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Staying Healthy + Reducing Stress Throughout COVID-19 Coronavirus



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115 W Jackson Street, Suite 1E • Ridgeland, MS 39157

601.364.1132 **Office** • 601.364.1134 **Fax**

EnhancedWellness.com

Congratulations on your decision to become the best that you can be! Whatever your BIG WHY may be, we are excited to be a part of it. This program is an important step in the process of making your BIG WHY become a reality.

Nurse Practitioner and Functional Medicine Practitioner, Kelly Engelmann wants to ensure that you have the support you need to maintain a life of energy, health, wellness, and vitality!

You are going to receive an abundance of wonderful and healthful benefits throughout the completion of your journey to wellness. A new YOU is waiting. We are going to reach your goals and meet that new YOU together!

We hope you will find this protocol easy to understand and follow. If you ever have any questions, or suggestions, don't hesitate to speak up. We want your input to help us better serve you and to improve care for all our patients. We feel the more you know, the better you will be.

Staying Healthy and Reducing Stress Throughout COVID-19 Coronavirus

Kelly's definition of wellness is *the heightened ability to protect yourself from physical, emotional, and environmental stressors*. At Enhanced Wellness Living we use a food first approach to health and healing. Create a lifestyle of balance through aligning your goals with your beliefs and values!

Course Overview:

**Nutrition*-Food has the potential to heal the body in a profound way. Our nutritional approach to health and healing, how the standard American diet contributes to overall health challenges, what you are doing right, and how you can improve your diet to prevent disease!

**Exercise and Body Composition*-Do you love it, do you hate it? Regardless, Kelly wants to help you form a healthy with exercise. Find what works for you and your body to find joy in exercise and fitness!

**Sleep*- sleep is vital for overall health, wellness, and life balance. We will look at why you may not be sleeping well, the consequences of not getting adequate sleep, and what you can do to improve your sleep for good!

**Clarity*-Mind, Body, & Spirit. Do your goals align with your beliefs and values? Access where you are, where you want to be, make the decision you will get there, and take action!

**Detoxification*-steps for healthy and sustainable detoxification with detailed plans for which foods fuel your body, how to prepare those foods, reducing toxins from your body, and more!

You are going to quickly realize that we do things differently at **Enhanced Wellness Living**. Our goal is to be extraordinary! Prepare yourself for a wonderful journey to a lifetime of health, vitality and wellness. Prepare to RECLAIM YOUR LIFE!!

Yours in health,

Enhanced Wellness Providers
EnhancedWellness.Com
Info@EnhancedWellness.com
601-364-1132

The following diet plan is a sample plan. It does not have to be followed exactly, but is provided as a guide to the right way to eat during this stage. It is important that you avoid the foods that should be avoided and take in the proteins, carbohydrates and fats as suggested. However, it can be altered and “moved around” to fit your needs. Be diligent, take control of your health and enjoy the benefits.

At Enhanced Wellness Living we believe in helping you identify and understand the root cause of your symptoms or disease state. The five pillars of health: nutrition, detoxification, mobility, hormone balancing and managing your stress response are all key components that drive profound changes in the way you feel and function.

Have you ever tried to improve your health through diet and exercise or by taking hormone replacement therapy, only to find your efforts stall, become stagnant or maybe even your symptoms got worse? This is unfortunately a common story that we hear. Simply put, there is so much information out there today it is almost impossible to know what is best for you without careful consideration to your genetics, current nutritional state, your body’s ability to manage your stress response, your body’s ability to manage toxins... without that knowledge making lifestyle changes that give you results and are sustainable can feel like a guessing game.

We strive to help you take the guesswork out of what your body needs in order to get to optimal function. Your body has an amazing capacity to heal and we want to empower you to partner with us and take charge of your health.

The Five Pillars of Health:

NUTRITION:

We implement a “food first” approach to healing, the quality of your food is 80% of the process. That’s right 80%, if you can learn what your body needs in the way of food you will be amazed at how your body will respond. The food you eat has the potential to be the best form of medicine or a slow form of poison. So the decisions you make every day add up to either be building you up or tearing you down. If we can keep your food choices that simple the process of making the necessary changes becomes much easier. Food should ultimately be to sustain life, provide energy, and promote growth and repair of tissue. The Standard American Diet may provide short term energy, but it also leads to blood sugar imbalance, hormone imbalance, fat

production and weight gain, and ultimately poor health. The bottom line is the Standard American Diet is highly inflammatory.

In order to acquire optimal health proper nutrition is fundamental. Regardless of the style of eating, Paleo, Mediterranean, Keto, Histamine Balancing, Low Amylose, low FODMAP, or others we always want to promote whole food based, quality food. We will be providing you guidance along the way with recommendations for great recipe books and websites that can help you make the necessary changes a reality.

MOBILITY: MOTION AND EXERCISE:

Your body was made to move. In the world of Functional Medicine, if you can preserve vision, memory and mobility you have done amazing things to keep yourself functional and independent as you age. If I could bottle up all the known, documented research on the benefits of exercise and had it in a pill everyone interested in their health would want to take it. The truth is, if we are not using our muscles, we are losing our muscles. Developing a way of consistently moving your body will go a long way to helping you feel and function your best. Your plan for mobility needs to be something you will do and preferably something you actually enjoy doing. The process of finding the right thing for you will require an open mind and possibly a shift in your daily priorities but I promise you it will be worth it. Your plan for the type of movement will be dependent on how your body is dealing with stress or your stress response for instance if you are struggling with fatigue and your hormones are not balanced we may suggest a more gentle approach to movement to start out with, our goal is to have the movement you choose support your overall health goal.

HORMONE BALANCE:

Your hormones are your bodies chemical messengers, there are over 600 in the body and hormones provide a way of communication within your body. In our modern-day world, your hormones' ability to balance and stay balanced is challenged. Not only are we subjected to the age-related hormone decline but more problematic is the inflammatory environmental influences of our western way of life. Hormones are responsible for regulating most bodily functions, when we think of hormones, we often only think of our sex hormones but hormones are responsible for so much more and work as a symphony within the body. That means if you have one hormonal imbalance your body will attempt to compensate and a cascade of hormonal imbalance can develop. For this reason, we understand the importance of a thoughtful hormonal assessment we are not only recommend assessing your hormone levels but also your genetics, your levels of inflammation and your key nutrients that support hormone balance. With this information we can implement a plan for true, sustainable hormone balance.

STRESS MANAGEMENT/ NEURO/ENDOCRINE:

I will start by saying...your body keeps score. Just like we are an accumulation of all the bacteria, viruses, toxins, chemicals that we are exposed to over our lifetime we also develop internal patterns of responding to stressors. What starts out as being an internal protective response can turn into a pattern that keeps the Neuro/endocrine system from resetting. Your body cannot determine the difference between a physical stressor, chemical stressor or an emotional stressor and will respond to a perceived stressor in a very predictable way. In order to develop a lifestyle of resilience we must help you understand your stressors and develop a plan

to resolve as many of those stressors as possible and to develop strategies to implement in your lifestyle that can help you mediate past or ongoing life stressors.

By developing a lifestyle that incorporates these key elements you are not only giving your body what it needs to heal but you are setting an example for your friends and family. Lifestyle change has the potential to not only improve your health but the health of those around you. It is said that you become an average of the five people you spend the most time with....be the change that you want to see in others. *The gift of health is one this keeps giving and giving.*

DETOXIFICATION:

I know detoxification is a big word and may be a little intimidating but honestly your body is constantly taking substances you are exposed to and through an amazing biological process biotransforming those substances so they can be excreted and do not cause harm to the body. When you hear the word detoxification some people automatically think “bowel cleanse” but that’s not what I’m talking about, the liver is your main organ of detoxification but your kidneys, bowel, sweat glands and lungs also participate in the detoxification process. The problem comes in when our incoming toxic exposure is greater than your body can manage at any given time. Under these circumstances, your body will store these toxins in your bodies tissues and organs. This will lead to symptoms like fatigue, insomnia, headaches, poor hormone balance, irritability and often poor digestion. So essentially, we are an accumulation of everything we have been exposed to our entire life. Factors that contribute to our overall toxic load include our nutrition status, genetic tendencies and as mentioned our incoming toxic exposure. Everything we eat, breathe or put on our skin as the ability to contribute to that toxic burden.

If we stick to the basics of clean air, clean food and clean water we will go a long way to help your body minimize the incoming toxic load and then we will help you develop some lifestyle practices that will support your bodies ability to detoxify.

Your Food + Your Immune System

Foods to Support Immune Function:

- Eat foods to support immune function, alkalize the body and strengthen cell membrane walls
- Eat pastured organic eggs, animal proteins to help support healthy zinc levels
- Eat Olive oil, flaxseed, coconut oil, avocado oil (unrefined, organic, in glass container), you need good quality fats to strengthen cell membrane walls, RNA viruses can get into unhealthy cell membrane walls more easily
- Eat fish high in Omega-3 fats, wild caught fish.
- Eat unrefined carbohydrates, potatoes, beets, wild rice, black rice
- Eat lots of green like lettuce, kale, spinach and Swiss chard, these help alkalize the body
- Eat as much cruciferous vegetables as you want
- Eat fruits and vegetables with lots of color, think especially about the color purple the flavonoids help with viral prevention
- Eat probiotic fermented foods to support good gut flora and natural immunity
- Avoid wheat and corn due to heavy pesticide and mold contamination
- Avoid sugar, which suppresses the immune system for hours after consumption
- Drink plenty of fresh water (1/2 of your body weight in fluid ounces daily), organic herbal teas, organic green tea, unsweetened nut milks

Foods to Avoid:

- Any food that you know you are allergic or sensitive to

- Dairy (milk, cheeses, yogurt, butter), margarine, shortening
- Foods prepared with Gluten-containing cereals like wheat, oats, rye, barley, those ingredients normally found in breads, pasta, etc.
- Fried food, dried fruit or fruit juices

Common Food Sensitivities:

CORN

This product has been heavily subsidized and used in every single possible way you can imagine. The SAD (Standard American Diet) is riddled with corn. 75% your grocery store is CORN. One of the top foods that is genetically modified on a regular basis.

