



# Help—I Have Cancer!

By Louis G. Smith

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# Disclaimer

**Nothing in this course is intended to take the place of your medical treatment.**

**This is not a diagnosis, treatment or cure.**

**But this is to empower you to equip your body to help heal itself better while working with your medical practitioners.**

**The holistic approach is awesome as it works together with your medical professionals and/or any treatment you are receiving.**

**The body is the healer, so you want to create an environment that equips and empowers the body to heal itself by taking ownership of your lifestyle and your surroundings.**

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# Introduction

I'm so proud of you for for being in the top 3%! Did you know that less than 3% of people take ownership of their health? Most want the medical industry to do it for them. But health is like going to the bathroom—you have to do it for yourself.

You have decided that you want to control your future. Congratulations, that's fantastic!

The choices you make today are going to determine your future. It's not what you do tomorrow but today that molds your future.

You can live tomorrow like others can't if you do today what others won't.

I'm so excited for you about this journey that we are going on together.

You see, your greatest wealth is found in your health. I've seen wealthy people dying with cancer who would pay anything to get their health back.

A wealthy sugar cane farmer back in South Africa flew one of the most expensive doctors in the world in to try to

save him. He spent a fortune for someone else to do it for him, then died. We destroy our health to make money, then spend all our money to try to purchase our health back.

You need to understand, we're going to pay anyway. Either we're going to pay the farmer for great health, vibrancy, energy. Or we're going to pay the medical industry to try to fight disease.

We make choices. Then we either harvest the rewards of great choices or suffer the consequences of bad choices.

People say you are instilling false hope. We'll, I'm encouraging the HOPE movement.

Outside of love, hope is the most important word in the English dictionary.

And it all starts between the ears. It starts with a dream to be healthy. Not only to be disease free, but to be vibrant, energetic, pain free. To feel better, have more energy, sleep better, beat depression, etc.

Here is my story.

I was 26 years old, only married a few years. Two beautiful children still in diapers.

I did the only thing I knew... Found the best doctor, an oncologist. And fought my cancer the medical way for the next 5 years.

At the age of 31, totally devastated, I was sent home.

**There was nothing more they could do for me.**

**I had kidney failure.**

**I had liver problems.**

**I had giant cell arteritis.**

**I was pre-diabetic.**

**I got gout continuously, so painful I could not walk.**

**Terrible arthritis (I still have one gnarled finger from this.)**

**Mad at life as the medical industry had just drained all our money and had not helped but made things worse with the side effects: kidney and liver problems.**

**Mad at God for allowing this to happen while I was so young with such a beautiful young family.**

**Terrified for my family's future as I could not get a life insurance policy. How were they going to survive?**

**Sick and tired of the pain and agony. My arms were so bruised from all the blood taken from them they now had to draw it from my legs.**

**Tired, hurting, sick, nauseous, weak. My feet were rotting; my wife use to bathe them outside the home to try reduce the smell in the house. Have you ever walked into an old age home. Well that's what our house smelled like: It**

smelled like death.

Told I'd be blind by the time I was 40.

But I believed in miracles.

I had a dream to see my children grow up.

Well, don't believe everything you've been told. You **CAN** change your life.

That's when I discovered God's impeccable grace and timing. He sent someone across my path who taught me the body is the healer. Change your lifestyle and change your life.

And not only change your lifestyle, but change your attitude.

I read an article about a restaurant manager who was shot in the spine one night while cashing out. Paralyzed from the neck down. Someone saw him years later and asked how he was. He answered, "If I was any better I'd need to be twins!"

"Wow you're a young man, paralyzed, life destroyed. How can you be so positive?"

His answer changed my life. He said, "When I wake up in the morning I have a choice to be mad, sad, or make the best of the situation. I decide to make the best. When things go wrong, I can decide to be upset or happy. I decide to be happy. You see, I decided this morning to be top of the world

today and love life, to see the best in every situation, to be my best and do my best.”

Wow this changed my life. I took ownership of my attitude.

I decided then and there I was going to be happy.

To love life. To see the best in every situation. To see the best in everyone.

To be a shining light. To rejoice in my situation. To be an example for Christ.

To thank Him for how He'd blessed me, dying for me. He has blessed me with an incredible wife, children, parents, siblings, friends.

This was the beginning of my life.

I discovered it starts by associating with the right people, making a decision, then educating myself. You see, our words become our thoughts, our thoughts become our actions, our actions become our habits, our habits become our lives. I started speaking victory, healing, strength, overcoming. Stopped speaking misery, death, and disease.

I started eating better. I attracted people into my life who taught me juicing, to detox my home, the importance of the best doctors: sleep, exercise, laughter, vacation, air, sunshine, water, food, detox, mind/spirit.

Today my bloodwork is perfect.

No cancer. Liver is perfect. Kidneys are great. Inflammation so much better. Not pre-diabetic. Not only am I not blind, but my eye site is improving every year, and is better today than in my late 30's.

I got a life policy of a 25-year-old at age 64. I've seen my children grow up and now my grandchildren. It's incredible.

I'm on a mission to give back. To make the world a better place.

It's not what we can take from the world, but what we can give back to make it a better place.

Every single day we're blessed with the air that we breathe, the opportunities that we have.

You too can change your life.

I challenge you every single day to get out of bed and do something that your future self will be proud of, that will make your life better. Something that will allow you to give back, to make the world better.

And that's the purpose of this book. To let you know what I found that helped me. To encourage you to educate yourself on your options. To do the things daily that encourage health rather than the things that have already brought disease into your life or that of a loved one.

To give you HOPE.



# Chapter 1

## Real People, Real Problems But There IS Hope!

### My Story

I'll never forget those dreaded words, the terrifying death sentence:

**“YOU HAVE LEUKEMIA”**

What do you do?

I was only 26 years old, only married a few years. Two beautiful children still in diapers.

I did the only thing I knew... Found the best doctor, an oncologist. And fought my cancer the medical way for the next five years.

At the age of 31, totally devastated, I was sent home. There was nothing more they could do for me.



**That's when I discovered God's impeccable grace and timing. He sent someone across my path who taught me the body is the healer. Change your lifestyle and change your life.**

**I was so skeptical. No one in the medical industry had taught me this, but I was absolutely desperate.**

**\* \* \* \***

**I learned that many personal products contained ingredients that were harmful to the body. They were actually poisoning my body!**

**So I stopped using what I had learned were poisonous personal items like shampoos, conditioners, soaps, deodorants, skin creams, sunscreen, after-shave lotions. I changed to clean brands, ones that did not contain those poisonous ingredients.**

**I learned that vapors from common household cleaning products are toxic fumes which are being transferred to your brain and lungs as you smell them! And 95% of fragrance chemicals are synthetic compounds derived from petroleum, with a negative effect on the body too.**

**So my family and I stopped using what we now knew were poisonous household cleaners: laundry detergent, dishwashing detergent, scented candles, toilet sprays, and other items that leave toxins in the air. We replaced them with products that were not harmful.**

**Next I changed what I was eating. Now only organic, non-GMO foods.**

**I cooked from scratch, making homemade soups and stews, cooking in the oven or in a slow cooker.**

**I cut out all seed oils, using only good oils like olive oil, coconut oil or avocado oil.**

**I milled and made my own bread. Started juicing fresh vegetable juices. Made my own salad dressing.**

**Nothing in a box.  
Nothing in a packet.  
Nothing in a can or frozen.  
Nothing from a restaurant.**

**Remember, I was desperate and chose to do everything possible to reverse my situation. So especially while in the fight against cancer, I was a fanatic!**

**Within 60 days my cancer count was down by 50% and I never worried again!**

**When I turned 60, I applied for a life insurance policy. They asked for blood work and there was no sign of cancer. They felt I was so healthy that they gave me the policy of a 25 year old!**

## **Mom's Story**

**I had just beaten my cancer when I heard my mom had cancer. It started in the liver and spread to the pancreas. She immediately followed the medical system and had chemotherapy treatments. The chemo nearly killed her; she came home so sick she could not get out of bed for weeks. She refused to go back.**

**Going to visit her I found she was devastated. She was in her late 50's and she wanted to see her grandchildren grow up.**

**We got her on a holistic approach. We got her eating correctly, changed her life style, started her juicing, cutting out toxins, chemicals and poisons. Well, to everyone's amazement, she beat her cancer! She not only saw her grandchildren grow up, she saw them get married and give her great-grandchildren!**

## Wendy's Story

I remember the day my sister, who was my Personal Assistant, phoned me telling me she could not come to work as her doctor had just informed her she had cancer of the female organs.

Well she was devastated to say the least. I said, "Wendy, come around, let's have a chat." I reminded her I had beaten my cancer holistically and that our mom had beaten her cancer holistically.

She started juicing, eating organic, cutting out toxins, getting onto quality whole food supplements. And oh my gracious, within months she was cancer free!

## Sue's Story

A beautiful friend discovered she had the most aggressive breast cancer known. She had fought it the medical way with chemo, radiation, chemicals and drugs. Two years later the cancer had spread to her brain.

She discovered this teaching, got so excited and became an absolute fanatic, cutting out the toxins, cooking from scratch, juicing, taking whole human food concentrates, while working with her doctors and less than 10 years later she is known as the California cancer poster child, in total remission.

## YOUR Story

While you work with your medical professionals, educate yourself on the side effects of traditional medical cancer treatments. Learn about alternatives to support your body and help it heal. Speak to people who have had long-term success.

Let's start with the side effects of traditional medical treatments.

### **Side Effects of Chemotherapy**

- Lowered immunity, infection
- Nausea, weakness
- Easy bruising & bleeding
- Anemia, infection
- Hair loss
- Appetite & weight changes
- Constipation or diarrhea
- Toxins remain in body for 200 years (see antidote to remove toxins later)

### **Side Effects of Radiation**

- Fatigue
- Hair Loss
- Skin changes
- Depending on area treated:
  - » Swelling
  - » Swallowing problems, nausea & vomiting
  - » Memory or concentration problems
  - » Sexual or fertility problems
  - » Urinary & bladder problems

### **Lewe's Story**

*We flew to Oregon to visit this great family. The first thing out of their mouth (when you should be saying "Hi, how are you?") was "I've got Stage 4 prostate cancer." They had just come from the oncologist with no hope.*

*The siblings kept asking me how long I thought Dad's got. Well, we got him on a health journey and he passed away about 20 years later, cancer-free, from Covid treatment in the hospital.*

## Side Effects of Surgery

- Losing vital, God-given organs
- Long-term suffering, often needing to change eating habits or lifestyle to accommodate the missing organs.
- Drug and medication side effects
- Antibiotic side effects (such as skin rash, diarrhea, nausea, bacteria overgrowth)

Cutting out the cancer or tumor is not a bad thing. But they must remove the entire tumor or cancer since sometimes, if disturbed but some is left, it can grow a lot faster.

