chew your food with?

Can you see with your eyes to know where to go?

So many blessings and so little time to express thanks for them. When you fill your mind with thoughts of appreciation it fosters love and that makes everyone feel fabulous.

## 7. I can't

I consider sugar one of the biggest toxins there is. Yet sugar is not your biggest enemy. Self-limiting beliefs trump sugar in terms of inflammation and toxicity by far.

Self-limiting beliefs keep you caged. You are not free to live to your highest potential. The worst part of this is you are doing it to yourself. If you ever hear yourself think or say, "I can't \_\_\_\_\_ (fill in the blank)" then STOP.

Realize you just put yourself in a cage of your own making.

### The Swap

I challenge you to say "I can" whenever you get the chance.

Does this mean you say yes to everyone who wants you to volunteer for their organization?

Does it mean you over schedule yourself so your own self-care goes out the window?

No. You get to tell people no. You get to set healthy boundaries for yourself.

What it does mean is you say "I can" when you are wanting to do something new that can stretch you a little bit more. It means you go beyond your own self-imposed limits.

Make this the week of "I can." Then make it a month of "I can." Then try a year of "I can."

By then you will be on your way to a lifetime of accepting the opportunities that come your way that the Universe is putting in your path for your growth and maximization of your potential.

If I can do this, so can you!





## Dr. Keesha's Hormone Balancing, Anti-inflammatory, Energy- Boosting Medicinal Food Recipes

### Ghee

Ghee is another name for clarified butter and is a traditional healing food in India. It is made by heating butter until the milk solids are removed, making it suitable for those who are lactose intolerant. It may be purchased in health food stores or made from scratch.

Ghee contains a combination of saturated and unsaturated fats. Ghee also contains antioxidants, conjugated linoleic acid, and fat-soluble vitamins A, D, E, and K.

### Ingredients

- 1 pound organic, grass-fed, unsalted butter

### Directions

- Place butter cubes in a stainless steel saucepan.
- Heat over medium heat until melted and then reduce heat to low so the butter simmers.
- Depending on your stove, your ghee can take anywhere from 25-40 minutes to go through all of its stages of cooking. First





you will see it foam. Do not touch the foam. Then you will hear as it changes from foaming to bubbling. It will then foam again. When it is a golden color and the bubbles are tiny, if you wear glasses, take them off and place them close to the ghee to see if they fog up with steam. If they do, it's not done yet. When you no longer see the bottom of a glass or your glasses fog up when placed just above the boiling butter/ghee, then remove your ghee from the heat immediately. There will be milk solids on the bottom of the pan so do not stir your golden ghee.

- Pour it immediately into canning jars through unbleached coffee filters or double strength paper towels.
- Let it cool. Ghee does not need to be refrigerated. In India it is said that "old is gold" indicating the older the ghee the better.
- Use 1–2 tablespoons daily on warm food as a butter substitute. Good on warm vegetables, quinoa, and winter squash. Enjoy!

## Make Your Own Natural Flavorings

You can use the recipe I have included here for vanilla extract with anything. Use your imagination and make your own lemon flavoring by replacing the vanilla beans with the skins of 4-5 lemons, or orange extract by using 5 orange peels. Make your own coconut flavoring by using 1.5 cups flaked coconut instead of vanilla beans. Add 4 peeled almonds to the vanilla and make your own almond flavoring. ½ cup fresh mint leaves makes a fresh and minty peppermint extract. They are all delicious and super easy to make.

Fabulous!

## All Natural Vanilla Extract

- 1 cup vodka
- 3 vanilla beans
- Place split vanilla beans and vodka in a clean glass bottle.
- Store 10-12 weeks in a cool, dark place. Remove the beans and begin to use your extract. It's delicious!





## Dr. Keesha's Fabulous Ayurvedic Spice Mixtures for Each Dosha Type

Mix the following ingredients to create one of three wonderful spice mixtures, or churnas.

### Vata Churna

- 2 chili pods
- 2 TBSP ground cloves
- 1 TBSP ground cinnamon
- 10 cardamom pods ground
- 4 TBSP ground coriander
- 4 TBSP ground cumin
- 4 TBSP black mustard seeds
- 4 TBSP ginger powder
- 4 TBSP sea salt
- 4 TBSP fennel seed powder
- 4 TBSP ground black pepper
- 4 TBSP garlic powder

- 4 TBSP ground nutmeg
- 4 TBSP bay leaf powdered
- 4 TBSP ground turmeric
- 4 TBSP lemon rind granulated