EGGS

Another over-consume product that is highly processed, fed growth hormones, anti-biotics and are kept cage with no sunlight roaming unless specified, pasture raised or Organic.

SHELLFISH

Shrimp, Lobsters, Crabs, Oysters cause the greatest number food reactions. This allergy is usually developed later in life.

SOY

Used in nearly every product. It is difficult to get rid of this substance but we ask you to reduce consumption as much as you can. Sometimes companies use different names for Soy, such as: Mono-diglyceride, Soya, Soja, Yuba TSF or TSP (textured soy protein), TVP (textured vegetable protein), Lecithin or MSG. Genetically modified on a regular basis.

TOMATO

Another product has been heavily used in our diets as well. We consume tomatoes regularly and all throughout the year. It has become a high food sensitivity throughout the years - using it in our diets. Genetically modified on a regular basis.

PEANUTS

Found a large amount of frequent used products. Nearly a hundred Americans die a year from this allergy. Usually infested with pesticides unless purchased organic. (Alternatives - Almond Butter, Sunflower Butter).

MILK

As many as 50 million Americans are lactose intolerant. Not necessary for human consumption. Traces of DDT and toxic "banned" pesticides are STILL found in conventional milk. Alternatives - Almond Milk, Coconut Milk.

WHEAT/GLUTEN

Common examples are wheat, barley, rye, and oat. Like Dairy and Soy, gluten is in a myriad of grocery products. So, beware of aliases such as flour, spelt, cake flour, couscous, matzoh, matzah, kamut, and graham. A new study suggests that Genetically Modified Wheat could cause liver failure. Please be aware of what you eat, it could absolutely save your life.

Tips:

- Wash hand frequently with soap and warm water for at least 20 seconds, before and after eating, after going to the bathroom, after anytime you wash your face
- Get plenty of sleep
- Air filters are indispensable, look for brands that filter viruses as well as molds and bacteria, I personally use iAdapt and AirIQ for home and work
- Get outdoors, get sunlight, connect with nature
- Use box breathing to reduce stress

-Take supplements as appropriate

Healthy Meal Planning: Foods for fueling your body and reducing toxic burden!

Daily Sample Menu:

CLEARVITE - 1 serving before breakfast

Breakfast - 1 serving: Turkey or Chicken OR Protein powder mixed with 40 calorie Almond Milk

Morning Snack - (Not mandatory) Nuts, animal protein and/or protein supplement shake

Lunch - Fresh green or spinach salad with Olive oil dressing

Fish – broiled or baked

Steamed/ raw/grilled/baked vegetables

Afternoon Snack - (Not mandatory) Nuts, animal protein and/or protein supplement shake

Dinner - 1 serving: Turkey or Chicken Breast or Fish – broiled

Steamed/ raw/grilled/baked vegetables, beans or peas, Salad

Nighttime Snack - (Not mandatory) vegetable, almond butter or a small protein shake

SHOPPING GUIDE

- CLEARVITE
- Herbal Tea/Green tea (organic)
- Turkey Breast (organic if possible)
- Chicken Breast (organic if possible)
- Fish- (Wild Caught: Please be aware of mercury levels in the fish you eat: see seafood watch guide following)
- Any Fruit ***NO MANGOES OR BANANAS*** SEE FRUCTOSE GUIDE FOLLOWING
- ANY nuts and seeds (Raw nuts and seeds, non-GMO, organic are best)
- *Any green vegetable*
- Salad Greens
- Spinach
- Broccoli
- Cauliflower
- Squash
- Zucchini
- Carrots
- Onion Garlic
- Potato
- Sweet Potato (Preferred * try to eat this instead of the conventional potato)
- Beans ***NOT OUT OF CAN** frozen in water or dry
- Peas
- Nut milks: almond, coconut, cashew, hemp (UNSWEETENED & NO CARAGEENAN- ones out of cold section are usually best)
- Salad dressings: make your own with olive oil, lemon juice, & fresh herbs OR
- Brianna's Salad Dressing (Real French Vinaigrette)
- Tessemae's Salad Dressing (Vinaigrette)



MEATS

CHICKEN AND ZUCCHINI POPPERS **INSTRUCTIONS**

1-pound ground chicken breast
2 cups grated zucchini (leave peel on)
3-4 tablespoon cilantro, minced
1 teaspoon salt
1/2 teaspoon pepper
(optional: 3/4 teaspoon
cumin)

olive oil, for cooking (or coconut
oil, avocado oil, or ghee)

Toss chicken with zucchini, green onion, cilantro, garlic, salt, and pepper (and cumin, if using). Mixture will be quite wet.

TO COOK ON THE STOVETOP

Heat a drizzle of olive oil in a medium pan over medium heat. Use a small scoop or a heaped tablespoon to scoop meatballs into the pan. Cook 8-10 at a time for about 5-6 minutes on the first side. Flip and cook an additional 4-5 minutes, or until golden brown and the centers are cooked through.

TO BAKE

Drizzle a bit of olive or avocado oil onto a baking sheet. Scoop meatballs onto the greased pan. Drizzle a bit of additional oil over the meatballs. Bake at 400 degrees 20-25 minutes, or until cooked through. If desired, place under the broiler for an additional 2-3 minutes or until browned on top.

Serve with guacamole



CROCK POT FAJITAS

INSTRUCTIONS

1-pound boneless skinless chicken breast halves
2 large red bell pepper, cut into thin strips
1 small can of green chilies
1-2 cups organic chicken broth or veggie broth
1 packet of old el paso original taco seasoning (Gluten Free)
1 tablespoon Coconut Oil

**Choice of garnishes (Cilantro, Avocado, greens)

**Can be served in lettuce wraps, on top of spring mix green salad or can be served alone.

GRILLED SALMON WITH AVOCADO SALSA

INSTRUCTIONS

2-pounds salmon, cut into 4 pieces
1 tablespoon olive oil (I used light extra virgin olive oil)
1 teaspoon paprika powder
1 teaspoon onion powder
1/2 teaspoon chili powder
1 teaspoon black pepper
1 teaspoon salt
1 teaspoon ground cumin

AVOCADO SALSA

INSTRUCTIONS

1 avocado, sliced
1/2 small red onion, sliced
Juice from 2 limes
1-2 tablespoon finely chopped cilantro (depending on how big of a cilantro lover you are)
Salt to taste

Mix the salt, chili powder, cumin, paprika, onion and black pepper together, rub the salmon fillets with olive oil and this seasoning mix. Refrigerate for at least 30 minutes. Preheat the grill. Combine the avocado, onion, cilantro, lime juice, and salt in a bowl and mix well, chill until ready to use. Grill the salmon to desired doneness. (about 5 minutes). Top with avocado salsa and enjoy!

ROASTED FISH FILLETS WITH FRESH HERBS

INSTRUCTIONS

4 fish fillets, 4 – 6 ounces each, skin on
Juice of 1 lemon
Salt and ground black pepper to taste
1 clove garlic, crushed
1/2 cup of chopped fresh herbs – parsley, dill, garlic, oregano, basil – pick your favorites
Extra virgin olive oil
Lemon wedges, optional
Preheat oven to 375 degrees
Moisten the fish with lemon juice
Season with salt and pepper

Mix together the garlic, herbs and a little extra virgin olive oil to hold the herbs together. Spread the herb mixture evenly on the fish fillets. Place the fillets skin side down on a lightly oiled baking sheet and

roast in the oven until cooked (they should flake easily with a fork and be opaque), about 12 – 15 minutes depending on the thickness of the fish. Serve with additional lemon wedges if desired.

ROASTED SALMON WITH MUSTARD AND DILL

INSTRUCTIONS

4 fillets of salmon, 4 – 6 ounces each, skin on

1 - 2 tablespoons of stone ground mustard - enough to sufficiently coat the salmon, do not coat the skin side

Extra virgin olive oil for drizzling

1/4 teaspoon garlic powder

Salt and pepper

2 tablespoons of fresh dill or 1 tablespoon dried dill

Juice of 1 lemon

Drizzle with extra virgin olive oil. Sprinkle with salt, pepper and garlic powder. Spread the mustard evenly over the top of the salmon, sprinkle the dill over the mustard, coating the salmon generously. Place the salmon skin side down on a lightly oiled roasting pan and roast in the oven till salmon is fork tender and flakes easily, about 10 mins depending on thickness.

SALADS

CUCUMBER SALAD WITH LIME AND CILANTRO

INSTRUCTIONS

1 small red onion, sliced

2 cucumbers, peeled or not – based on your preference, sliced

2-3 medium sized limes, juiced

2 tablespoons of finely chopped cilantro (can also use parsley if you prefer)

2 tablespoons of olive oil

To remove some of the bitterness/spiciness from the onions, place the onion slices in a bowl, sprinkle about 1/2 tablespoon of salt over the onions. Rub the salt in and then cover with water for a few minutes. Then drain and rinse the onions well.

Place the sliced cucumbers, sliced onions, lime juice, chopped cilantro, and olive oil in a bowl. Mix well, taste and add salt as needed.

Serve immediately or let rest refrigerated for at least 30 minutes before serving. Salt to taste.

CABBAGE SALAD

INSTRUCTIONS

1/2 small green cabbage, finely shredded

1 cup snow peas, washed and chopped

1 bunch of green onions, washed and chopped

1/2 cup sunflower seeds, option to lightly toast them for added

crunch 1/2 cup of flaked almonds, option to lightly toast them for

added crunch 1/2 cup cilantro chopped, optional

Combine all ingredients and drizzle with dressing.

MIXED GREEN SALAD

INSTRUCTIONS

2 cups arugula washed well
2 cups baby spinach - rinsed 1/2 radicchio, leaves separated, torn into small pieces and rinsed Small butter lettuce, leaves separated, torn into small pieces and rinsed
1 small red onion, thinly sliced
8 kalamata olives
1/2 cup chickpeas or cannellini beans
2 radishes thinly sliced
1/2 cup toasted pumpkin seeds

Gently toss all ingredients in a large salad bowl and drizzle with dressing.