But the real challenge is, removing the cancer is not getting to the root of the problem.

Let me explain.

When we were kids back in Africa, we had no municipal refuse removal. Everyone had a waste pit in their garden. It was a disgusting, smelly eyesore.

Let's say God said, "Let's clean out all those smelly eyesores," and sent down a giant hand to dig them out, getting rid of the smelly eyesores, making the areas perfect again.

But if you have no refuse removal system, where will you dump your dirt tomorrow? You'll be digging and dumping in a new pit.

It's the same with the body. If you dig out the trash (toxins,

### Joe's Story

*I got this frantic call. "Louis, my PSA is 86!" "What? That's ridiculous. What does the medical industry want to do?" "Chemo, radiation, maybe operate." I said, "Ask if they could hold off for 60 days."*

*He did and went totally fanatic. In 2 weeks his PSA was down to 16 and today it's 1.3. He did this while working with his medical specialist.*

tumors), where will your body be dumping it tomorrow? It will start a new dump pit!

You're not really solving the problem. So get it out, but ALSO get to the cause, the root of the problem!

### **There ARE alternatives.**

To learn what alternatives are available watch documentaries (available free on YouTube) such as:

- [The Truth About Cancer](#) with Ty Bollinger - Excellent docuseries interviewing many doctors and researchers about alternative cancer treatments, both in the USA and around the globe. (Also available is a series on pet cancer.) The linked episode is the one available from their Global Quest series on Rumble (includes a link to purchase the full series if you prefer not to wait for the following episodes). As of the writing of this book no portion of the docuseries is available on YouTube; however, check YouTube as they post episodes from the two or more docuseries for a time. Here is an interview that will introduce the series and a book review of Ty Bollinger's book containing information from the video series:
  - » [Interview with Ty Bollinger](#)
  - » [Book Review](#) of *The Truth About Cancer*
- [Cancer - The Forbidden Cures](#)
  - » This is one full-length 2010 documentary (among many in a series by the same name) about how cancer can be avoided or reversed through natural, holistic treatments.
- See [Chapter 8: Resources](#) in this book for a variety of additional documentaries on health issues, problems with our food, GMOs, etc.

# Notes

# Chapter 2

## Common Causes of Cancer

### Is cancer just in your genes & inevitable?

Wow, that's a great question.

In my case, my mom got cancer, my dad got cancer, my sister got cancer twice, my other sister got cancer, my daughter got cancer, and I got cancer.

So yes, I believe that certain blood types or genes are more prone to get it. Yet I believe that by changing our lifestyles, we can really make a difference. The more health conscious we become, the more we will equip our bodies to be the victor and not the victim.

#### **Elizabeth's Story**

*My daughter Elizabeth was diagnosed with melanoma at age 35. By changing her lifestyle and working with the medical industry, today she is healthy and loving her 4 children.*



# Round-up of Causes

- Lowered immune system
  - » Your immune system is intended to fight disease. We will talk more later about how to improve it.
- Toxins
  - » A subpar immune system may not be able to handle toxic invasion.
- Acidity caused by stress, anxiety, diet
  - » Cancer lives in an acid environment.
- Sugar

## Steve's Story

*Steve from Southern California had melanoma which is often the beginning of a death sentence. Steve became a fanatic doing the above and today is totally cancer free, strong and loving life.*



» Cancer loves sugar. One way they test for cancer is to eradicate sugar, then give it to you intravenously. The tumor sees the sugar, grabs it, and now they can see and eradicate the tumor.

- Lack of proper nutrition
  - » Even an overall good diet is likely lacking in complete nutrition to enhance optimal health.

## You Must Be Kidding—Toxins Come From Where??

So many products in our life contribute toxins to our body without us realizing it. Your cell phone and computer, the “new car” smell that seems harmless. In some cases these toxins make us feel unwell without being able to identify a cause. Here are some things to think about.

## Personal Care Toxins:

- Did you know the average person is exposed to 85 to 168 or more different chemicals daily?



- Almost 13,000 chemicals are used in cosmetics, and only about 10 percent have been evaluated for safety.
- What goes on your skin is absorbed quickly into the body and the bloodstream. So putting toxins ON, you get toxins IN.
- Side effects of some of those skin care products are skin allergies and aging, asthma, infertility, cancer, chronic migraines, learning disabilities, liver & kidney disease, autoimmune diseases, nerve dysfunction, Parkinson's.
- These personal care products commonly contain toxins:
  - » Shampoos, conditioners
  - » Hair dye
  - » Soaps, bath salts
  - » Shaving gels & aftershave, toothpaste, mouthwash

### Wilfredo's Story

*Wilfredo, an incredible man from Arizona, phoned saying his PSA was 14. Within weeks of getting on this program it plummeted to 4 and in a few more weeks it was 1.2! That was 6 years ago.*



- » Deodorants, perfumes, hand sanitizers
- 95% of fragrance chemicals are synthetic compounds derived from petroleum.

## Household Toxins:

- Electric & Magnetic Field (EMF) producers such as computers and cell phones, even telephone or electricity poles.
- Vapors from cleaning products are toxic fumes which are being transferred to your brain and lungs as you smell them.
- Cleaning for a living has caused lung damage on par with smoking 20 cigarettes daily for 10-20 years.
- 1,4-dioxane is in 2/3 of laundry detergent; dioxane is a toxic by-product from manufacturing or chemical interaction, so it is not shown as an ingredient on the label.



### Arlene's Story

*It was 3:00 a.m. in Africa. I received a call from the USA. "Hey Louis, I'm devastated—my mom has throat cancer. It's too far gone. The doctors can't or won't help her. Do you think there is anything we can do?"*

*No guarantees but this is what I'd do: clean air, clean water, clean food, good environment, juice, quality supplements. So exciting—her life turned around. She died many years later, really of old age, cancer free.*

● Hormone disruptors interfere with development and reproduction in men, women & children and are linked to early puberty, ADHD, autism.

● Side effects of some household products are asthma, allergies, cancers, immune system issues, childhood obesity,

early puberty, autism, ADHD, headaches, digestion problems, reproductive harm & birth defects, nervous system disorders.



- These household products commonly contain toxins:
  - » Laundry detergent, softeners, bleaches
  - » Dishwashing detergents, both hand washing & automatic
  - » Toilet sprays & scrubs
  - » Home cleaning products such as window or floor cleaners, dusting sprays, oven cleaners, all-purpose cleaners
  - » Room fresheners, scented candles



### **Toxins in and on food:**

- Pesticide residues on fruits & vegetables:
  - » Non-organically grown often have pesticides applied systemically (inside the plant - can't wash off).
  - » Organically-grown foods still have pesticides on them, but they can be removed with proper washing.
- Genetic Modification (or now, bio-engineering) introduces foreign genes into food-producing plants; these

**genetically modified organisms (GMOs) are no longer traditional human foods.**

- **Processed foods use preservatives to keep them fresh or other chemicals to preserve the color, smell, texture (all unnatural to our bodies).**



**According to the EWG, “Almost 99 percent of food chemicals introduced since 2000 were greenlighted for use by food and chemical companies, rather than properly reviewed by the Food and Drug Administration. Many of these widely used chemicals are associated with major health harms, including increased risk of cancer, developmental harm and hormone disruption.”**

# Notes

# Chapter 3

## What's A Body To Do? Meet the 10 Best Doctors!

Begin by taking ownership of your body. Learn holistic lifestyle changes that can support your body's optimal health. Let's start with the 10 best doctors

### Dr. Air

You want to create an environment around you to enable your body to heal itself. Clean air is vital. The air inside your home could be as toxic as driving in bumper-to-bumper traffic on a 14-lane highway.



- Allow fresh air in by keeping a window or door cracked open.
- Use quality air filters. There are plenty to choose from online.





- Use indoor plants to help filter the air. Snake plant (also called Mother-in-law's Tongue) is good for this.

- If you live in a dry area, use a humidifier in the home.

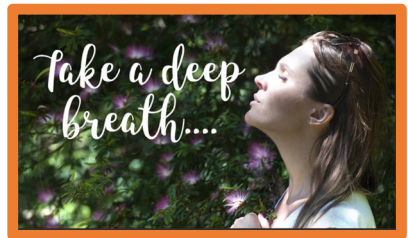
- With breathing problems:

- » During a short recovery period especially after having had bronchial issues, I'd use one cup of 12% food grade hydrogen peroxide through the humidifier over 3 days.

- » Use half cup of hydrogen peroxide added to the humidifier twice per week regularly if you have lung cancer or asthma or bronchial problems.

- Breathing exercise: Take fast short breaths. Breathe in 4 times then out 4 times. This helps detox your lymph system by pumping out the lymph glands.

- For stress and anxiety, to calm yourself do deep slow breathing, breathing in through your nose, out through your mouth. Pretend you're smoking, breathing to the count of 4.



- To help get to sleep, breathe in through your nose for 4 seconds, hold that breath for 7 seconds, then let it out very slowly through your mouth with pursed lips over 8 seconds, concentrating deeply on your breathing. Some people find holding their tongue to the roof of their mouth (palate) while doing this helps too. (Instruction video link: <https://youtu.be/qV3hccsqqKM>)



- While in your car, don't use the circulation button as this increases the benzene and other VOCs (volatile organic compounds) that can be toxic.

## Dr. Sunshine



The beauty of nature, the blue sky, green grass, etc., is incredibly peaceful, calming and healing. If you can't get out into nature, at least



get outside your home or office building for a period of time each day to experience sunshine.

- Spend time outside barefoot as “grounding” (or “earthing”) is so important to help with healing.
  - » “Even short periods of being in contact with the earth directly over the course of the day can help [your health]. You can do this by getting in direct contact with dirt, rock or water so you can walk barefoot on a natural surface, or you can swim in a natural body of water.

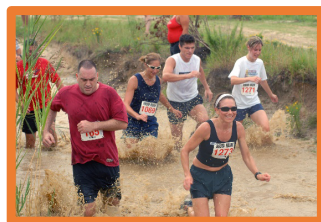


» “Some ways to start having more direct contact with the earth can include: walking barefoot to the mailbox, gardening without shoes on, barbecuing outdoors barefoot, laying directly on the sand at the beach instead of sitting in a chair and many more easy, realistic ways.” –[Dr. Axe](#)

- Also, find a tall tree and move your eyes from the bottom to the top and back down again, really slowly, praising God for the beauty; this is another form of grounding.