## Pitta Churna

- 1/2 cup ground coriander
- 5 TBSP ground toasted white sesame seeds
- 5 TBSP ground cumin
- 4 TBSP ground fennel
- 2 TBSP ground star anise
- 2 TBSP poppy seed powder
- 2 TBSP ground nutmeg
- 4 TBSP ground toasted coconut flakes
- 4 TBSP ground turmeric
- 1/2 tsp ground saffron
- 5 cardamom seeds (ground)
- 2 TBSP ground peppermint leaves
- 1 TBSP ground cinnamon
- 1/4 cup finely granulated sea salt



## Kapha Churna

- 1/4 cup finely granulated sea salt
- 1/4 cup ginger powder
- 4 TBSP caraway seed powder
- 1/2 tsp clove powder
- 4 TBSP fenugreek powder
- 17 cardamom seeds (ground)
- 2 tsp bay leaves powdered
- 2 TBSP coriander powder
- 4 TBSP mustard seed powder
- 4 TBSP cumin powder
- 4 TBSP ground black pepper
- 1 1/4 tsp ground cinnamon
- 1/4 cup garlic powder

- 1/4 cup onion powder
- 4 TBSP ground rosemary
- 4 TBSP ground basil
- 4 TBSP ground curry powder
- 4 TBSP ground turmeric
- 3 chili pods

## Dr. Keesha's Favorite Ayurvedic Detox Tea

This tea is called CCF Tea, or cumin, coriander, and fennel tea. It's used in Ayurveda for detoxification and is lovely to drink in the spring when you want your extra weight to melt off as the snows are melting off.

### Ingredients

- 1/4 tsp coriander seed
- 1/4 tsp cumin
- 1/4 tsp fennel seeds

### Directions

- Add the whole cumin, coriander, and fennel seeds to 1 1/2 cups of boiling water. Remove from heat.
- Allow the spices to steep for 10 minutes or until cool enough to drink.
- Strain the spices out and drink. Great for detoxification, loss of excess water weight, and getting rid of mucous.





# Homemade Almond Milk

## Ingredients



- 1 cup raw almonds soaked overnight
- 4 cups water
- 2 pitted Medjool dates
- 1/2 tsp homemade vanilla extract
- 1/4 teaspoon ground cinnamon
- 1/8 tsp ground nutmeg
- small pinch sea salt

## Directions

- Rinse and drain soaked almonds.
- Add the almonds, water, pitted dates, and chopped vanilla bean to a blender.
- Blend on the highest speed for 1 minute.
- Use a nut-milk bag or large piece of muslin and pour the almond mixture through the bag and into a wide-mouthed pitcher or bowl. Gently squeeze the bag as you go and be patient.
- Add the salt, cinnamon, and nutmeg and stir. Store in the fridge for up to 4 days. Shake or stir before drinking, as the milk will separate. So much better for you than store bought and a thousand times tastier! Drink cold with my favorite paleo brownies or pumpkin chocolate chip muffins.

# My Favorite Paleo Brownies

## Ingredients

- 2 cups raw nut butter of your choice
- 2/3 cup coconut nectar
- 2 eggs
- 4 TBSP ghee
- 2 tsp vanilla
- 2/3 cup raw cacao
- 1 tsp baking soda

## Directions

- Preheat the oven to 325 degrees F. In a large bowl, blend together the nut butter, syrup, eggs, ghee, and vanilla. Stir in the raw cacao and baking soda.
- Pour the batter into a 13x9-inch greased baking pan. Bake for 20-23 minutes, until a knife comes out clean from the center. Great for getting a chocolate fix that is low in carbs but rich in taste.



## Fabulous and Fresh Rosemary Salad Dressing

I keep an herb garden growing in boxes my dad made for me outside of my kitchen on the deck. I love going outside with my kitchen shears and picking fresh herbs for my salads, salad dressings, and soups. This is one of my all-time favorite salad dressings. Play with this recipe and swap out different oils, herbs, fruits, and vinegars to make different popping tastes that make you smile with each forkful.

### Ingredients

- 1 cup organic sliced strawberries
- 1 TBSP cold pressed extra virgin olive oil
- 1/2 lemon juiced
- 1 tsp minced fresh rosemary
- 1/8 tsp sea salt
- Pinch of black pepper

### Directions

- Blend all ingredients in your blender at high power until smooth. Add to salad and enjoy!



## Dr. Keesha's Famous Pumpkin Chocolate-Chip Muffins

When the leaves start turning colors, my family gets very happy because we LOVE everything pumpkin. We start baking and spending time in the kitchen together experimenting with new recipes. We love making up recipes and finding swaps of healthy ingredients for our favorite unhealthy desserts. These muffins are a favorite.