SPINACH AND MUSHROOM SALAD

INSTRUCTIONS

4 cups of baby spinach leaves washed and dried
1 avocado peeled and sliced
1 cup button mushrooms cleaned and thinly sliced
1/2 cup walnuts
1/2 small thinly sliced red onion

Combine all ingredients and drizzle with dressing.

WATERCRESS AND RADICCHIO SALAD

INSTRUCTIONS

1 head of radicchio, leaves separated, washed, dried and coarsely shredded
2 cups watercress, washed and dried
2 cups chickpeas
1/2 cup walnuts

Combine all ingredients and drizzle with dressing.

LEMON VINAIGRETTE

INSTRUCTIONS

Makes about one cup
3/4 cup extra virgin olive oil
1/4 cup freshly squeezed lemon juice
1 clove garlic crushed
1/4 teaspoon salt
Freshly ground black pepper to taste

Combine all ingredients in a glass jar and shake well till thoroughly blended.

VEGAN AVOCADO RANCH DRESSING

INSTRUCTIONS

Makes around 8 ounces

1 Large Avocado
1 cup Coconut Milk, canned & full fat (add 1/2 cup for the consistency of the bottled stuff and adjust the lemon juice and seasonings to taste)
3 tablespoon Lemon Juice
2 teaspoon Dill (or Italian Seasoning Blend)
1-2 teaspoon Salt
1/2 teaspoon Granulated Onion
1 clove Garlic (or 1 teaspoon Granulated Garlic)

Throw all ingredients into a blender or food processor and combine until thoroughly mixed. Stores for up to a week when refrigerated in an airtight container – the lemon juice prevents browning! **SOUPS**

BEAN AND SPINACH SOUP

INSTRUCTIONS

1 Tablespoon Coconut Oil
12 ounces Meat of choice (Shrimp, Chicken or Turkey)
3 Cloves of garlic, Minced
1 Onion, Diced
3 Carrots, peeled and diced
2 Stalks Celery
15 ounces of White Northern Beans
1/2 teaspoon Dried Oregano
2 Bay Leaves
4 cups Organic Chicken Broth or Bone Broth
3 cups Baby Spinach
Sea Salt and Ground Pepper, to taste

Heat coconut oil in a large skillet over medium heat, add meat, cook, stirring frequently, until cooked fully.

Place meat, garlic, onion, carrots, celery, beans, oregano, and bay leaves into a 6 qt. slow cooker. Stir in chicken broth and add 2 cups water until combined; season with salt and pepper, to taste. Cover and cook on low heat for 7-8 hours or 3-4 hours on high heat. Stir in spinach until wilted.

Serve immediately.

BLACK BEANS

INSTRUCTIONS

1-pound dried black beans
1 clove garlic, chopped
1 sweet onion, chopped
1 red pepper, chopped
2 tablespoons cumin
2 tablespoons chili powder
3-4 cups of water-basically enough water to cover the beans... and your tastes as to how "soupy" you like your bean.

Combine all ingredients in crock pot and Leave alone until beans are tender.
14- 16 hours on low (depending on how old the beans are).
8 - 10 hours on high depending on how old the beans are).

BUTTERNUT SQUASH AND ROOT VEGETABLE SOUP

INSTRUCTIONS

3 tablespoons extra virgin olive oil
1 large onion peeled and chopped
2 cloves fresh garlic, crushed
1 large butternut squash, peeled, seeded and cubed
3 carrots peeled and chopped
3 parsnips peeled and chopped
1 sweet potato peeled and chopped
2 leeks, cleaned and chopped, white parts only
1 teaspoon ground thyme
Salt and freshly ground pepper to taste
8 cups organic vegetable stock

Heat the oil in a large pot, add the onions and garlic and sauté till the soft. Add remaining vegetables, thyme, salt and pepper and sauté for a few more minutes. Pour in the stock and bring to the boil. Reduce heat, cover and simmer till the vegetables are soft, about 45 minutes. Cool, then puree. Adjust seasonings to taste and reheat before serving.

CHICKEN TORTILLA-LESS CROCK POT SOUP

INSTRUCTIONS

3 pounds skinless chicken (Chopped up)
3 tablespoons of coconut oil
2-3 Teaspoons (use a mix of ground cumin, chili powder, garlic powder and cayenne if you don't have)
1 large onions, diced
6 cloves garlic, minced
2 jalapeno peppers, diced
2 quarts (8 cups) organic chicken stock
Juice of 2 limes
1 cup cilantro, chopped
avocado and fresh cilantro for garnish

Mix together in crockpot cook on low 7-8 hours or on high for 3-4 hours.

CARROT AND CORIANDER SOUP

INSTRUCTIONS

2 tablespoons extra virgin olive oil
1 onion chopped
2 cloves garlic, crushed
1 teaspoon ground thyme
2 teaspoons ground coriander

6 very large or about 8 medium carrots, peeled and chopped (about 3 cups)
1/4 cup fresh parsley, chopped
Salt and pepper to taste
4 cups organic vegetable stock
Bunch of fresh cilantro, chopped

Heat the oil in a large pot, then add the onions, garlic, thyme and coriander and sauté till soft. Add the carrots, parsley, salt and pepper and sauté for 2-3 minutes. Pour in the vegetable stock, bring to the boil, cover and simmer for about 45 minutes until the carrots are tender. Remove from heat and cool, then puree till smooth. If the consistency is too thick, add more vegetable stock and puree. Adjust seasonings to taste, heat through and sprinkle with cilantro before serving.

ENHANCED WELLNESS LIVING DETOX SOUP

INSTRUCTIONS

1/2 Head of cabbage (chopped)
1 cup celery (diced)
1 cup white or yellow onion (diced)
1 cup Carrots (diced)
1 Green Bell pepper (diced)
2-3 cloves garlic (minced)
4 cups Organic Chicken or Vegetable Broth
1 teaspoon oregano
1 teaspoon basil
1/2 teaspoon red pepper flakes
FEW shakes of black pepper
1/2 teaspoon salt (optional)
4 tablespoons Braggs Liquid Aminos (or to desired taste)
1 to 2 tablespoons of Stevia (or to desired taste)
2 tablespoons MCT Oil

Heat 2 tablespoons of MCT OIL RX in a large pot over medium heat; Add celery, onions, bell peppers, and carrots and sauté until slightly tender. Then add garlic and chicken or vegetable broth. Add cabbage and bring to a boil. Reduce heat and cook until cabbage is tender. Stir in oregano, basil, red pepper flakes, black pepper, and salt. Add stevia and Braggs Liquid Amino to desired taste. Taste broth and adjust seasoning if needed.

SIMPLE BROCCOLI SOUP

INSTRUCTIONS

1 tablespoon extra-virgin olive oil
1 medium onion, chopped
2 cloves fresh garlic, crushed
2 pounds broccoli, rinsed and chopped
1 teaspoon ground thyme
Salt and freshly ground pepper to taste
6-8 cups organic vegetable stock, depending on how thick you want the soup
Fresh chopped parsley, chives or dill

In a large pot, heat the oil and sauté the onion and garlic till onion is soft and translucent. Add the remaining ingredients and bring to the boil. Cover, reduce heat and simmer till the broccoli is tender, about 40 minutes. Check seasoning. Puree the soup and garnish with fresh parsley, chives or dill.

VEGETABLE CURRY

INSTRUCTIONS

1 onion, chopped
2 cloves garlic, crushed
2 tablespoons extra virgin olive oil
1/2 - 1 teaspoon curry powder
1 teaspoon cumin
1/2 teaspoon coriander
1/4 teaspoon cinnamon
1/4 teaspoon ground ginger
1/4 teaspoon turmeric
1/2 teaspoon salt
1/2 butternut squash, peeled and cut into small cubes
3/4 cup water
1 large sweet potato, peeled and cut into small cubes
1/2 head cauliflower, cut into small florets
3/4 cup frozen organic peas
Cilantro, optional

Fry the onion and garlic in olive oil until the onions are soft and opaque. Add the spices and salt and sauté a few minutes, until you can smell the aroma of the spices. Stir the spices from the bottom of the pot occasionally. Add the butternut squash and sauté about 10 minutes, stirring occasionally. Add 1 or 2 tablespoons of water to prevent sticking. Add sweet potato and sauté and 10 minutes, stirring occasionally. Add the rest of the water and scrape all the spices up from the bottom of the pot. Add cauliflower and peas on top of the butternut and sweet potato, do not stir. Cook until the vegetables are tender, about 10-15 minutes. Sprinkle with cilantro.

ZUCCHINI SOUP

INSTRUCTIONS

4 Zucchini diced
2 cloves garlic –crushed
1 onion – chopped
1-2 tablespoons extra virgin olive oil
4 cups of organic vegetable stock
Salt and freshly ground black pepper to taste
1 tablespoon fresh herbs, such as basil or oregano, optional

Heat extra virgin olive oil in a soup pot. Add chopped onion and crushed garlic, sauté till soft, Add zucchini and sauté for another 2-3 minutes. Add stock, salt and pepper and bring to the boil. Reduce heat, cover and simmer till zucchini are tender. Add fresh herbs if using. When cool, puree till smooth. Heat through before serving.

VEGETABLES

BAKED EGGPLANT FRIES RECIPE

INSTRUCTIONS

- 1 large eggplant, peeled and sliced vertically into 1/2-inch slices
- 1/2 cup almond flour
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 1/8 teaspoon cayenne
- 1 cup plain unsweetened almond milk or other non-dairy milk
- 2 tablespoons ground golden flaxseed, blended with 1/4 cup water until thick
- 1 tablespoon freshly squeezed lemon juice
- 1 cup ground golden flaxseed
- 3 tablespoons nutritional yeast (Can buy at Kroger, Whole Foods, or Rainbow)
- 2 teaspoons dried oregano
- 1 teaspoon dried basil
- 1 teaspoon smoked paprika

Cut the eggplant slices into 1/2-inch strips - if the strips are too long, cut them in half - and set aside. Preheat the oven to 425°F. Lightly oil a baking sheet (avocado oil tolerates higher heat better than olive oil) and set aside. In a shallow bowl, combine the almond flour, salt, pepper and cayenne and mix well. In a second shallow bowl, combine the almond milk, 2 tablespoon flaxseed mixture and lemon juice, stirring to blend. In a third shallow bowl, combine the 1 cup ground golden flaxseed, nutritional yeast, oregano, basil and paprika. Dredge the eggplant strips in the flour mixture, then dip them in the milk mixture, then roll them in the ground flaxseed mixture. Arrange the strips in a single layer on the prepared baking sheet. Bake for 15 minutes, then flip over and bake for about 10 minutes longer, or until golden brown and crispy. Sprinkle the hot fries with sea salt.