## Dr. Exercise

Your body needs exercise. It doesn't mean you need to go to the gym, but you do need to find a fun, sweaty activity that you can create a habit around.



It will help your circulation and help move the toxins through your lymph system. Movement increases energy and speeds up metabolism. High levels of activity help lengthen your telomeres (at the ends of your DNA strands) which may be beneficial for cancer.



- Try to exercise early in the day.
- Find something you enjoy that makes you perspire a bit—a fun, sweaty activity.
- Get into a routine and make it a habit.

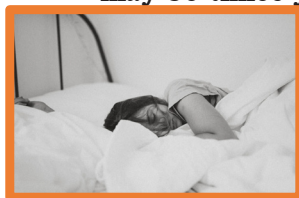
## Dr. Sleep

Good sleep is so important to health. Your body does its recovery and reset during that time.

Lack of adequate sleep can hinder any health recovery.



- Sleep for 8 hours ideally. There may be times you'll need more as you recover from illness.

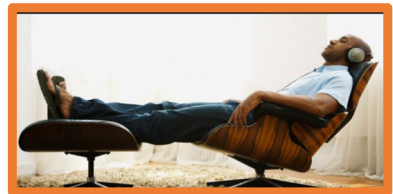


- Eat about 3 hours or so before bedtime, giving your body time to digest the food before sleep. No caffeine after 4 pm. Drink plenty of water to help detox (no lemon at night).

- Go to bed early; have all lights off, including nightlights. Use an eye mask and/or blackout shades for complete darkness.
- Avoid noise—no ticking clocks.
- Prior to bedtime do not watch the news or action movies. Put positive things into your brain at that time: fun, laughter, spiritual, calming or inspiring music.
- Turn off the WiFi in your house during sleeping time. Keep your phone 6 feet or further from the bed. Keep the temperature around 67 degrees.
- Sleep on your back or side.
  - » If you have digestive challenges, sleep on your left side. Also digestive enzymes could really benefit you.
  - » If you have cardio problems, sleep on your right side.
- Cal-Mag 2 hours before bedtime can be helpful. Calcium is known to help you get to sleep; magnesium is known to help you stay asleep or return to sleep if you wake during the night. Extra magnesium at bedtime may be needed if waking is an issue.

## Dr. Rest

Separate from sleep, be sure to get rest. You must get your mindset right, giving your body, the healer, the time needed to heal. Taking breaks will help reduce stress as well.



- Take breaks during the day.
- Take vacations and have fun, reducing stress.

## Dr. Laughter



There is healing power in laughter! Enjoy life and find funny things that bring humor and joy.

- Don't watch the news or stressful movies.
- Do watch funny videos:
  - » YouTube has many humorous series you can follow; find one that makes you laugh.
  - » Try Candid Camera or Just for Laughs Gags, clean comedians or humorists.

## Dr. Spirituality

You have to decide to win, so do not listen to negative input.

- There is power in prayer.
- Own your morning: read the Bible and spiritual books.
- No matter what the diagnosis says, listen to healing scriptures (look on YouTube).



## Dr. Water



Since your body is an average of 60% water, keeping well hydrated is critical. Some tips:

- Drink filtered water with a filter that removes chlorine, fluoride, chemicals & toxins. Berkey or Kangen are great filters; there are others, but be sure they have solid carbon filters.



Berkey

- Try to get your water alkaline and get hydrogen added.
- Drink half your body weight in ounces of water per day (i.e., if you weigh 200 pounds, drink 100 ounces of water).
  - » Drink a tall glass (about 12 ounces) of warm water and lemon when you wake up; it helps flush the stomach and colon, helps give easy bowel movement.
  - » Do NOT drink with meals; it dilutes your hydrochloric acid and digestive enzymes. Drink 8 ounces 15 minutes before meals to wash out the stomach. Then wait 40 minutes after the meal to give your stomach a chance to start the digestive process.

**A SIMPLE RULE ABOUT DRINKING WATER:**

Take your body weight and divide it in half. That's how many ounces of water you should drink every day!



**To stay healthy, you must stay hydrated. Start today!**

- Please drink pure water in the evening and at night to help clean the lymph system. No lemon at night as it could cause tooth decay.
- Do not substitute other beverages for ALL your water (i.e., coffee, tea). Some is okay, but pure water matches your body makeup (you really are NOT made from coffee!).

# Dr. Detox

There are so many toxins we come in contact with daily as discussed previously, we **NEED** to remove them from our bodies regularly.

First you'll want to get toxins out of your body internally. Then we don't want to be putting toxic creams or lotions **ON** our body either, so changing to non-toxic personal care items is critical. And don't forget the ones that are in your home environment... eliminating them coming into your body is important too.

The good news is, there are alternatives to use! This is such an important topic, I've devoted a whole chapter to it. Please visit the Detox chapter for a full detox program as well as suggestions of alternatives to keep toxins at bay in your life.



# Dr. Food

## General suggestions:

- Cook from scratch. Nothing in a box, nothing in a can, nothing in a packet, nothing frozen. Make homemade meals with fresh foods.
- Cut out anything with an ingredient list; eat what grows or runs around, cut out the toxic middle man. Shop the outer aisles at the market (generally where you'll find the fresh, non-processed foods).



- Cut out anything with colorants, flavoring, preservatives.
- Cut out cooked carrots, sugar, all sweeteners, honey, jam, ketchup, etc., ice cream, candy.



- Avoid starches (including white rice, potatoes), processed carbs (pasta, bread, crackers, cereal).



- Cut corn out of your life as it's normally GMO and very high glycemic. Avoid high fructose corn syrup. Watch the documentary "Seeds of Death."

- Reduce acid foods such as red meat, and avoid popcorn, soda, peanut butter.
- Avoid nitrates and nitrites found in most sandwich meats and many bacons.
- Avoid cheese as it takes so long to digest.



- Learn about the dirty dozen from Environmental Working Group (EWG), a non-profit organization that analyzes labels and warns us of chemicals and toxins. See the chart below. It is updated annually. (Everyone should become a member at [ewg.org](http://ewg.org)!)



- Understand the PLU number. Please make sure that the first number is 9, which means it is organic. An easy thing to remember when you go shopping is “9 is fine.”



- If you can't find food with the PLU number, get certified organic if possible, non-GMO certified if no organic available.
- Look for third-party seals of accountability on all products. These companies verify that the product has been tested and found to meet the organic standards claimed by the manufacturer or producer. The following pages show examples of third-party seals.
- Eat only organic, non-GMO, pesticide-free foods, the fresher the better. Try to get organic from a local farmer's market. Organic means that:
  - » They did not use system pesticide so the pesticide is removable.
  - » They did not use NPK; this is a synthetic fertilizer derived synthetically, normally from petroleum. Food grown on this does not have much nutrient value in comparison to organic.
  - » They did not use GMO seeds.
  - » No antibiotics have been used and no hormones added.



# Third-party organic seals from the United States



Non-GMO Project Verification Seal



California



Maine



Maryland



Oregon



Pennsylvania



Texas



Vermont



Washington



# International third-party organic seals



## — Seals from Australia —





Netherlands



New Zealand



Norway



Philippines



Slovenia



South Africa



South Korea



Sweden



Switzerland



Taiwan



Thailand



Turkey



COSMOS ORGANIC

# Notes

# Chapter 4

## So What CAN I Eat?



I've talked about lots of foods to AVOID. Now let's look at what we CAN eat that is positive and beneficial for our bodies!

### When you're shopping:

- Buy and eat only organic, non-GMO, pesticide-free foods, the fresher the better. Try to get organic from a local farmer's market.



- Remember, “organic” means:

- » They did not use systemic pesticide and the pesticide can be removed.
- » They did not use NPK; this is a synthetic fertilizer normally derived from petroleum; food grown on this is not as nutritious in comparison to organic.
- » They did not use GMO seeds.
- » No antibiotics have been used, no hormones added.



- Shop around the perimeter of grocery stores. That’s where you’ll generally find the fresh foods, while the processed foods are stocked in the middle aisles.

- Understand the PLU number:

- » Please make sure that the first number is 9, which means it is organic. An easy thing to remember when you go shopping is “9 is fine.”



- » With fresh fruits and vegetables, you will generally find this number on the little sticker right on the item. Or perhaps on a tag attached to the tie or wrapper.

» If you can’t find food with the PLU number, get certified organic if possible.

- Buy plenty of fresh vegetables and fruits such as berries, green apples, organic papaya, grapefruit; reduce very sweet fruits such as grapes and bananas.







- Heirloom tomatoes, organically-grown, are great.
- Sweet potatoes or yams, along with all potatoes should be in moderation as the starches turn to sugar.
- Buy fresh greens rather than pre-packaged; they have added preservatives & chemicals to stop them from browning.



- Breads from ancient grains - Einkorn best, then emmer and spelt and kamut and other ancients.



Could use sprouted seeds and grains. Be sure to get organic, non-GMO as grains can be harvested with genetically modified products.

- Buckwheat is not wheat, but is in the same family

as quinoa (usually seen in the whole grain form) and

amaranth

(usually seen as flour).

Buckwheat is a carb, but eaten in moder-

ation will not spike blood sugar. Contains fiber (may improve colon health), has small amount of good protein and is gluten free. Comes in different forms including flour.



- Milk (if you desire it):



» I'd use organic A2 milk, not A1 which may be harder to digest.

A2 comes from Guernsey and/or Jersey cows of Southern France & Channel Islands, while A1 comes from Fresian and other Northern European cows. The difference is the beta-casein in the A1 milk may cause digestive issues.



» Try to use raw whole milk, the closer to the way God created it the better.

» Pasteurizing changes the structures as it's boiling, and homogenization destroys the shape and size of the molecules; this way it can enter the blood stream undigested which is not good for you.



» If you want an alternative, make your own organic almond or organic oat milk. (See Recipes)



- Coconut milk is another milk option. Be sure it is organic and unsweetened.

- Organic evaporated milk could help when trying to avoid losing weight. Half or more of the water is evaporated out, so it is thicker and has all the milk sugars (lactose) of twice the amount of milk. Whole evaporated milk is higher in fat, but lower in sugar and sodium than 2% or skim. High in riboflavin, calcium and phosphorus.