### Ingredients

- 1 can cup pureed pumpkin (canned or fresh)
- 2/3 cup coconut nectar

- 1/2 cup ghee, melted
- 6 eggs, beaten
- 2 teaspoons vanilla extract (preferably one that you made!)
- 1/2 cup coconut flour
- 1 1/2 teaspoons cinnamon
- 1 teaspoon nutmeg
- 1/2 teaspoon ground cloves
- 1/2 teaspoon powdered ginger
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- pinch of sea salt
- 1 cup Lilly's stevia sweetened chocolate chips

## Directions

- Preheat oven to 350 degrees F.
- Blend wet ingredients and dry ingredients in two separate bowls.
- Add them together and stir until mixed.
- Fold in chocolate chips.
- Spoon into silicone baking cups.
- Bake for 35-40 minutes. Makes 10-12 depending on size of baking cups.



## Ayurvedic Sleep Time Cocktail

- Warm 1/2 c homemade almond milk with 1 tsp ghee, 5 strands saffron, 1/4 tsp ground nutmeg, ground cardamom, and cinnamon to your taste.
- Whip before drinking.
- Drink 1 hour before bedtime and avoid all electronic screens from that point on until you go to bed.



# Bone Broth

## Why Broth?

Broth or stock is an infusion rich in minerals that is made from the bones of healthy animals 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 and balance chaotic hormones. 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.



## My Recipe for Bone Broth

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.

- Chicken or turkey carcass or 2 pounds of bones.
- 2-3 carrots
- 1 yam or sweet potato
- 3 garlic cloves
- 1 onion
- 2-3 celery stalks
- 2 TBSP apple cider vinegar
- Herbs: 1 TBSP sea salt, 2 tsp black pepper, 1 bunch of parsley, 2 tsp rosemary.

## Directions

- Add the bones to a stock pot with the water and add the vinegar. Let them soak for 30 minutes. Then 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
- When finished, remove from heat and allow to cool somewhat. Strain using a metal strainer to remove the bones and veggie chunks.
- Store in glass containers for 4-5 days or freeze for later.

## My Favorite Smoothies

Here are some hot tips for making great smoothies. Smoothies are easy to whip up, easy to drink, and can be either high or low in nutrients. The following are some ways to make healthy smoothies.

Remember your math formula. Please do not forget this!

### 4 gm of carbohydrate = 1 tsp sugar

- Adding fruit adds sugar (and weight to your body).
- Adding protein slows down the sugar spike in your system.
- Make sure you rotate your ingredients and do not have the same thing every day.

**To add fiber:** Add chia seeds, ground flax seeds, or sesame seeds to your smoothie.

**To add good fat:** (This helps with satiety and cuts cravings...go easy if you are trying to lose weight though.)

Coconut milk, avocado, soaked cashews or macadamia nuts, or seed or nut butter.

**To add even more nutrition:** If you have a juicer, try juicing green veggies to use as the liquid in your berry smoothie. This adds a punch of micronutrients.





**To decrease inflammation:** Add turmeric, fresh cilantro, coconut water, and avoid sugar.

## Detox Smoothie Recipes

Detox smoothies are a delicious way to detox, and one of the best detox drinks to add to your daily routine. To detox the body, you need to feed it foods that help it purge itself, while at the same time providing it with the vitamins and minerals it needs to function at its best.

### Berry Smoothie

- 1 1/2 cups berry mix (blueberries, raspberries, blackberries)
- 1/2 cup organic coconut milk
- 1 cup purified water
- 1 slice fresh ginger
- 1 tsp cinnamon
- 3 TBSP collagen powder or a "clean protein powder" (free of preservatives, dairy, whey, soy, chemicals, sweeteners, colors, fillers). I really like Great Lakes Collagen with the green label.

Wash the berries or use frozen berries. Add to blender with the other ingredients and mix. Enjoy daily by mixing and matching berries and spices



### Super Kale Smoothie

- 1 handful organic, washed kale
- 1/2 green apple
- 1 cup coconut water
- 1 bunch fresh cilantro (great for detoxing)

- 3 TBSP collagen powder or a "clean protein powder" (free of preservatives, dairy, whey, soy, chemicals, sweeteners, colors, fillers)

If you use curly kale, make sure you cut off the hard and stringy ribs that run down the middle of the leaf. We recommend baby kale, since you can just grab it and toss it in. Blend and enjoy! One day kale, one day spinach. Remember to alternate and avoid having the same thing every single day.

## Ginger Spice Smoothie

Ginger root is great for stoking your digestion and detoxing, plus it's refreshing. When you combine it with cinnamon, you fight inflammation and help your body with blood sugar metabolism.