CAULIFLOWER RICE

INSTRUCTIONS

- 1 large head cauliflower

Wash and thoroughly dry cauliflower, then remove all greens and cut into 4 even sections. With a box grater, use the medium-sized holes (see photo - the side commonly used to grate cheese), or a food processor with the grater attachment, to grate the cauliflower into the size of rice, leaving any large, tough stems behind. Transfer to a clean towel or paper towel and press to remove any excess moisture, which can make your dish soggy. Once you have your cauliflower rice, it's easy to cook! Simply sauté in a large skillet over medium heat in 1 tablespoon oil. Cover with a lid so the cauliflower steams and becomes more tender. Cook for a total of 5-8 minutes, then season as desired (such as with soy sauce or salt and pepper). Use cauliflower rice in recipes that call for rice, such as stir fries or fried rice!

CROCK POT SWEET POTATOES

INSTRUCTIONS

Cook time: 7 hours, 8 minutes (if using crockpot to cook sweet potatoes) Total Time: 7 hours, 18 minutes

4 medium sweet potatoes
1 tablespoon avocado oil or coconut oil
1 medium onion, diced
2 boneless, skinless chicken breasts, dice
8 ounces white mushrooms, chopped
1 teaspoon coarse salt
1/4 teaspoon freshly ground black pepper
2 teaspoons dried oregano
3 cups baby spinach or baby greens of choice, chopped
1 teaspoon minced garlic

Wrap your sweet potatoes in tin foil. Place them in the crockpot and cook on low 7 hours. About 20 minutes before you want your sweet potatoes ready, heat the oil in a large skillet over medium high heat. Add the onion, chicken, mushrooms, salt, pepper, and oregano to the skillet. Cook until the mushrooms have released all of their liquid and it has mostly all evaporated, about 6 minutes. Add the spinach and garlic and cook another minute or so until the greens are wilted but still bright green. Remove from the heat. Open each sweet potato and fill it with 1/4 of the filling. Enjoy!

CURRIED LENTILS AND CARMELIZED ONIONS

INSTRUCTIONS

1 cup French lentils (black lentils)
3 cups water
2 medium sweet yellow onions (Vidalia) , thinly sliced, about 3 cups
4 tablespoons olive oil
2 teaspoons curry powder
1/4 teaspoon red pepper flakes, optional
1/2 cup water
3 tablespoons cilantro leaves, loosely packed, rough chop
Salt to taste

Place lentils and water in a small pot. Cover and bring to a boil on medium heat. Reduce to simmer and cook, covered, for about 30 minutes. In a large pan, heat oil on medium add curry, red pepper flakes, onions and sauté onions until golden brown, (about 15 minutes). Add water and cook down for another 10 minutes. When lentils are done (they should be a bit tough), combine with onions in pan and mix well. Toss in cilantro and salt to taste.

LEMON GARLIC ROASTED CAULIFLOWER

INSTRUCTIONS

1/4 cup coconut oil
8-10 cloves fresh garlic, crushed
Zest of 1 lemon (about 2 teaspoon)
1/4 teaspoon salt
1/4 teaspoon cracked pepper

1/4 cup chopped fresh parsley

Preheat oven to 450F. Wash cauliflower and cut into florets. You can use the stem too. Place in a casserole dish. Melt cooking fat (either in the microwave or on the stove top). Toss with cauliflower in the casserole dish. Next toss with lemon zest, crushed garlic, salt and pepper to coat well.

Roast for 25-35 minutes (depending on how big your florets are; mine took 30 minutes), stirring once half way. Remove from oven and toss with fresh parsley. Serve!

PALEO SAUTÉED ZUCCHINI AND SUMMER SQUASH

INSTRUCTIONS

2 Zucchini

1 Yellow Squash

1 tablespoon Coconut Oil

1/2 tablespoon Walnut Oil

Coarse Sea Salt and Black Pepper (to taste)

6-8 drops Lemon Juice

First, slice the zucchini to 1/4" slices and the squash to a little fatter than that.

Squash cooks faster than zucchini, so if you want to throw them in the same pan, you need to even out the cook time by thickening the slices of squash. Heat the oils in a pan over medium-high heat. Then season the vegetables with the remaining ingredients and add to the hot pan. Stir until thoroughly coated, cover for 4-6 minutes, then cook for another 2-4 minutes (I like doing it this way because it helps to keep them from getting soggy, the air helps, but the covering cooks them faster). This recipe is Vegan!

ROASTED BRUSSELS SPROUTS

INSTRUCTIONS

1-pound of brussels sprouts

Extra virgin olive oil

Coarse sea salt

Preheat oven to 400 degrees. Cut Brussels sprouts in half. Place on a baking sheet. Toss with enough oil to evenly coat. Sprinkle with sea salt and roast at 400 degrees for 30 – 40 minutes till browned and tender.

ROASTED BOK CHOY AND CAULIFLOWER WITH CUMIN AND MINT

INSTRUCTIONS

2 medium fresh organic bok choy, about 2 pounds

2 tablespoons coconut or olive oil

Sea salt Freshly ground black pepper

3 cups cauliflower florets

VINAIGRETTE

1/4 cup olive oil

3 tablespoons freshly squeezed organic lemon juice

1/2 teaspoon lemon zest

2 tablespoons fresh mint leaves coarsely chopped
1/2 teaspoons ground cumin
1/8 teaspoon cayenne pepper
Sea salt and Freshly ground black pepper

Preheat oven to 400 degrees. Cut bok choy in half lengthwise and place on a baking sheet lined with aluminum foil. Drizzle with 1 tablespoon of the coconut oil and sprinkle with salt and pepper. Place cauliflower florets on another foiled baking sheet. Drizzle with the remaining tablespoon coconut oil and sprinkle with salt and pepper. Place both trays in the preheated oven and bake, turning and alternating racks once, until vegetables are tender when pierced with a fork, about 20 minutes. When done, remove from oven and cover with aluminum foil to keep warm. While vegetables are roasting, prepare vinaigrette. In a small bowl combine the olive oil, lemon juice, lemon zest, mint, cumin and cayenne pepper. Season with salt and pepper if desired. Set aside until vegetables are roasted. While still warm, remove bok choy and cauliflower from baking sheet and chop into 1-inch pieces and place in a large bowl. Dress vegetables with vinaigrette and mix gently to combine. Place vegetables on serving platter or divide among individual serving dishes. Garnish with a sprig of mint, if desired.

ROSEMARY GARLIC ROASTED NEW POTATOES

INSTRUCTIONS

2 tablespoons extra virgin, cold-pressed olive oil
2 tablespoons finely minced garlic
2 tablespoons fresh minced rosemary
Salt and pepper
16 large new potatoes, scrubbed and cut into relatively uniform chunk

Preheat the oven to 350 degrees.

Coat a glass baking dish with coconut oil to keep the potatoes from sticking. Place the olive oil, garlic, rosemary and salt and pepper, to taste, in a large resealable plastic bag. Add the potatoes, seal and toss to coat evenly. Pour into the prepared baking dish. Roast the potatoes for about 30 to 40 minutes until crisp on the outside and tender on the inside.

SAUTEED SPINACH OR SWISS CHARD OR KALE

INSTRUCTIONS

1 tablespoon extra-virgin olive oil
1 clove garlic crushed
1/2 pounds spinach, bagged organic baby spinach
works well Salt and freshly ground pepper

Heat the oil in a frying pan. Add the crushed garlic and sauté briefly. Add baby spinach in handfuls so as not to overload the pan. Cook until just wilted. Add salt and freshly ground pepper to taste.

SPICY SPINACH AND MUSHROOMS

INSTRUCTIONS

1 tablespoon extra-virgin olive oil
1 medium onion, chopped
1 clove garlic, crushed
1 teaspoon freshly grated ginger
1 teaspoon chili powder
1/2 pound mushrooms thinly sliced
Salt to taste
1-pound spinach washed, dried and cut into ribbons, or bagged organic baby spinach

Heat the oil in a large skillet. Add onion and garlic and stir-fry till browned. Add the spices and stir fry for about one minute. Add mushrooms and salt. When the mushrooms have softened, add the spinach and cook until the spinach has wilted.

ZUCCHINI NOODLES

STEP #1:

Wash and peel the green skin off the zucchini with the potato peeler.

STEP #2:

Hold on to the head of the zucchini and place the julienne peeler at the top of the zucchini. Gentle press down and drag the peeler to the end. You will instantly have a strip of noodles! Repeat this until you get to the center and start to see seeds. Then flip it over and do the same thing on the other side of the zucchini.

STEP #3:

Preheat your oven to 200 degrees.

Line a baking sheet (or two, depending on how much you are making) with paper towels and spread the

noodles over the baking sheet evenly.

Sprinkle with sea salt.

STEP #4:

Place the baking sheet of noodles in the oven for 30 minutes. I promise the paper towels won't catch on fire!

This causes the noodles to "sweat" and release a lot of their water which will prevent your dish from becoming watery when you cook the noodles.

STEP #5:

Remove the baking sheets from the oven and let them cool for a few minutes.

Then, pick up the paper towels, wrap them around the noodles and squeeze out the liquid.

You will be amazed at how much water you get out of them!

STEP #6:

At this point they are ready to cook whenever you are ready to eat them. You can sauté them in your oil of choice for about 6-7 minutes or you can simmer them in a sauce and allow them to soften.

DESSERTS

CHOCOLATE CHIA PUDDING

INSTRUCTIONS

1 can coconut milk
3 tablespoons chia seeds
1/2 an avocado
3 tablespoons raw cacao powder
A few drops liquid stevia (or 2 scoops powdered stevia)

Place all ingredients in blender and blend for 15 seconds. Then, place mixture in a container/jar, cover, and let stand in the fridge at least 15 minutes (but can be enjoyed over a few days).