- Kefir is great for the gut. Purchase organic, grass fed, plain, unsweetened.



- Coffee - you don't need to go without!



» Buy good quality organic coffee beans: remember coffee is one of the highest in pesticide if it is not organic.

» Grind the beans yourself, either at the store or with your own grinder.

- Tea - always organic:

» Red bush tea (rooibos), green tea, ginger tea, matcha tea (be sure it's sugar free).

» Hibiscus tea has antioxidants and is great to lower blood pressure.



» Chamomile tea late in the day is calming.

- Oils & Fats—You want plenty of good oils and healthful fats, always organic:

» Avoid seed/vegetable oils. They can lead to inflammation and chronic disease.

» Buy organic, cold extracted (or cold pressed), extra virgin olive oil. Try getting from a local source or from a family farm and use for low temperature cooking or for salad dressing.





- » Coconut oil can take higher heat than olive oil - cold pressed or expeller pressed is best.
- » Coconut cream is a fantastic fat that you can add to your foods.



- » Grass-fed butter - Contains 26% more omega-3 healthy fatty acids (anti-inflammatory) plus up to 500% more conjugated linoleic acid (anti-cancer properties) than regular butter.



- » Avocado oil - takes higher heat, plus provides Vitamin E and helps body absorb fat-soluble vitamins.
- » Animal fats for cooking: Naturally occurring fats rendered from animals such as lard, tallow, bacon, goose, and duck fats are tasty and healthy to use in cooking.



- » Cream cheese - Although high in fats, it is very low in lactose and tolerated by most lactose-intolerant people.



- » Organic whole milk cottage cheese - Rich, full of texture, packed with protein and calcium. It's also lower in calories (but higher in lactose) compared with other cheeses.



- » Balsamic Oil - benefits range from reducing blood sugar and lowering cholesterol to helping digestion and aiding weight loss. Have it with your meal (on salad usually).

- **Condiments:**

- » **Capers - This spice contains many phytonutrients, antioxidants, and vitamins essential including the flavonoids rutin & quercetin. Traditionally added to recipes as an appetite stimulant and to reduce stomachache and flatulence.**



- » **Organic mustard (yellow, Dijon, etc.): No sugars here; adds flavoring to your food.**

- » **Organic unsweetened ketchup - The sweetness comes from fruit/veg like apples, carrots, butternut squash, so no added sugars. But, still has natural sugars so use in moderation.**



- » **Organic (or homemade) mayonnaise has health benefits! May support hair health, and contains the goodness of eggs and olive oil - protein, vitamins. Homemade (quite easy) assures quality ingredients, but should still be used sparingly.**

- » **Olives are rich in Vitamin E and other nutrients. They contain a compound shown to kill cancer cells. Just be cautious about olives packed in brine (high salt content).**



- » **Organic red wine vinegar “with the mother” - May help with weight loss and improve digestion, lowers blood sugar and may help with blood pressure.**



» Pickle relish - Avoid those with added sugar.

● Beans - rather than buying canned, try buying dry beans such as pinto or garbanzo or navy beans, or lentils. You can also get packages with a variety of dry beans and lentils ready for making soups or the base for chili, etc.



● Nuts and seeds:

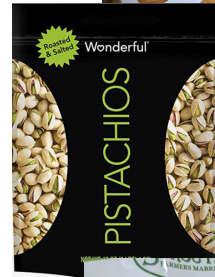
» Buy nuts organic from local farmers; those purchased from a store could have been bleached and be irradiated, even if organic.



» Pistachios are wonderful, packed with nutrition, antioxidants, fiber and melatonin to help you sleep.



» Pumpkin seeds are packed with proteins, vitamins and minerals. Good for prostate and bladder issues.



» Trail mix - look for organics without candies or chocolate chips included.







» Seed butters and nut butters can be good substitutes for peanut butter (peanuts can cause health problems). Almond butter, pumpkin seed butter or other nut/seed butters are options. Be sure there is no added sugar.



- Spices, seasonings & baking:

» Use unfiltered sea salt or Himalayan salt, organic black pepper.



» So many organic spices and seasonings are easily available

now, even at the standard markets. Watch not only for organic in spices, but also be careful that all ingredients in seasoning mixes are organic. Here are examples of the wide range of organics easily available.



» Even better, get fresh organic herbs, remove topical chemicals and freeze or dry them.





» Use Bragg's Aminos or Coco Aminos instead of soy sauce.



» Organic vanilla extract - a few drops in coffee may cut need for sugar. Needs more studies but may have antioxidant, anti-inflammatory properties.



» Baking powder & baking soda - look for non-GMO seal, making sure they are aluminum free.



» Cornstarch - especially important to purchase organic & GMO-free as much of the corn raised is genetically modified.



● **Meat, Fish, Poultry:**



» If you're going to eat red meat. Beef should be grass fed, grass finished, no hormones, antibiotics, no penicillin, no GMO feed, something like Butchers Box.

Either Australian or New Zealand lamb is generally top quality. Finding a local ranch or farm or



one that sells at a local farmer's market would be a great way to go.





» Wild caught coho salmon is one of the best foods you can get as it lives in the North Atlantic its entire life and only lives for 24 months. And the omega oils are superb.



» Halibut is also a wonderful food.

» Look for pasture-raised organic heirloom chickens.

Mary's chickens are a good brand if you don't have a local source.



» Pasture-raised eggs are a great source of protein.

● Sweeteners and sweets:

» At first **when fighting cancer you'll want to avoid sugar completely for a period of time.** When you are ready to broaden your diet again, you still won't want these often. See note at the top of Chapter 10 for more on artificial sweeteners.

» **Liquid Stevia:** Sugar-free sweetener made from an extract of the stevia plant. Get certified





organic. The liquid form does not have the typical aftertaste of powder form.

- » Organic cacao powder is sugar free, with a chocolate flavor, but cold-pressed, unsweetened and nutrient dense.
- » Honey: All honey should be raw, not filtered or pasteurized, meaning it retains its mineral and antioxidant levels that are usually lost through heating it before going into production.



- » Manuka honey While all raw honey has health benefits, this very special variety of honey, collected from the Manuka tree and native to New Zealand, has been proven to have a substantially higher level of antibacterial and restorative properties.
- » Very high percentage organic pure dark chocolate such as 92% would be the best for occasional treats. For example 92% has one-third the sugars of 70% dark chocolate. There are health benefits too: dark chocolate has some fiber and is loaded with minerals. It's known for antioxidants, raising HDL and controlling LDL.



Other sugars: While honey, raw sugar, date sugar and molasses have more minerals and are “better” than white and other types of sugar, in the end, sugar in our body is still sugar and should be avoided, especially while fighting cancer.

- Wild rice is really a grass; does not turn to sugar like white, brown, basmati or jasmine rice does.





## **When you're preparing and eating:**



- Wash fruits & vegetables thoroughly (including organic and homegrown). I'd use "Green," a cleaner made with kelp extract, or "LDC," a cleaner made with coconut extract. Both are non-toxic.

- Start your own vegetable garden using heirloom seeds.

- Cook from scratch using only fresh organic washed and peeled foods.



- Soak and cook your own beans and lentils rather than using canned.

- Use dry garbanzo beans for homemade hummus. (see Recipes)

- Make vegetable soups and crockpot meals.

- Make your own salad dressing. (See Recipes)

- Make your own bone broth. (See Recipes)

- Lemon in water is also great to break down fats and get them out of your body, and it is great for fatty liver disease.

- » Do not just drop a lemon slice or wedge in the water as the yellow part of the skin (zest) could have pesti-



cides; it is very hard to fully clean lemon skin because of the tiny indents, so peel it then juice the lemon (see next chapter) and add that to your water.

» Add lemon to your cold or warm tea (avoid adding lemon juice to boiling water as that makes it acidic).

- A good guide is to drink half your body weight in ounces of water per day (i.e., if you weigh 200 pounds, drink 100 ounces of water).



- Drink 10 minutes before eating as it fills you up, cleans out the stomach preparing it for the next meal.

- Don't drink with meals (or drink as little as possible) as this dilutes the stomach's hydrochloric acid and enzymes.

- Reduce alcohol. You can sip a bit of organic wine. Remember red wine has more antioxidants/bioflavonoids than white.



- Limit coffee to black (no sugar, no milk) and no more than 2 cups per day. If you need sweetener, you could add a few drops of organic liquid stevia or organic vanilla extract. Do not have coffee after 5pm.

- Chew your food well: raw food 30 times, cooked food 12 times.

- Fruits digest at a faster rate than other foods, so:

» Eat fruit only on an empty stomach, before a meal, not with or after—it could cause fermentation, upsetting your liver.



» Eat melons alone (at a different time from other fruits/food).



- A way to have great food available all the time is to cook big meals then freeze 80% in small tubs to defrost when hungry—this way you don't have to cook every day.
- See the “Restaurant Section” with more ideas for foods that would also be great at home as well as when you are out. Remember to avoid sugars at restaurants too!

# Notes

# Chapter 5

## Juice Those Veggies

Why juice vegetables? How to do it? What to juice? Read on and learn the answers!

### **Juicing Guidelines:**

**WHY?** Especially when you are wanting as much good nutrition as quickly as possible, juicing is one way to help do that. A juicer will remove the skin, seeds, stems, which reduces the amount of fiber included. Yes, fiber is good, but the idea of juicing is to get concentrated nutrients into your body. The fiber fills you up faster so you can't consume as much, thus cutting down on the nutrients, defeating the purpose. So for this purpose during times of fighting disease, a juicer is generally preferable to a blender which keeps all the parts of the vegetable/fruit that are placed into it.



**HOW?** I recommend getting a high powered Breville centrifugal juicer. Masticating juicers are excellent and may extract a small amount more juice, but they often require more time cutting the vegetables into smaller pieces to fit in the smaller chute. If that doesn't bother you, Omega makes great juicers. If you prefer the task to go just a bit faster, get the Breville; a high-powered juicer can be run at a lower speed to avoid heating the juice. Both options are good—you choose.



Breville



Omega

**WHAT?** Drink freshly-juiced green juice throughout the day, one (or more) per day, 4-7 days a week to start; that will get concentrated nutrients into your body to increase its ability to fight the cancer. Add water to the juice and sip slowly throughout the day; this will avoid sugar spiking.

Do not include baby greens as they are lower in nutrition since they haven't matured yet.

The following vegetables (and fruits) are especially nutritious and ones I would eat or put into my fresh-made vegetable juice.