- 1 nub ginger root
- 1 tsp cinnamon
- 1 handful spinach
- 1 cup purified water
- 3 TBSP collagen powder or a "clean protein powder" (free of preservatives, dairy, whey, soy, chemicals, sweeteners, colors, fillers)



No need to peel your ginger. I buy it from the store, bring it home and slice it up and stick it in the freezer. When I need some, I just pop it out and use it.

## Cocoa Booster Smoothie

You wouldn't think chocolate was a detox ingredient. You are right, it's not if it's combined with sugar and milk. However, if it's raw cacao, you are giving yourself great anti-oxidants.

- 1 TBSP organic raw dark cacao powder or nibs
- 1/2 cup coconut milk
- 1/2 cup strawberries

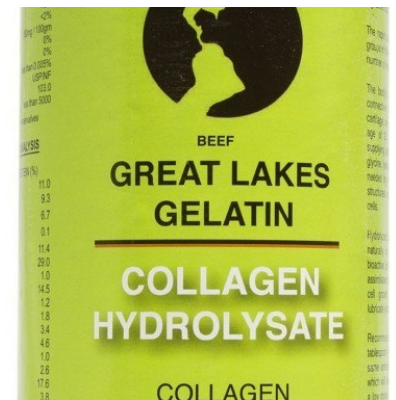


- 3 TBSP collagen powder or a "clean protein powder" (free of preservatives, dairy, whey, soy, chemicals, sweeteners, colors, fillers)

Blend everything together until frothy and smooth.

## Clean Green Smoothie

- 1/4 cucumber
- 1/2 handful spinach or other leafy green
- 1/2 avocado
- 1 celery stalk
- 2 sprigs fresh mint
- 2 sprigs fresh basil
- 3 TBSP collagen powder or a "clean protein powder" (free of preservatives, dairy, whey, soy, chemicals, sweeteners, colors, fillers)



Blend everything together until frothy and smooth.

## My Favorite Fresh Juice

Every morning I juice low glycemic index vegetables for breakfast. I always recommend eating 10-12 cups of vegetables of different colors per day. This is a lot. Juicing is a wonderful way to get in half of those veggies in the morning. By removing the fiber and pulp, the micronutrients are readily available for absorption by the body. It's better than a cup of coffee. It clears my brain, helps me feel energized, and allows me to focus for the rest of the day. It's great for detoxing hormone disrupting toxins from my body without having to take a bunch of supplements. I use a Breville juicer, which is super easy to clean so it's also quick and easy.

Here are some of the veggies I rotate through each morning:

- Kale
- Spinach

- Chard
- Lettuce
- Cabbage, purple and green
- Beets and their greens
- One carrot
- Red or yellow bell peppers
- Broccoli stalks
- Cauliflower
- Zucchini
- Yellow squash
- Cucumbers
- Cilantro
- Parsley
- Ginger



When my juice is done, I add 3 TBSP of collagen powder to it (18 grams of protein). It's a delicious, power-punched, hormone-balancing, weight-stabilizing, detoxifying breakfast!

Remember that if you juice fruit, you are ingesting too much sugar. Please do not think that a juice you buy at Jamba Juice is a health food. It is not. Take a look at the breakdown of sugar on the information sheet they will give you if you ask for it. It's scary! When you remove the fiber from the fruit, it's just pure fructose. There is nothing to slow down the sugar spike any longer.

If you eat fruit, make sure you eat it as a whole food. Do not throw it in your smoothies or in your juicer.

## And finally...

There is no one-size-fits-all solution to autoimmune disease, digestive issues, cancer, hormone imbalance, weight problems, depression, or fatigue. You can read more about this in my book, *Solving the Autoimmune Puzzle: A Woman's Guide to Reclaiming Emotional Freedom and Vibrant Health*. You can get it here: <http://bit.ly/AutoimmunePuzzle>

The tips and swaps I have given you here are meant to be a starting point. Your lab data, your story, your genetics, and your motivation, are what it really takes to create a plan to break free of these imbalances I have been talking about.

Ask yourself when the last time you danced was. When did you last sing? Are you laughing in your life?

If you are ready to feel fabulous I am ready to help.

I have been over-weight, stressed out, sleepless, in pain, and emotionally stuck.

I have been sick.

I have also broken free of all of that. I know the way out and am here to guide you if you are ready.

You can check out any of my online programs or set up a consultation from <https://www.drkeesha.com/personal-consultations>. If you are in the Seattle area, come into my clinic. It's called Fern Life Center and it's in the lovely town of Issaquah, Washington. When people fly in from out of town to see me, my team helps with hotel suggestions to make your stay easier.

I look forward connecting with you!

With love and laughter,

**Dr. Keesha**  
FREEDOM TO FEEL FABULOUS