1 serving = 1/2 cup

FRESH BERRIES WITH COCONUT CREAM

INSTRUCTIONS

1 can of full fat coconut milk fresh berries
1/2 teaspoon vanilla extract
Pinch of salt

You can whip up some coconut cream by putting a can of full fat coconut milk in the refrigerator for several hours or overnight. When you open the can, the solid and liquid will have separated. Scoop out only the solid part and mix with a hand mixer. You can add a pinch of salt and 1/2 teaspoon of vanilla extract. Serve with fresh berries.

KEY LIME PUDDING

INSTRUCTIONS

1 avocado
Juice of 1
lime Stevia
to taste

Blend in the blender or food processor and sprinkle with organic shredded coconut.

KEY LIME PIE CHIA PUDDING

INSTRUCTIONS

1 can Coconut Milk
3 tablespoons chia seeds
1/2 an avocado
Juice from 2 limes
A few drops of liquid stevia (or 2 scoops powdered stevia)

Place all ingredients in blender and blend for 15 seconds.

Then, place mixture in a container/jar, cover, and let stand in the fridge at least 15 minutes (but can be enjoyed over a few days).

1 serving = 1/2 cup

PROTEIN SHAKE

To make a shake, you can use a serving of vegetarian protein powder (Fit Food) & Clearvite (which include nutrients to support the liver with detoxification).

INSTRUCTIONS

Add 8 ounces of the liquid of your choice:

Water

Almond Milk or another nut milk

Coconut Milk

Coconut Water (pink coconut water – Harmless Harvest brand **lower in sugar)

You may also add these optional goodies:

A pinch of stevia

A drop of vanilla extract

A dash of cinnamon

Unsweetened cacao powder (to make it a chocolate shake)

1 tbsp chia seeds

1 tbsp ground flax seeds

1 tbsp hemp seeds

MINT CHOCOLATE CHIP SMOOTHIE

INSTRUCTIONS

1 serving of Fit Food

1/4 of an avocado

1/4 cup loosely packed fresh mint leaves or 1/8 teaspoon organic peppermint extract Stevia to taste

8 ounces of water or Almond Milk Ice

1/2 tablespoon unsweetened cacao

powder Blend in your blender

RAW MUESLI

INSTRUCTIONS

1 cup nut milk (almond or coconut)

1 tablespoon unsweetened shredded coconut

2 tablespoons chopped walnuts or almonds

2 tablespoons ground flaxseeds

2 tablespoons sesame seeds

2 tablespoons pumpkin seeds 8 ounces fresh berries

1 apple, peeled and grated or finely chopped

In a large bowl, mix together nut milk, shredded coconut, nuts, and seeds. Cover and place in the fridge overnight. In the morning, add the berries, grated apple, and chia seeds. Flavor it with a dash of cinnamon, if you like. 1 serving = 1/4 cup

POST DETOX RECOMMENDATIONS

- Coconut Milk/ Coconut Water
- SOY MILK IS STRICTLY PROHIBITED
- SOY in general is prohibited but due to the myriad of foods that contain soy e.g. “soy lecithin” we ask you to try your best to reduce consumption but try not to worry too much about it.
- Olive Oil/Coconut Oil
- Brown Rice (1/2 CUP SERVING)
- Brown Rice and Pea Protein Powders
- Rice Crackers
- Organic Almond Butter or Cashew Butter

Spices of any kind are acceptable for cooking except the large combination and general seasoning unless specified organic. If you do use a combination seasoning then check the ingredients carefully.

Broth - For now we recommend “Pacific Natural Broth” The Free-Range Chicken Broth and The Mushroom Broth. Do not purchase the other choices until after the

detox protocol. We recommend these because the ingredients are void of any of our plan's restrictions.

Steel Cut Oats- Oats are naturally gluten free. It is the cross contamination in the factory where they are produced in that is the problem. That is why we recommend steel cut, because oatmeal with the "steel cut" label generally has that specific machine dedicated to cutting the oats without the risk of cross contamination.

Another option is purchasing Bob's Gluten Free Rolled Oats. Rolled oats are not naturally gluten free but Bob's Red Mill has a special line with the "Quaker" style oats for those who are weary of eating the steel cut style oats.

Fluoride Free Water- Try to invest into a reverse osmosis so you can skip this whole situation of perpetually purchasing bottled water. If you decide to purchase bottled water, we recommend Essentia or Crystal Geysers.

Fluoride Free Toothpaste- Most Fluoride free toothpastes in your local grocery store will do just fine. Be sure to check the bottle thoroughly because not every bottle is fluoride free.

Coconut Milk and Almond Milk- Both of these are wonderful choices and even better alternatives to conventional American Milk. Almond Milk generally contains a higher source of calcium, gluten free, soy free, and is naturally lactose free.

COCO FOR COCONUTS! HEALTH BENEFITS OF THE COCONUT

Coconuts can add flavor, variety and--best of all--healthy nutrients to your diet.

Coconuts are rich in lauric acid, which is known for being antiviral, antibacterial and antifungal, and boosts the immune system.

Fresh coconut juice is one of the highest sources of electrolytes known to man, and can be used to prevent dehydration, for instance in cases of diarrhea or strenuous exercise, instead of a sports drink. Some remote areas of the world even use coconut juice intravenously, short-term, to help hydrate critically ill patients and in emergency situations.

OTHER HEALTH BENEFITS OF COCONUTS AND COCONUT OIL INCLUDE:

- Help you lose weight, or maintain your already good weight
- Reduce the risk of heart disease
- Lower your cholesterol
- Improve conditions in those with diabetes and chronic fatigue
- Improve Crohn's, IBS, and other digestive disorders
- Prevent other disease and routine illness with its powerful antibacterial, antiviral and antifungal agents
- Increase metabolism and promotes healthy thyroid function
- Boost your daily energy
- Rejuvenate your skin and prevent wrinkles
- Household cleaners, hand-soaps, dishwashers etc.

Check your shampoo's ingredients once in a while and see if you understand half the chemicals put into it. If you cannot verify half of the chemicals in the ingredients list and if it contains any of the ingredients listed below, you should do your best to slowly re-stock and replace your current shampoo, conditioner, and cleaners around the house with cosmetics that do not contain harsh chemicals.

THIS SEEMS LIKE A LITTLE MUCH. WHY ARE YOU GETTING THIS DETAILED?

The bottom line is that these chemicals are put onto and absorbed through your skin pores when you shower or wash your hands and can be potentially harmful to you and your family. We are not asking you to do everything immediately, we are simply presenting the education and asking you at the very least to listen to what we have to say and put into practice when you are able.

AREN'T WE SPLITTING HAIRS A BIT?

NO. This is not nitpicking or splitting hairs. All of this is completely necessary in the long run to have optimum health and the more you know the more you can protect yourself from the daily misconceptions of the conventional medical paradigm.

We love and appreciate our patients and we need to bring them the most updated information as possible and in order to get awesome results we need to get as detailed as possible. Many of the harsh chemicals found in household cosmetics can interfere with what we are trying to do which is to propel you to the highest caliber of health humanly possible. You wanted the highest form of health care and this is it, in order to give you a greater caliber of health we need to get a little personal.

WELL WHAT DO YOU RECOMMEND?

There is a myriad of fantastic household cosmetic organic options in stores. "Mrs. Meyer's Clean Day Cleaner Line" is a line of products you can find at Kroger or Target, you can also order online at www.mrmsmeyers.com, they have earth-friendly household products made from plant-derived ingredients and essential oils.

'DIRTY DOZEN' COSMETIC CHEMICALS TO AVOID

Credits David Suzuki Foundation:

Some of the ingredients in beauty products aren't that pretty. U.S. researchers report that one in eight of the 82,000 ingredients used in personal care products are industrial chemicals, including carcinogens, pesticides, reproductive toxins, and hormone disruptors. Many products include plasticizers (chemicals that keep concrete soft), degreasers (used to get grime off auto parts), and surfactants (they reduce surface tension in water, like in paint and inks). Imagine what that does to your skin, and to the environment.

You can avoid harmful chemicals when you use our shopper's guide, and audit your bathroom cupboard using this list of harmful ingredients:

1. BHA and BHT

Used mainly in moisturizers and makeup as preservatives. Suspected endocrine disruptors and may cause cancer (BHA). Harmful to fish and other wildlife.

2. Coal Tar Dyes

p-phenylenediamine and colors listed as "CI" followed by a five-digit number

In addition to coal tar dyes, natural and inorganic pigments used in cosmetics are also assigned Color Index numbers (in the 75000 and 77000 series, respectively).

Look for p-phenylenediamine hair dyes and in other products colors listed as "CI" followed by five digits. ¹ The U.S. color name may also be listed (e.g. "FD&C Blue No. 1" or "Blue 1"). Potential to cause cancer and may be contaminated with heavy metals toxic to the brain.

3. DEA-related Ingredients

Used in creamy and foaming products, such as moisturizers and shampoos. Can react to form nitrosamines, which may cause cancer. Harmful to fish and other wildlife. Look also for related chemicals MEA and TEA.

4. Dibutyl phthalate

Used as a plasticizer in some nail care products. Suspected endocrine disrupter and reproductive toxicant. Harmful to fish and other wildlife.

5. Formaldehyde-releasing preservatives

Look for DMDM hydantoin, diazolidinyl urea, imidazolidinyl urea, methenamine and quarternium-15. Used in a variety of cosmetics. Slowly release small amounts of formaldehyde, which causes cancer.

6. Parabens

Used in a variety of cosmetics as preservatives. Suspected endocrine disrupters and may interfere with male reproductive functions.

7. Parfum (a.k.a. fragrance)

Any mixture of fragrance ingredients used in a variety of cosmetics — even in some products marketed as "unscented." Some fragrance ingredients can trigger allergies and asthma. Some linked to cancer and neurotoxicity. Some harmful to fish and other wildlife.

8. PEG compounds

Used in many cosmetic cream bases. Can be contaminated with 1,4-dioxane, which may cause cancer. Also, for related chemical propylene glycol and other ingredients with the letters "eth" (e.g., polyethylene glycol).