## What to Juice (and why):



- Asparagus is immune boosting and full of antioxidants. It is high in Vitamins B<sub>6</sub>, C, E, and K, plus many other nutrients. Be a little careful if you have gout as it may bother you.

- Broccoli is packed with nutrition: calcium, antioxidants, great alkaline. As with the other cruciferous vegetables, it protects the hormonally-mediated organs: prostate, breast, vaginal, colon, lung, and helps fight cancer.



- Cabbages, both red and green, are packed with enzymes that are great for your brain and your digestive system, especially green for stomach ulcers. Cabbage has cruciferous compounds that protect your organs from further cancer attaching to them. Red cabbage is packed with more antioxidants, enzymes and nutrients to empower the body to heal itself than green. Eaten, you'll get about 10% of cabbage enzymes; juice it and get nearer 90%. For stomach ulcers, juice it and drink within 2 minutes of juicing for the best enzymatic effect.



- Carrots are great for eyes, cataracts, bad night vision, glaucoma. They contain calcium, beta-carotene and indigestible fiber. When eaten raw, there's about a 2% absorption rate; but if juiced, absorption goes up to about 90%! Purchase with leaves on (fresher carrots), but cut leaves off before juicing. Wash and scrub with Green or LDC, do not peel.





- Celery is packed with minerals to help you detox heavy metals and heal; it's incredible for clarity of thought due to the electrolytes it contains. It has a blend of nutrients and is alkaline, so it's important for combating body acidity.



- Cilantro helps detox heavy metals. It contains antibiotic compounds and helps control blood sugar, cholesterol and free radical production.



- Cucumbers are packed with nutrients and incredible for diabetics.



They help clean out lymph systems, alkalize your body and reduce water retention.

Cucumbers detoxify—remember those pictures of beauty treatments with cucumbers on the eyes—and they freshen breath. Use the traditional short fat style, not the long, thin English ones (often hot-house grown).

When juicing, do not peel; just rub with undiluted Green or LDC, rinse off and juice.

- Ginger root is packed with antioxidants, great for gut and gastrointestinal distress, immune boosting and brain health. Contains anti-inflammatory compounds as well as being a cancer fighter. To juice, use about an inch, and no need to peel.



- Green apples are best for juicing. They are tangier than the sweeter yellows or reds which have more sugar. Greens have more Vitamin C and antioxidants. The seed has antioxidants and bioflavonoids. When eating or juicing, peel



store-bought apples to remove the wax coating; even organics may have wax. If home-grown and pesticide-free, leave skin on to increase vitamin content; rub with undiluted Green or LDC, rinse off and juice everything but the stem.

- **Kale** is awesome with plenty of minerals and antioxidants. It is rich in lutein (great for eyes), helps reduce blood cholesterol and is a natural detoxifying food as well. It's another vegetable in the cruciferous family and contains a LOT of Vitamin K.



- **Lemons** contain bioflavonoids and Vitamin C. Lemon is a tremendous alkalizer, cleans the intestines, and breaks down fats, allowing the body to detoxify. To juice, peel off the yellow zest only with a vegetable peeler since there are plenty of bioflavonoids in the white pith; juice all the rest of the lemon.

- **Pineapples** contain bromelain in the core which helps reduce uric acid, sore joints; so in some countries they are called “painapple.” They help protect kidneys. To juice, do not peel. Scrub the whole pineapple, top included, with a brush and diluted Green or LDC; rinse, then remove top, and juice everything that remains—skin, core and all.



- **Swiss Chard** has remarkable mineral benefits, a good amount of Vitamin K, antioxidant and anti-inflammatory phytonutrients. When juicing, juice the whole leaf and stem after washing.
- **Turmeric root**—known as yellow gold in some countries as it is packed with antioxidants—is wonderful for the digestive system,



is anti-inflammatory, helps control sugar spiking, and works well as an appetite suppressant. It is known to decrease cancer risk, support detoxification, and has potential for improving cognitive function, blood sugar balance, and kidney function.

# Notes

# Chapter 6

## Give Your Body the Nutrients It Needs to Heal

I've talked about changing your environment and making lifestyle changes that can help. But I'd highly recommend you take quality supplements and herbs. Why?

In a study of nearly 22,000 people, not even one got all of the 10 specific essential nutrients they were looking for in their regular diet.

Independent studies over a period of up to 70 years show significant changes in nutrients in our food.

For example, in a serving of spinach, Vitamin C content dropped by 30% while iron content dropped a significant amount as well.



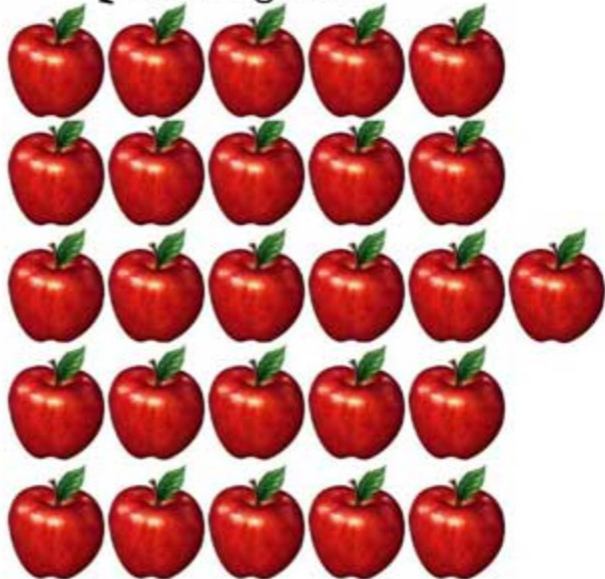
1950

4.3mg Iron



1998

.18 mg Iron



**DIRT POOR?**

*Have Your Fruits & Vegetables  
Become Less Nutritious?*

**SCIENCE says YES!**

Because of **SOIL DEPLETION**, crops grown decades ago were much richer in vitamins and minerals than the varieties most of us get today.



**1980 - Eat 1**

The key to healthier produce is fertile, healthy soil. Creating soil that is alive with beneficial bacteria, microbes and abundant plant nutrients.

Source: University of Texas (UT) at Austin's Department of Chemistry and Biochemistry



**TODAY - Must eat 8 For same 1980 nutrients because . . .**

**-27% Less Calcium**

**-37% Less Iron**

**-21% Less Vitamin A**

**-30% Less Vitamin C**

**What is causing this? Several factors could contribute:**

- **Synthetic fertilizer made from petroleum**
- **Over utilization of soils**
- **Hybridizing & GMOs**
- **Long storage**
- **Synthetic soils**
- **Hydroponics causing the nutrient value of our food to plummet**
- **Changing the chromosome of foods like wheat which creates foods that the human can't digest properly, leading to problems such as Celiac Disease**
- **Irradiating foods to kill pathogens and repel pests**
- **Using ripening agents such as ethylene gas**

## **Problems With Supplements**

**Studies show that people realize they need to supplement and 80% currently use some kind of supplementation.**

**This is a challenge as this industry is so corrupt. Many supplement companies make their products from non-human food alternatives such as turpentine, acetylene gas, petroleum, pine bark, pond slime, weeds found next to the road—things that no human has ever consumed.**

**If you are going to take supplements and/or herbs, you need to really know how to read a label to be able to choose one that works. Let me show you why.**

## Multivitamin Study

Consumerlab.com tested 21 brands of multivitamins in 2007 and found...

21	multivitamin brands (store-sold)
11	(52%) Ingredients did not match the label
10	
3	Did not dissolve at all
7	
1	Contained lead
6	Brands left – put into following study

## Study of 2,000 Stage 4 Cancer Patients

by US National Cancer Institute

1,000 given placebo

**No Change!**



1,000 given more than 1 of the remaining 6 store brand multivitamins

**32% increase in cancer**

## Bloomberg News Reports 'No Evidence of Aloe Vera Found in the Aloe Vera at Walmart, Target, CVS'



**NY State Attorney General reports GNC, Walmart, Target, Walgreens herbals do not contain herbs shown on label**

Powdered rice, beans, peas, wild carrots, fillers like powdered legumes & grass.

## Tainted Probiotics for Infants Known for 19 Months Before Recalling

Two independent labs find bacteria in Organic Liquid Probiotics for Infants, yet let their customers buy contaminated product for a year and a half before issuing a recall.





## Beta-carotene increases lung cancer & heart attacks?

1994 study reported in The New England Journal of Medicine showed 29,133 smokers took a **synthetic** beta-carotene for 10 years, resulting in an 18% higher risk of lung cancer and heart attacks.



From these studies we see that not all supplements are the same. Extracts from quality human foods (whole food extracts) are what I would use. And that's especially important when I'm fighting any disease. I want the following criteria to be met in ANY vitamins and minerals I take:

- **Is it produced under pharmaceutical license?**

- » *So you can trust the label and know that everything shown on the label is in the product and nothing is in the product that's not on the label.*

- **Is it produced from organic whole human foods?**

- » *So you know there are no synthetics, bio-engineered or genetically modified foods that your body won't recognize or process properly.*

- **Is it produced in an oxygen-free environment?**

- » *To avoid oxidation which deteriorates the product's effectiveness.*

- **Has the company had third-party human clinical trials on their products published in peer-review medical journals?**

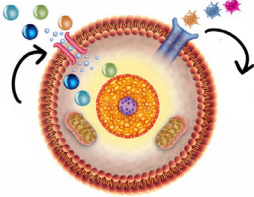
- » *So you know the company makes quality products that truly do work.*



# What Whole Food Extracts I Would Take

## Begin by Feeding Your Cells: Tre-en-en

- Every body needs the whole grain lipids & sterols that control cell membrane health. A healthy cell membrane efficiently allows nutrients in and waste out.

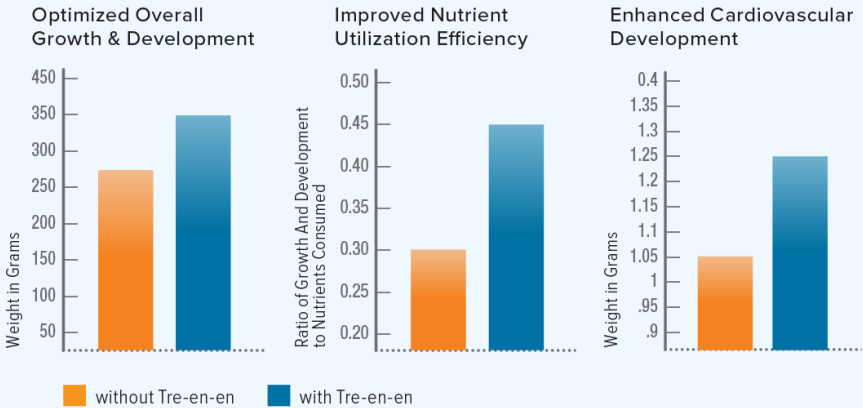


- Tre-en-en, made from whole grains is proven to do that.
- It provides cellular energy, supports the adrenals, improves chronic fatigue.
- It is a natural detox, balances hormones and thyroid.