9. Petrolatum

Used in some hair products for shine and as a moisture barrier in some lip balms, lip sticks and moisturizers. A petroleum product that can be contaminated with polycyclic aromatic hydrocarbons, which may cause cancer.

10. Siloxanes

Look for ingredients ending in "-siloxane" or "-methicone." Used in a variety of cosmetics to soften, smooth and moisten. Suspected endocrine disrupter and reproductive toxicant (cyclotetrasiloxane). Harmful to fish and other wildlife.

11. Sodium laureth sulfate

Used in foaming cosmetics, such as shampoos, cleansers and bubble bath. Can be contaminated with 1,4-dioxane, which may cause cancer. Look also for related chemical sodium lauryl sulfate and other ingredients with the letter's "eth" (e.g., sodium laureth sulfate).

12. Triclosan

Used in antibacterial cosmetics, such as toothpastes, cleansers and antiperspirants. Suspected endocrine disrupter and may contribute to antibiotic resistance in bacteria. Harmful to fish and

ORGANIC FOODS

Understanding Organic Food Labels, Benefits, and Claims

Organic food has become very popular. But navigating the maze of organic food labels, benefits, and claims can be confusing. Is organic food really healthier? Is it more nutritious? What do all the labels mean? Why is it so expensive? This guide can help you make better choices about which organic foods are healthier for you and better for the environment, and how you can afford to incorporate more organic food into your diet.



Making a commitment to healthy eating is a great start towards a healthier life. Beyond eating more fruits, vegetables, whole grains, and good fats, however, there is the question of food safety, nutrition, and sustainability. How foods are grown or raised can impact both your health and the environment. This brings up the questions: What is the difference between organic foods and conventionally grown foods? Is "organic" always best? What about locally grown foods?

WHAT DOES "ORGANIC" MEAN?

The term "organic" refers to the way agricultural products are grown and processed. Specific requirements must be met and maintained in order for products to be labeled as "organic".

Organic crops must be grown in safe soil, have no modifications, and must remain separate from conventional products. Farmers are not allowed to use synthetic pesticides, bioengineered genes (GMOs), petroleum-based fertilizers, and sewage sludge-based fertilizers.

WHAT ARE GENETICALLY MODIFIED ORGANISMS (GMOS)

Genetically Modified Organisms (GMOs) are plants or animals whose DNA has been altered. These products have undergone only short-term testing to determine their effects on humans and the environment. In most countries, organic products do not contain GMOs.

Organic livestock must have access to the outdoors and be given organic feed. They may not be given antibiotics, growth hormones, or any animal-by-products.

IS ORGANIC FOOD MORE NUTRITIOUS THAN NON-ORGANIC FOOD?

The evidence is unclear. Some studies suggest that, on average, organically grown fruits and vegetables may contain slightly higher levels of vitamin C, trace minerals, and antioxidant phytonutrients than conventionally grown produce. However, other studies have found no nutritional differences between organic and non-organic foods.

THE BENEFITS OF ORGANIC FOOD

Organic foods provide a variety of benefits. Some studies show that organic foods have more beneficial nutrients, such as antioxidants, than their conventionally grown counterparts. In addition, people with allergies to foods, chemicals, or preservatives often find their symptoms lessen or go away when they eat only organic foods. In addition:

- **Organic produce contains fewer pesticides.** Pesticides are chemicals such as fungicides, herbicides, and insecticides. These chemicals are widely used in conventional agriculture and residues remain on (and in) the food we eat.

WHY DO PESTICIDES MATTER?

- **Children and fetuses** are most vulnerable to pesticide exposure due to their less-developed immune systems and because their bodies and brains are still developing. Exposure at an early age can cause developmental delays, behavioral disorders, and motor dysfunction.
- **Pregnant women** are more vulnerable due to the added stress pesticides put on their already taxed organs. Plus, pesticides can be passed from mother to child in the womb, as well as through breast milk. Some exposures can cause delayed effects on the nervous system, even years after the initial exposure.
- Most of us have an **accumulated build-up** of pesticide exposure in our bodies due to numerous years of exposure. This chemical "body burden" as it is medically known could lead to health issues such as headaches, birth defects, and added strain on weakened immune systems.
- **Organic food is often fresher.** Fresh food tastes better. Organic food is usually fresher when eaten because it doesn't contain preservatives that make it last longer. Organic produce is often (but not always, so watch where it is from) produced on smaller farms near where it is sold.
- **Organic farming is better for the environment.** Organic farming practices reduce pollution (air, water, soil), conserve water, reduce soil erosion, increase soil fertility, and use less energy. In addition, organic farming is better for birds and small animals as chemical pesticides can make it harder for creatures to reproduce and can even kill them. Farming without pesticides is also better for the people who harvest our food.
- **Organically raised animals are NOT given antibiotics, growth hormones, or fed animal byproducts.** The use of antibiotics in conventional meat production helps create antibiotic-resistant strains of bacteria. This means that when someone gets sick from these strains, they will

be less responsive to antibiotic treatment. Not feeding animal byproducts to other animals reduces the risk of mad cow disease (BSE). In addition, the animals are given more space to move around and access to the outdoors, both of which help to keep the animals healthy. The more crowded the conditions, the more likely an animal is to get sick.

ORGANIC FARMING AND LOCALLY GROWN PRODUCE

Organic farming refers to the agricultural production systems that are used to produce food and fiber. Organic farmers don't use synthetic pesticides or fertilizers. Instead, they rely on biological diversity in the field to naturally reduce habitat for pest organisms. Organic farmers also purposefully maintain and replenish the fertility of the soil. All kinds of agricultural products are produced organically, including produce, grains, meat, dairy, eggs, fibers such as cotton, flowers, and processed food products.

Essential characteristics of organic systems include:

- Design and implementation of an "organic system plan" that describes the practices used in producing crops and livestock products.
- Detailed recordkeeping systems that track all products from the field to point of sale.
- Maintenance of buffer zones to prevent inadvertent contamination by synthetic farm chemicals from adjacent conventional fields.

| Organic vs. Non-organic Produce | |
|--|---|
| <p>Organic produce:</p> <p>No Pesticides</p> <ul style="list-style-type: none"> ■ Grown with natural fertilizers (manure, compost). ■ Weeds are controlled naturally (crop rotation, hand weeding, mulching, and tilling). ■ Insects are controlled using natural methods (birds, good insects, traps). | <p>Conventionally grown produce:</p> <p>Pesticides used</p> <ul style="list-style-type: none"> ■ Grown with synthetic or chemical fertilizers. ■ Weeds are controlled with chemical herbicides. ■ Insecticides are used to manage pests and disease. |

LOCALLY GROWN FRUITS AND VEGETABLES

What is local food? Unlike organic standards, there is no specific definition. Generally local food means food that was grown close to home. This could be in your own garden, your local community, your state, your region, or your country. During large portions of the year it is usually possible to find food grown very close to home at places such as a farmer's market.

WHY PEOPLE BUY LOCALLY GROWN FOOD

Financial benefits: Money stays within the community and strengthens the local economy. More money goes directly to the farmer, instead of to things like marketing and distribution.

Transportation issues: In the U.S., for example, the average distance a meal travels from the farm to the dinner plate is over 1,500 miles. This uses a lot of fossil fuels and emits carbon dioxide into the air. In addition, produce must be picked while still unripe and then gassed to "ripen" it after transport. Or the food is highly processed in factories using preservatives, irradiation, and other means to keep it stable for transport and sale.

Fresh produce: Local food is the freshest food you can purchase. Fruits and vegetables are harvested when they are ripe and thus full of flavor

Small local farmers often use organic methods but sometimes cannot afford to become certified organic. Visit a farmer's market and talk with the farmers. Find out how they produce the fruits and vegetables they sell. You can even ask for a farm tour.

According to the Environmental Working Group, a nonprofit organization that analyzes the results of government pesticide testing in the U.S., the following website has a list of the fruits and vegetables with the highest pesticide levels on average. Because of their high pesticide levels when conventionally grown, it is best to buy those listed fruits and vegetables organic.

WWW.EWG.ORG

DOES WASHING AND PEELING GET RID OF PESTICIDES?

Rinsing reduces but does not eliminate pesticides. Peeling sometimes helps, but valuable nutrients often go down the drain with the skin. The best approach: eat a varied diet, wash all produce, and buy organic when possible.

Source: *Environmental Working Group*

ORGANIC MEAT AND DAIRY

Organic meat, dairy products, and eggs are produced from animals that are fed organic feed and allowed access to the outdoors. They must be kept in living conditions that accommodate the natural behavior of the animals. Ruminants must have access to pasture. Organic livestock and poultry may not be given antibiotics, hormones, or medications in the absence of illness; however, they may be vaccinated against disease. Parasiticide (a substance or agent used to destroy parasites) use is strictly regulated. Livestock diseases and parasites are controlled primarily through preventative measures such as rotational grazing, balanced diet, sanitary housing, and stress reduction.

| Organic vs. Conventional Meat and Dairy | |
|--|---|
| Regulations governing meat and dairy farming vary from country to country. In the U.S., these conventionally grown meats and dairy products were found to have the lowest levels of pesticides. | |
| Organic meat and dairy: No antibiotics, hormones, or pesticides are given to animals <ul style="list-style-type: none">■ Livestock are given all organic feed.■ Disease is prevented with natural methods such as clean housing, rotational grazing, and a healthy diet.■ Livestock must have access to the outdoors. | Conventionally raised meat and dairy: Typically given antibiotics, hormones and feed grown with pesticides <ul style="list-style-type: none">■ Livestock are given growth hormones for faster growth.■ Antibiotics and medications are used to prevent livestock disease.■ Livestock may or may not have access to the outdoors. |

WHAT'S IN AMERICAN MEAT?