### PROVEN PERFORMANCE

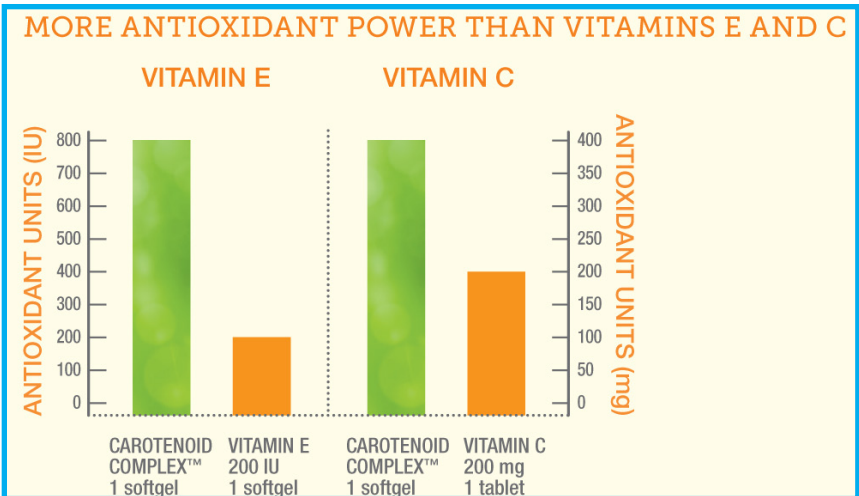
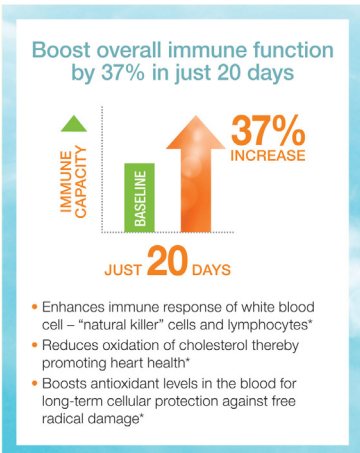
It was shown that when Tre-en-en is present in the diet, overall growth and development, nutrient utilization efficiency and cardiovascular development improved.\*

### STUDY CONDUCTED AT TEXAS A&M UNIVERSITY



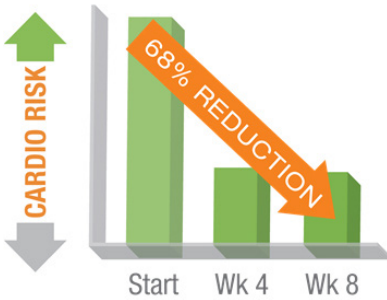
# Find a Great Carotenoid to Combat Oxidation and Improve Your Immune System:

- Does it meet the first 4 criteria?
- Does it contain all 15 families of carotenoids?
- Is it juice-extracted, non-GMO, organic whole human food concentrates?
- Are the benefits proven in studies?



## Find a Great Salmon Oil to Combat Inflammation:

- Does it meet the first 4 criteria?
- Does it have all 8 omega-3s?
- Is it cold-extracted in an oxygen-free environment?
- Is it produced from the coho salmon from the North Atlantic?
- Is it produced from the filet (edible) part of the fish?
- Are the benefits proven in studies?



## How to Find a Good Protein:

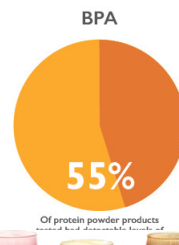
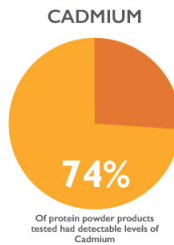
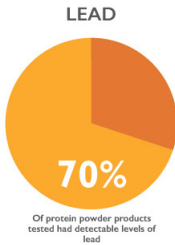
- Does it meet the first 4 qualifications?
  - Has it gone through a Protogard process, breaking down the protein at body temperature?
    - » This gives it a 500% higher assimilation of the protein.
    - » The protein is not compromised and protects the kidneys.
- Does it have at least 21 amino acids?
- Does it contain 2000 enzymes?
- Does it have glycemic response control?

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## Clean Label Project Protein Powder Study Results 2018

### PROTEIN POWDER PRODUCTS TESTED OVERALL

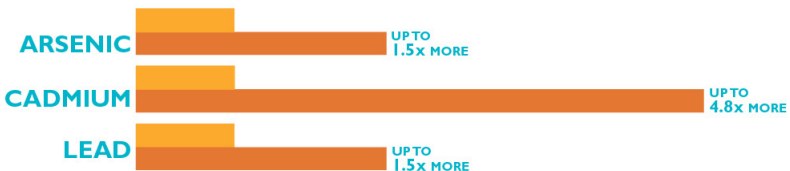


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OF THE TOP SELLING PROTEIN POWDER PRODUCTS, ACCORDING TO NIelsen AND THE AMAZON.COM SELLER LIST, WERE TESTED



### HOW MUCH WORSE IS ORGANIC TO NON-ORGANIC PROTEIN POWDERS



# Organic Consumers Association + Clean Label Project Collagen Investigation 2020

WE TESTED 28 TOP-SELLING COLLAGEN PRODUCTS FOR:

33  
**As**  
Arsenic

48  
**Cd**  
Cadmium

82  
**Pb**  
Lead


80  
**Hg**  
Mercury

WHAT WE FOUND:

BASED ON THE PRODUCTS TESTED, THE AVERAGE COLLAGEN CONSUMER HAS A

**86%**

CHANCE OF PURCHASING A COLLAGEN PRODUCT CONTAMINATED WITH HEAVY METALS\*  
\*LEVEL OF DETECTION, 8 PARTS PER BILLION.

ARSENIC	CADMIUM	LEAD	MERCURY
<b>64%</b> OF PRODUCTS TESTED POSITIVE FOR ARSENIC	<b>17%</b> OF PRODUCTS TESTED POSITIVE FOR CADMIUM	<b>37%</b> OF PRODUCTS TESTED POSITIVE FOR LEAD	<b>100%</b>  OF PRODUCTS TESTED WERE BELOW LEVELS OF QUANTIFICATION
FISH, MEAT, POULTRY ARE MAIN SOURCES OF DIETARY ARSENIC INTAKE	CADMIUM IS LINKED TO KIDNEY DAMAGE IN HUMANS AND ANIMALS	LEAD AFFECTS MEMORY, LEARNING, AND CAUSES KIDNEY DAMAGE	MERCURY IS LINKED TO CENTRAL NERVOUS SYSTEM AND BRAIN DAMAGE

- Is it a meal replacement?
- Does it have 5 grams of fiber including all the fiber families needed by humans?
  - » There's a fiber that helps with the removal of bad fats like cholesterol and plaque, increasing the lifespan of your cardio system.
  - » Fiber helps to remove toxins.
  - » Fiber is the prebiotic that feeds the probiotic.
  - » There's a fiber to absorb sugar reducing sugar spiking, protecting you from becoming a pre-diabetic or a diabetic and protecting you from cancer since by removing sugar, you will be reducing the food that cancer loves.

# Neolife's Breakfast Solution



- **Benefits include:**
  - » **Increased energy & focus**
  - » **Muscle growth & retention**
  - » **Weight loss or weight management**
  - » **Repairs & rebuilds tissues**
  - » **Safe for kidneys**
  - » **Gluten free; 90% lactose free**
- **All the good things you want without any you don't:**
  - » **No artificial sweeteners, flavors or colors**
  - » **No hydrogenated fats, trans fats or saturated fats**
  - » **No high fructose corn syrup; no cholesterol**
  - » **No preservatives**

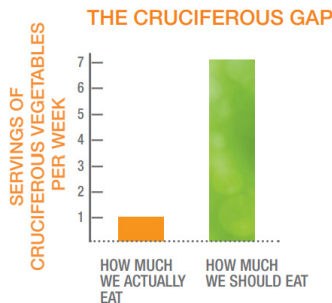
## How to Find a Good Flavonoid:

- Does it meet the first 4 qualifications?
- Is it made from organic whole human food concentrates, or is it made from pine bark?
- Does it contain representatives of all flavonoid classes: flavones, flavanols, flavanones, anthocyanins, and catechins?
- Has it been tested and proven per the National Cancer Institute protocols to support immune function?



## How to Find a Great Cruciferous:

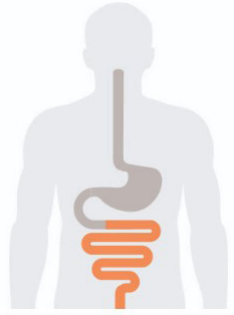
- Does it meet the first 4 qualifications?
- Has it been tested and proven per the National Cancer Institute protocols to support immune function?
- Does it supply other beneficial, cancer-protective phytonutrients in addition to the cruciferous compounds?





## How to Find a Good Acidophilus:

- Does it meet the first 4 qualifications?
- Does it have all the important bacteria families?
- Does it have a Gel-Gard coating to pass through the stomach acid intact??
- Is it target loaded to open where needed in the intestines?
- Did the manufacturer include prebiotics in the capsule to keep the probiotics alive?



## How to Find a Good Garlic Allium:

- Does it meet the first 4 qualifications?
- Is it enteric coated?
- Is it target loaded to be released in the secum of the colon?
- Does it contain the allium families to turn into allicin? Allicin is the nutrition that:
  - » Empowers your body to fight cancer.
  - » Boosts your immune system to improve circulation and cardio health.
  - » Lowers blood pressure.
  - » Gets rid of bad bacteria, setting an environment for good bacteria to blossom to help the body rid itself of parasites.
  - » Is anti-microbial.



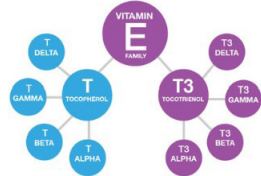
## How to Find a Great Aloe Vera juice:

- Does it meet the first 4 qualifications?
- Is it taken from the fillet of the aloe?
- Is it produced in an oxygen-free environment?
- Is it freeze dried in the field at harvest?