It is helpful to understand what the U.S. government allows in feed or to be used in conventional production:

- **Dairy cows** – antibiotics, pig and chicken byproducts, hormones (for growth), pesticides, sewage sludge
- **Beef cows** – antibiotics, pig and chicken byproducts, steroids, hormones, pesticides, sewage sludge
- **Pigs** – antibiotics, animal byproducts, pesticides, sewage sludge, arsenic-based drugs (growth hormones are prohibited)
- **Broiler chickens** – antibiotics, animal byproducts, pesticides, sewage sludge, arsenic-based drugs (growth hormones are prohibited)
- **Egg laying hens** – antibiotics, animal byproducts, pesticides, sewage sludge, arsenic-based drugs

Source: *Meat, dairy, and eggs buying guide*

UNDERSTANDING ORGANIC FOOD LABELS

What do the food labels such as “organic,” “natural,” “free-range,” and “non-GMO” really mean? Understanding this terminology is essential when you’re shopping for organic foods.

The most important point to remember is that “natural” does not equal organic. “Natural” is an unregulated term that can be applied by anyone, whereas organic certification means that set production standards have been met. These production standards vary from country to country—in the U.S., for example, only the “USDA Organic” label indicates that a food is certified organic. Similar certification labels are also offered on organic products in other parts of the world, including the European Union, Canada, and Australia.

USDA CERTIFIED ORGANIC FOOD LABELS IN THE U.S.

When you’re shopping for organic foods in the U.S., look for the “USDA Organic” seal. Only foods that are 95 to 100 percent organic can use the USDA Organic label.



- **100% Organic** – Foods that are completely organic or made with 100% organic ingredients may display the USDA seal.
- **Organic** – Foods that contain at least 95% organic ingredients may display the USDA seal.
- **Made with organic** ingredients – Foods that contain at least 70% organic ingredients will not display the USDA seal but may list specific organic ingredients on the front of the package.
- **Contains organic** ingredients – Foods that contain less than 70% organic ingredients will not display the USDA seal but may list specific organic ingredients on the information panel of the package.

CERTIFIED ORGANIC FOOD LABELS IN OTHER COUNTRIES



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MEAT AND DAIRY LABELS: OTHER TERMS YOU NEED TO KNOW

The organic label is the most regulated term, but when it comes to meat, we often see many other terms used. In order to make informed choices, it is helpful to know what some of these terms mean, although their use can often vary from country to country.

- **Natural** – In the U.S., this label means “minimally processed” and that the meat can’t have any artificial colors, artificial flavors, preservatives, or any other artificial ingredients in it. Animals can still be given antibiotics or growth enhancers. For example, this term can be applied to all raw cuts of beef since they aren’t processed.
- **Grass fed** – This term means that the animals are fed solely on a diet of grass or hay. These animals have access to the outdoors. Cattle are naturally ruminants that eat grass, so they tend to be healthier and leaner when fed this way. In addition, grass fed beef has been shown to have more of the healthy omega-3 fatty acids.
- **Free range** – Again the term “free range” means slightly different things in different parts of the world. Broadly, it means that the animals weren’t confined to a cage and had access to the outdoors. Unfortunately, in the U.S. at least, the animal density can still be very high and the animals may have only short periods outside in an area that’s quite small. Therefore, it is difficult to tell exactly what free range means when you see it on meat packaging in the U.S. You can contact the producer directly for clarification.
- **No hormones added** – In the U.S. and some other countries where the use of growth hormones is permitted, this term indicates that animals are raised without the use of any added growth hormones. For beef and dairy products, it can be helpful, but by law, poultry and pigs cannot be given hormones, so don’t pay extra for chicken or pork products that use this label.

WHAT DOES "CERTIFIED ORGANIC" MEAN IN THE U.S.?

Keep in mind that even if a producer is certified organic in the U.S., the use of the USDA Organic label is voluntary. At the same time, not everyone goes through the rigorous process of becoming certified, especially smaller farming operations. When shopping at a farmers’ market, for example, don’t hesitate to ask the vendors how their food was grown. Source: *Organic.org*

TIPS FOR KEEPING THE COST OF ORGANIC FOOD WITHIN YOUR BUDGET

Organic food is often more expensive than conventionally grown food. But if you set some priorities, it may be possible to purchase organic food and stay within your food budget. Purchase the organic versions of the foods you eat the most and those that are highest in pesticides if conventionally grown.

Venture beyond the grocery store. Consider the following ideas for finding organic food:

- **Shop at farmers' markets.** Many cities, as well as small towns, host a weekly farmers' market, where local farmers bring their wares to an open-air street market and sell fresh produce direct to you. Often you will find items for less than you'd pay in the grocery store or supermarket. Bonus: it's a great opportunity to socialize and get to know like-minded people in your neighborhood who might want to join a Community Supported Agriculture (CSA) farm or start a buying club with you.
- **Join a food co-op.** Find out whether there is a natural foods co-op, also called a cooperative grocery store, in your area. Co-ops typically offer lower prices to members, who pay an annual fee to belong. However, you do not need to be a member to shop at a food co-op.
- **Join a Community Supported Agriculture (CSA) farm,** in which individuals and families join up to purchase "shares" of produce in bulk, directly from a local farm. Local *and* organic!

ORGANIC FOOD BUYING TIPS

- **Buy in season** – Fruits and vegetables are cheapest and freshest when they are in season. You can also find out when produce is delivered to your market. That way you know you're buying the freshest food possible.
- **Shop around** – Compare the price of organic items at the grocery store, the farmer's market and any other venue (even the freezer aisle!). Purchase the most economical ones.
- **Remember that organic doesn't always equal healthy** – Junk food can just as easily be made using organic ingredients. Making junk food sound healthy is a common marketing ploy in the food industry but organic baked goods, desserts, and snacks are usually still very high in sugar, salt, fat, or calories.

WHY IS ORGANIC FOOD OFTEN MORE EXPENSIVE?

Organic food is more labor intensive since the farmers do not use pesticides, chemical fertilizers, or drugs. Organic certification and maintaining this status are expensive. Organic feed for animals can cost twice as much. Organic farms tend to be smaller than conventional farms, which means fixed costs and overhead must be distributed across smaller produce volumes. Most organic farms are too small to receive government subsidies.

ENJOYING THE BENEFIT OF FISH WITHOUT HARMFUL SIDE EFFECTS

There is a lot of confusion surrounding the healthfulness of seafood. Fish is low in saturated fat and can be a good source of high-quality protein, omega-3 fatty acids, and other essential nutrients. Yet common toxins such as mercury are also found in fish. What does this mean? How much is okay? Which fish are safe?

Each year dangerous quantities of mercury are emitted into the air (an aspect of widespread industrial pollution). When it rains, this pollution goes into our lakes and oceans where it contaminates the fish and shellfish that live there. Seafood can contain harmful chemicals such as mercury, PCBs, chlordane, dioxins, and DDT. This is a problem because eating fish contaminated with mercury, a poison that interferes with the brain and nervous system, can cause serious health problems. The top predators, such as sharks, contain the highest levels of these contaminants. Nursing mothers, pregnant women, women who may become pregnant, and young children have the highest risk, so are advised to avoid all large fish (shark, swordfish, king mackerel, tilefish, etc.).

In recent years there has been a huge decline in many species of fish, caused by unsustainable fishing and farming practices. This means that if changes are not made soon, many wild populations of fish may become extinct.

SUSTAINABLE SEAFOOD CHOICES

Seafood can be part of a healthy diet if you know what type of fish to choose. There are a number of smartphone apps and downloadable wallet-cards for you to keep on hand to use in the grocery store or a restaurant. These guides are updated often and contain the latest information on healthful and sustainable seafood choices. Find links in the Resources section below.

WHICH TOOTHPASTE DO I BUY?

ANSWER: Arbonne, Dental-ciden or Ora MD

Always purchase Toothpaste that contains little to no fluoride. Remember that we can only do our best to reduce fluoride. Unless you live in a fluoride free state, city, or county it would be terribly difficult to get rid of fluoride 100%. For example, have you ever been walking around in the grocery store near the vegetable section then hear a “psssss” sound, only to turn around and see that it was the daily wash of the store’s vegetables? Well that water contains fluoride (unless the store is using a reverse osmosis system to sprinkle their vegetable’s every couple of minutes) . Another example is when you wash your hands with soap and water then later decide to eat a snack, your hands cross contaminate with the food and in goes some more fluoride. If you have your own garden then give them a daily rinse you are potentially contaminating vegetables with Fluoride.

So please be aware of these things and try your best to reduce consumption of them. If you take in enough of these chemicals such as fluoride and mercury, research literature has shown it can be very harmful to your health.

WHAT ABOUT MICROWAVES?

Microwaving Also Zaps the Nutrients Right Out of Your Food

There has been surprisingly little research on how microwaves affect organic molecules, or how the human body responds to consuming microwaved food.

Wouldn't you expect that a product that sits in more than 90 percent of kitchens, as well as practically every break room in the country, would have been thoroughly investigated for safety?

The handful of studies that have been done generally agree, for the most part, that microwaving food damages its nutritional value. Your microwave turns your beautiful, organic veggies, for which you've paid such a premium in money or labor, into "dead" food that can cause disease!

Heating food, in and of itself, can result in some nutrient loss, but using microwaves to heat food introduces the additional problem of the "microwave effect," a phenomenon that will be discussed in detail later.

The majority of studies on microwaves and nutrition were conducted prior to 2000, I suspect because the focus of radiation research of late has shifted toward a more ominous threat:

environmental radiation from electromagnetic devices, such as **cell phones** and computers, which has mushroomed into a gigantic cloud of **electro smog worldwide** over the past decade.

Nevertheless, some excellent scientific data has been gathered regarding the detrimental effects of microwaves on the nutrients in your food:

- A study published in the November 2003 issue of *The Journal of the Science of Food and Agriculture*[5] found that broccoli "zapped" in the microwave with a little water lost up to 97 percent of its beneficial antioxidants. By comparison, steamed broccoli lost 11 percent or fewer of its antioxidants.

There were also reductions in phenolic compounds and glucosinolates, but mineral levels remained intact.