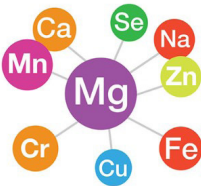
## How to Find a Good Vitamin E:

- Does it meet the first 4 qualifications?
- Does it contain all 8 forms of E: 4 tocopherols and 4 tocotrienals in balanced ratios?
- Is it cold extracted in oxygen-free environment?
- Is it water missible for easy absorption?



## How to find a Good Calcium-Magnesium:

- Does it meet the first 4 qualifications?
- Does the calcium come from a living organism that ate something else to produced it (not from rocks or synthetic)?



- Is it chelated or double chelated?
- Does the product have the ideal balance of 2 parts calcium to 1 part magnesium along with 1000 IUs of D<sub>3</sub>?

## How to Find a Good Multi-Mineral?

- Does it meet the first 4 qualifications?
- Are the minerals chelated?
- Are the minerals from food such as kelp and other sea vegetation?



## How to Find a Great Super Fruit Drink?

- Does it meet the first 4 qualifications?
- Does it contain green tea and its polyphenols?
- Does it include açai berry & a blend of other berries?



- Does it contain:
  - » 20 times the punicalagins of fresh pomegranate juice?



- » 5-10 times the resveratrol of fine red wine?



- » 7 times the antioxidant power of ripe red tomatoes?



- » 6 times the alpha-lipoic acid of fresh spinach?

- And does it have no artificial colors, flavors, or sweeteners added?

# Notes

# Chapter 7

## Detoxify! Get the Gunk Out!

**We need to detoxify our life in so many ways — from the outside in and from the inside out! This chapter will discuss ways to do this.**

**Remembering that our skin is our largest organ, protecting it is a great way to start.**

### Hidden Toxin Story

*I'll never forget the lady from San Diego whose daughter was trying to commit suicide at least once a month for 4 years. She was on handfuls of antidepressants, but nothing was helping. I explained that what you apply topically, toxins can enter your body as the skin is an organ, also explaining that what's on the label does not always match the contents. She was in a position to have the hair products her daughter was using tested and found ingredients that could aggravate depression. She switched products and in days her daughter had lost her depression challenges!*

# Detox Your Body Externally

## Are Your Skin Care Products Killing You?

---

### ***DID YOU KNOW...***

The average person is exposed to **85 to 168 or more different chemicals daily** according to the Environmental Working Group (EWG)?



## Most Skin Care Products Are Made with Toxic Chemicals

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“Almost **13,000 chemicals** are used in cosmetics, and only about **10 percent** have been evaluated for safety.”

95% of fragrance chemicals are synthetic compounds derived from petroleum.:

# Health Issues Linked to Toxic Chemicals in the Body

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Birth Defects  
Learning Disabilities  
Skin Allergies  
Asthma

Skin Aging  
Infertility  
Cancer  
Chronic Migraines



Liver & Kidney Disease  
Autoimmune Diseases  
Nerve Dysfunction  
Parkinson's

---

## **FOR MORE INFO, WATCH THESE VIDEOS:**

- [10 Americans](#)
- [Deadly Ingredients In Your Skin Care](#)



With 45% of the creams and lotions you put on your skin entering the bloodstream, it's important to use products that will not harm you or work against your other detoxing.

- Use deodorants that are organic, aluminum-free, with ingredients you recognize. There are several on Amazon or at a local health food store.
- Choose a toothpaste without fluoride or other toxic ingredients. Again, there are several on



Amazon or at a local health food store. Kiss My Face brand or Himalaya brand are just a couple of examples. A recipe for homemade toothpaste can be found in Chapter 10.

- You can make your own mouthwash. See one recipe in Chapter 10, but others may be found searching online.



- In place of scented bath salts, use Dead Sea salt.
- Avoid heavily scented perfumes or those not made from essential oils - 95% of fragrance compounds are synthetic compounds derived from petroleum & unhealthy for humans.

- Avoid shaving cream, shampoo, conditioner with possible toxic properties. Instead, use personal care products produced by a company known for purity and being toxin-free.
- For irritated skin (rashes, burns, bites, etc.), use aloe vera gel that is freeze-dried in the field for efficacy and includes vitamins & botanicals.

- The personal care products I'd choose are Nutriance shampoo and conditioner, bath & shower gel, hand & body lotion, aloe vera gel.



- Use organic skin care products. Choose biocompatible and the closest to skin pH. The line I would use is one with the highest European certification, the Cosmos Organic seal. It would be:

- » Non-toxic, paraben & petroleum-free
- » Marine botanical skin care made in France, clinically tested under dermatological control in leading European skin care clinics
- » 10 fresh marine seaweed extracts with pure seawater from a protected biosphere
- » 15 essential oils & 10 botanical waters & extracts



Non-toxic, paraben- & petroleum-free,  
marine botanical skin care produced  
according to pharmaceutical regulations,  
earning the most rigorous European  
organic certification (COSMOS).

## NUTRIANCE ORGANIC SKIN CARE



### THALASSOTHERAPY

thalassa = sea,  
therapeia = healing

from the MOLENE archipelago  
a UNESCO world heritage marine preserve



COSMOS  
ORGANIC



10 fresh marine seaweed extracts



Pure seawater



15 essential oils



10 botanical waters & botanical extracts



Hand harvested from a protected biosphere.

- No Animal Testing
- Clinically Tested
- Paraben-Free
- 100% Vegan
- Non-Comedogenic

Biocompatible and in perfect harmony with the skin.

# Detox Your Home Environment

## ARE YOUR CLEANING PRODUCTS KILLING YOU?

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Vapors from cleaning products are **toxic fumes** which are being **transferred to your brain and lungs** as you smell them.

Increased **lung damage** from **cleaning your home as little as once a week** over 20 years.<sup>2</sup>

Cleaning for a living, lung damage is on par with **smoking 20 cigarettes daily for 10 to 20 years**.

**12,000 Children treated in ER annually** due to household cleaners; over **700 face life-threatening or long-term disabilities**.

**1,4-dioxane is in 2/3 of laundry detergent**.<sup>4</sup> Dioxane is a toxic by-product from manufacturing or chemical interaction, so it's not shown on label. **Laundry detergent breakdown ingredients** are found in 70% of streams, causing harm to aquatic life.<sup>1</sup>

**Hormone disruptors** interfere with development and reproduction in men, women & children. Links to **early puberty, ADHD, autism**.

**95% of fragrance chemicals** are **synthetic compounds** derived from petroleum.

Links to all numbered references  
may also be found at  
[vibranthealth.life](http://vibranthealth.life) > Education > References



# HEALTH ISSUES LINKED TO TOXIC CHEMICALS IN THE BODY

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ASTHMA  
ALLERGIES  
CANCERS  
IMMUNE SYSTEM  
ISSUES



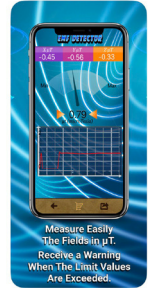
CHILDHOOD OBESITY  
EARLY PUBERTY  
AUTISM  
ADHD  
POISONINGS

REPRODUCTIVE HARM  
BIRTH DEFECTS  
HEADACHES  
DIGESTION PROBLEMS  
NERVOUS SYSTEM  
DISORDERS





There are alternatives for the items that were listed earlier as toxins in your home and environment. If you are currently fighting cancer, it's time to become a fanatic about making lifestyle choices to give your body the best possible outcome.



- Use EMF (electric & magnetic fields) absorbers/deflectors on all your computers, phones, laptops. And you can put an EMF detector app on your phone to check levels around you.

- Don't use any scented candles—Use only matches. To make the house smell better, use organic essential oils—but do not use blends, only one type of oil in container.



- Get a water filter that removes chlorine and other contaminants. Kangen & Berkey are countertop filters. In addition, under-sink filters are available. If possible, get a filter for your entire home.



- Have snake plants (*sansevieria trifasciata*, also called Mother-in-law's Tongue), around the house as they help filter the air.



- Air purifiers can capture pollen, smoke, and dust. Limiting dust may be especially important because potentially dangerous volatile organic compounds (VOCs) emitted from furniture can adhere to particles in the air.



- Dehumidifiers can help prevent mold by keeping humidity levels between 30 and 60 percent. Drier air can also help keep dust mites at bay.

- Be careful about laundry detergent. An Australian study determined that skin cancer often starts in places where people tend to perspire. Why is that? Laundry detergents that don't rinse out fully allow chemicals to pass into your skin especially where you're hot and sweaty, and then on into the bloodstream too.



- Eliminate laundry softeners. They are generally highly scented (synthetic) and another toxin on the skin. When the clothes are truly clean and detergents are free-rinsing, the clean clothes will be fresh, so there is no need to have scented detergents and softeners to cover up odors! Getting all the dirt out and then using dryer balls in the dryer helps to soften the clothing naturally.



- Bleach is toxic and a skin irritant. Don't use it on your clothing.



- I'd use cleaners that are produced under a pharmaceutical license. The ones I use are:
  - » 100% biodegradable and 100% earth friendly since the 1960's! Low-dose, low-burden cleaning technology to maximize performance with a minimum amount of product.
  - » Strong and versatile with no harsh chemicals or toxic fumes.
  - » Made to be diluted as desired to fit your needs—concentrated (the cleaner comes in the bottle, you provide the water); so the cleaner is as strong or as gentle as you choose for every need in your house.



100% biodegradable and 100% earth friendly, concentrated, free-rinsing, grease-emulsifying, non-toxic cleaning products that are strong and versatile with no harsh chemicals.



LDC® Light Duty Cleaner is versatile & can clean your:

- hands
- jewelry
- windows/mirrors
- walls
- woodwork
- chrome fixtures
- appliances

Hand wash delicate clothing  
Hand wash dishes  
Clean fruits and vegetables  
Enhance weed spray  
Remove wallpaper  
(Can do all that Green does)



LDC= coconut extract

Cleanliness is the prerequisite to good health.