- A 1999 Scandinavian study of the cooking of asparagus spears found that microwaving caused a reduction in vitamin C[6].
- In a study of garlic, as little as 60 seconds of microwave heating was enough to inactivate its allinase, garlic's principle active ingredient against cancer[7].
- A Japanese study by Watanabe showed that just 6 minutes of microwave heating turned 30-40 percent of the B12 in milk into an inert (dead) form[8]. This study has been cited by Dr. Andrew Weil as evidence supporting his concerns about the effects of microwaving. Dr. Weil wrote:
- *"There may be dangers associated with microwaving food... there is a question as to whether microwaving alters protein chemistry in ways that might be harmful."*
- A recent Australian study[9] showed that microwaves cause a higher degree of "protein unfolding" than conventional heating.
- Microwaving can destroy the essential disease-fighting agents in breast milk that offer protection for your baby. In 1992, Quan found that microwaved breast milk lost lysozyme activity, antibodies, and fostered the growth of more potentially pathogenic bacteria[10].

Quan stated that more damage was done to the milk by microwaving than by other methods of heating, concluding: "*Microwaving appears to be contraindicated at high-temperatures, and questions regarding its safety exist even at low temperatures.*"

- Another study about breast milk/infant formula by Lee in 1989[11] found vitamin content becomes depleted by microwaving, and certain amino acids are converted into other substances that are biologically inactive. Some altered amino acids are poisons to the nervous system and kidneys. (Numerous authors mention this study, yet I was unable to find the original article/study, so I cannot personally validate.)

Although many of the above studies are not new, there is certainly ample evidence that microwaving is NOT good for your food.

HOW YOUR MICROWAVE ACTUALLY HEATS YOUR FOOD

Microwaves are a form of electromagnetic radiation—waves of electrical and magnetic energy moving together through space. EM radiation ranges from very high energy (gamma rays and x-rays) on one end of the spectrum to very low energy (radio waves) on the other end of the spectrum.

Microwaves are on the low energy end of the spectrum, second only to radio waves. They have a wavelength of about 4.8 inches—about the width of your head.

Microwaves are generated by something called a magnetron (a term derived from the words "magnet" and "electron"), which is also what enabled airborne radar use during WWII. Hence the early name for microwave ovens: *radar ranges*.

A magnetron is a tube in which electrons are subjected to both magnetic and electrical fields, producing an electromagnetic field with a microwave frequency of about 2,450 megaHertz (MHz), which is 2.4 gigaHertz (GHz).

Microwaves cause dielectric heating. They bounce around the inside of your oven and are absorbed by the food you put in it. Since water molecules are bipolar, having a positive end and negative end, they rotate rapidly in the alternating electric field. The water molecules in the food vibrate violently at extremely high frequencies—like millions of times per second—creating molecular friction, which heats up the food.

If the food or object placed in the microwave had no water it would not be able to have this resonance heating type effect and would remain cool. Or, as investigative journalist William Thomas[12] calls it, "electrical whiplash."

Structures of the water molecules are torn apart and forcefully deformed. This is different than conventional heating of food, whereby heat is transferred convectionally from the outside, inward. Microwave cooking begins within the molecules where water is present..

Contrary to popular belief, microwaved foods don't cook "from the inside out." When thicker foods are cooked, microwaves heat the outer layers, and the inner layers are cooked mostly by the conduction of heat from the hot outer layers, inward. Since not all areas contain the same amount of water, the heating is uneven.

Additionally, microwaving creates new compounds that are not found in humans or in nature, called radiolytic compounds. We don't yet know what these compounds are doing to your body.

In addition to the violent frictional heat effects, called *thermic effects*, there are also *athermic effects*, which are poorly understood because they are not as easily measured. It is these athermic effects that are suspected to be responsible for much of the deformation and degradation of cells and molecules. [13]

As an example, microwaves are used in the field of gene altering technology to weaken cell membranes. Scientists use microwaves to actually break cells apart. Impaired cells then become easy prey for viruses, fungi and other microorganisms.⁸

Another word for these athermic effects is the "microwave effect," a subject of controversy that I'll get into a bit later.

BREAKING FREE OF YOUR MICROWAVE: A FEW BASIC TIPS

Am I asking you to toss your microwave oven into the nearest dumpster?

Not necessarily. It can be a useful tool for cleaning. But if real estate in your kitchen is at a premium, it should probably be the first thing to go.

You really CAN survive sans microwave—people are living quite happily without one, believe it or not. You just have to make a few small lifestyle adjustments, such as:

- Plan ahead. Take your dinner out of the freezer that morning or the night before so you don't end up having to scramble to defrost a 5-pound chunk of beef two hours before dinnertime.

- Make soups and stews in bulk, and then freeze them in gallon-sized freezer bags or other containers. An hour before meal time, just take one out and defrost it in a sink of water until it's thawed enough to slip into a pot, then reheat it on the stove.
- A toaster oven makes a GREAT faux-microwave for heating up leftovers! Keep it at a low temperature — like 200-250 degrees F — and gently warm a plate of food over the course of 20-30 minutes. Another great alternative is a convection oven. They can be built in [or purchased](#) as a relatively inexpensive and quick safe way to heat foods
- Prepare your meals in advance so that you always have a good meal available on those days when you're too busy or too tired to cook.
- Try eating more organic **raw foods**. This is the best way to and improve your health over the long run.

Supplements for Immune Support:

*Seleno Met-Selenium is important in reducing viral replication, l-selenocysteine is the preferred formula

*Lypo-Spherical Vitamin C or Potent C Guard- Vitamin C is essential for a healthy immune system response. It stimulates both the production and function of white blood cells. Vitamin C is water soluble and can be tolerated at high dosages.

*Vitamin D- keeping 25-OH vitamin D levels optimized is essential for proper immune balance. Having a healthy gut and getting adequate times outside can help improve your vitamin D status. When supplementing with vitamin D it is important to have your levels monitored.

*Zinc- zinc glycinate, pepcidX or pyloracil are formulas we are currently using for prevention

*N-Acetyl Cysteine (Ortho-Molecular)- 1000 mg twice per day has been shown to reduce symptoms and improve immunity.

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*Wellmune WGP (WholeMune from Ortho Molecular) – 1 capsule daily. The primary active ingredient is Wellmune WGP®- a natural beta 1,3/1,6 glucan derived from the cell wall of a proprietary strain of baker's yeast (*Saccharomyces cerevisiae*). Wellmune has become the subject of over 800 scientific studies and shown in clinical trials to have a potent effect on immune responsiveness and to defend the system from the effects of recurring stress.

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*Thymus Extract (Standard Process)– 2 caps twice per day. Thymus extract is a chemical that can be man-made or produced from the glands of cows.

Thymus extract is used for infectious diseases including recurrent respiratory infections, colds, flu, H1N1 "swine" flu, hepatitis B, hepatitis C, Epstein-Barr virus (EBV), mononucleosis, herpes and shingles, sinusitis, and AIDS/HIV. It is also used for asthma, hay fever, food allergies, cancer, rheumatoid arthritis (RA), chronic fatigue syndrome (CFS), and systemic lupus erythematosus (SLE). Other uses include maintaining white cell production in cancer patients treated with radiation or chemotherapy, and preventing the effects of aging.

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*Plant Sterolins (Moducare from Wakunaga) – 2 caps morning, 1 cap evening. The BSS:BSSG complex is a new, natural immune modulator which has demonstrated promising results in a number of clinical trials. These important plant constituents seem to specifically target T-helper cells, and may help to restore balance between TH1 and TH2 cells. The end result of this immune modulation is an increase in TH1-related cytokines, a decrease in TH2-related cytokines, increased lymphocyte proliferation, and greater NK cell activity.

The BSS:BSSG complex has also been shown to help normalize the DHEA:cortisol ratio, which can have profound positive results on the immune system. The re-establishment of these immune parameters may be of help in numerous disease processes relating to chronic immune-mediated abnormalities, including chronic viral infections, tuberculosis, rheumatoid arthritis, allergies, cancer, and autoimmune diseases.

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Intravenous Treatment as Preventive and for Acute Infection

*Injectable Therapy

1) Thymosin Alpha 1 – A very powerful prescription immune booster produced at a specialized pharmacy.

Thymosin alpha-1 is a synthetic thymic peptide used to improve immune responses in times of

need. The thymus is a gland located behind your sternum and between the lungs. It produces the protein hormone thymosin which stimulates the immune system to develop disease fighting T-cells. Studies report thymosin alpha-1: Thymosin alpha-1 has been used to support immunity in over 3,000 patients and in over 70 clinical studies, either alone or in combination with other medications.

Acute Infections

Andrographis (Douglas Labs) – (Andrographis paniculata) is a potent antiviral botanical; Andrographis was found effective in upper respiratory infection treatment in a 2010 human study of 223 virally-infected patients ; take 300mg twice daily standardized to at least 10- 50% andrographolides

Monolaurin (Ecological Formulas) – 600mg monolaurin, three times daily; monolaurin is glycerol monolaurate, a medium-chain fatty acid derived from coconut oil and also found in human breast milk; it possesses potent antibiotic, antiviral activity and is effective for immune support.

Nebulized therapy

Glutathione (GSH) – a prescription nebulized solution. Please contact clinic if you would like a prescription.

GSH is the most powerful intracellular antioxidant and directs the detoxification of a variety of electrophilic compounds and peroxides via catalysis by glutathione-S- transferases (GST) and glutathione peroxidases (GPx). An imbalance in GSH is observed in a wide range of pathologies, such as cancer, neurodegenerative diseases, cystic fibrosis (CF), several viral infections including HIV-1, as well as in aging⁶.

Viral infection is often associated with the redox modifications characteristic of oxidative stress. Alteration of the endogenous levels of GSH has been found in experimental infections in vitro with herpes simplex virus type 1 (HSV-1) , Sendai virus, HIV and in vivo with influenza A virus and HSV-1. GSH levels are decreased in plasma, peripheral blood mononuclear cells and monocytes in asymptomatic HIV infected individuals.

Thank you and Live Life Well!

You are so far ahead of the average American after reading this. If you choose to utilize this information that we give you, you will undoubtedly soar, not only in health, but in your daily life. Thank you for being a part of our family. I commend your thirst for knowledge. We are so thankful to have someone like you as our patient.

Warmest Regards,

Enhanced Living Wellness
EnhancedWellness.com
Info@EnhancedWellness.com
601-364-1132

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