Dilute Super 10® Industrial Strength cleaner for:

- kitchen/bath fixtures
- stove, oven, hood appliances
- windows/mirrors
- tile, unwaxed floors
- grease/oil spots
- garage floors, driveways
- hand tools, car engines

Dusting spray  
Spot-clean rugs  
Remove clothing stains  
Kill ants/bugs

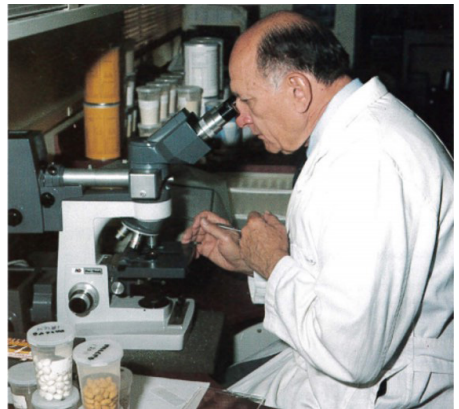
# Detox Your Body Internally

I was chatting to the gentleman who invented oral chemo, Dr. Arthur Furst, who said that the effects of the chemotherapy could stay in the body for up to 200 years! He also invented the antidote for chemo and studies showed it not only carried the chemo chemicals out, but also all toxins and chemicals, natural and synthetic!

So the detox I'd use is the one created by Dr. Furst. Even if you do not have cancer, this detox program is recommended to help remove toxins that can cause it. But if you DO have cancer or have recently had cancer treatments, you want to remove anything that is promoting illness.

## **NOTE:**

- If you are currently undergoing chemotherapy, you may need to wait until that course of treatment is completed. If the chemo program you are on is administered, say, every three weeks or with some other time gap, you may be able to do short detox sessions between.
- Also, if you are very weak, you'll want to build up your body with good nutrition for a couple of weeks before you do any detox program.



## **How to Find Great Detox Products:**

- **Do the products meet the first 4 qualifications?**
  - » **Is it produced under pharmaceutical license?**
  - » **Is it produced from organic whole human foods (or herbs consumed by humans)?**
  - » **Is it produced in an oxygen-free environment?**
  - » **Has the company had third-party human clinical trials on their products published in peer-review medical journals?**
- **Do they clean toxins from the lymph system?**
- **Do they detoxify the kidney and liver?**
- **Do they empower the body to detox heavy metal chemicals?**
- **Do they stimulate the peristalsis, stimulating colon cleansing?**

# Detox Program

## Betagard:

- Your first line of nutritional defense against damaging free radicals from pollution, exhaust fumes, chemicals, smog and other environmental toxins.
- Promotes the body's natural detoxifying processes. Helps guard your health against environmental and free radical challenges.



*Arthur Furst*

Developed by world renowned toxicologist, cancer researcher and SAB Founding Member Emeritus, Dr. Arthur Furst

- Delivers B-vitamins that assist in detoxifying environmental pollutants. Includes zinc, GTF chromium and selenium, which have been shown to play an important role in the body's response to heavy metal exposure.
- With beta-carotene and other carotenoids as they occur naturally in carrots, plus vitamin C and the complete vitamin E family of tocopherols and tocotrienols.

Provides as much beta-carotene as two large carrots. B-vitamins, including riboflavin, niacin, and pyridoxine, and magnesium, help detoxify foreign substances.

- Antioxidants and detoxifying nutrients combine to help your body interrupt toxic processes and protect against cellular damage from environmental pollutants.
- Formulated specifically to assist in defending your body against harmful agents in our air, water, and food.
- Amino acid chelation supports improved absorption of beneficial minerals.



## Neo-Lax / Stage 6:

- The name depends on which country you are in. Stage 6 is half the strength of Neo-Lax, so adjust accordingly.
- A mix of 8 herbs which encourage a mild cleansing action to aid a healthy elimination and internal cleansing.
- Includes senna which has been shown to support natural peristaltic action in the lower digestive tract.
- Cleans out lymph system & parasites.
- Helps remove non-heavy metal toxins.



## All Natural Fiber:

- Promotes regularity, heart & colon health.
- Contains 12 natural sources of fiber.
- Neo-Polyfibe helps remove cholesterol from the body without robbing nutrients.
- Each serving provides more fiber than 2 large apples.
- 6g of fiber - 5g insoluble & 1g soluble from whole food sources.
- Provides cellulose, hemicellulose, gum, lignin, and pectin—all five types of dietary fiber necessary to maintain good health.



## **Garlic Allium Complex:**

- Immune-boosting phytonutrients from 4 allium vegetables.
- Enteric coating protects the allinase as it passes through the stomach acid. Targeted delivery insures it will deliver 4,200 mcg of active allicin in the intestines where it is needed.
- Supports cardiovascular health.
- Lowers the risk of certain cancers (especially gastrointestinal).
- Helps retain normal cholesterol & blood pressure levels.
- Supports healthy circulation and prevents the formation of blood clots.
- Contains natural antimicrobial properties.



## **Acidophilus Plus:**

- Contains beneficial bacteria isolated from cultured dairy foods.
- Supports a healthful balance of microorganisms in the gastrointestinal tract.
- Delivers five types of beneficial, lactic acid-producing bacteria.
- Regulates intestinal activity.
- Promotes colon health and supports immunity with a healthy balance of intestinal flora.
- Exclusive 'Gel-Gard' Enteric Protection System guarantees delivery by protecting against harsh stomach acid and ensuring that maximum numbers of live bacteria are delivered in the intestine.



## **Aloe Vera Plus and Aloe Vera Gel:**

- One of the best things to remove radiation is aloe vera, either as a topical gel or as a juice.
- “Gel only” filleting process keeps aloe polysaccharides intact for maximum benefit.
- Aloe Vera Plus:
  - » Includes electrolytes for balanced metabolic support.
  - » Promotes digestive comfort.
- Aloe Vera Gel:
  - » Includes allantoin and calendula to support normal cellular renewal.
  - » Water soluble formula helps maintain a healthy skin surface pH.



## **Multi-Min or Multi-Minerals with Alfalfa:**

- Extracted from human food—kelp extract.
- Broad spectrum of macro-minerals and micro-minerals.
- Double chelated to enhance absorption and includes Vitamin D to further support absorption.
- Minerals have been shown to play an important role in the body’s response to heavy metal exposure—a vital component to detox those heavy metals out.



## **How to Do the 30-day Detox Program:**

Eat normal, sensible meals and take normal daily supplements throughout. In addition to those take the following:

- **With first meal of the day:**
  - » 2 Betagard & 1 Neo-Lax with plenty of water
  - » 3-4 Acidophilus Plus
  - » 2 Multi-Min
- **With mid-day meal:**
  - » 2 Betagard & 1 Neo-Lax
  - » 2 Multi-Min
- **Evening (2 hours before bedtime):**
  - » 2 Betagard & 1 Neo-Lax with 16 oz. of water
  - » 6 Garlic Allium Complex
  - » 2 Multi-Min
- **When desired:**
  - » Aloe Vera Plus, 1-3 times labeling
  - » All Natural Fiber, as needed\*

Drink plenty of purified water. Keep eating a healthy whole food diet. Continue for 30 days.

Headaches at first are a good sign. They show that your body is getting rid of toxins. Just remember you may smell more as you start the program; this should dissipate quickly.

\* Most people have a very loose stool during detox. Once your body has stabilized (expelled excess toxins), it will improve. If diarrhea is an issue, add All Natural Fiber as needed to improve the condition. If you become constipated during the program, increase Neo-Lax and water, but reduce the Fiber and Betagard. When you are okay, get back to the full doses.

# Notes

# Chapter 8

## Meal Plan— A Sample of What I'd Do + Tips for Eating Out

To allow the body to cleanse, I'd try to fast daily from dinner through to a late breakfast.

The benefit of restricting eating time is that it allows the body a longer, more effective length of time that it's not working on digestion and has more time for restoration and reset.

*[Longer intermittent fasting periods, such as an 8 hour eating window and 16 hours off is another good option. But not everyone can do intermittent fasting, and some people should not, for example, very weak or sickly people, pregnant women, or children.]*

And remember, do NOT drink with meals; it dilutes your stomach's hydrochloric acid and digestive enzymes. Drink 8 ounces 15 minutes before meals to wash out the stomach. Then wait 40 minutes after the meal to give your stomach a chance to start the digestive process.

# Intermittent **FASTING**

Before 10:30am



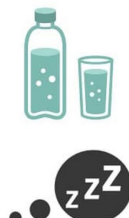
fasting window

10:30am - 6:30pm



eating window

After 6:30pm



fasting window

## When I first wake up:

- I'd start with a large glass of water (about 12 oz.) with lemon juice added to it, using fresh lemons, not bottled lemon juice.
- In an hour and a half I'd drink a serving of Aloe Vera Plus to clean out toxins and radiation and increase my body's absorption of amino acids to help produce collagen.
- Prepare my liver and kidney detox tea to sip all day. (See Recipes, Chapter 10)
- Prepare my vegetable juice (see Recipes, Chapter 10) and start sipping.
- Prepare healthful snacks for the day, homemade carrot sticks, celery sticks, cucumber wedges, organic nuts, etc.
- I'd do what I need to remember to drink half my body weight in ounces of water per day (i.e., if I weigh 200 pounds, I'd drink 100 ounces of water). I might set out containers with the water needed for the day so I get enough.



## **Breakfast:**

- At 10:30am I'd have a small portion of organic low glycemic fruits: berries, figs, green apples, mangoes, papaya, kiwi. If eating melons remember, "If you can't eat melons alone, leave them alone."



- By 11:00am it's time for my protein shake prepared as a smoothie with kale or berries blended in.

- If I were needing to gain weight, I'd eat plenty fruit, especially kiwi, papaya, mangoes & berries, or avocado. I might freeze bananas and add to my protein smoothie.



- I'd take the following organic whole human food concentrates: 5 Carotenoid Complex, 4 Flavonoid Complex, 2 Cruciferous Plus, 1 Pro Vitality packet, 2 Glucose Balance, 4 Acidophilus Plus, 4 Super C.

## **Lunch:**

- About 3:00pm I'd be ready for lunch. I'd eat a fresh organic salad—not a packet salad, but made from scratch. If I want grated carrots, I grate them myself; if I want baby salad I make it myself. Nothing pre-made. I may have organic pasture raised chickens or wild caught salmon, boiled or poached pasture raised eggs, heirloom tomatoes, organic and washed lettuce, cucumber, celery. I'd use my homemade salad dressing. Also, plenty avocado, olives and sauerkraut would be good too.



- With lunch, I'd take the following organic whole human food concentrates: 5 Carotenoid Complex, 4 Flavonoid Complex, 2 Cruciferous Plus, 1 Pro Vitality Packet, 2 Glucose Balance, 4 Acidophilus Plus, 4 Super C, 2 Multi-Min, 2 Cal-Mag, Aloe Vera Plus.
- If needed through the afternoon, I'd snack on healthful foods.

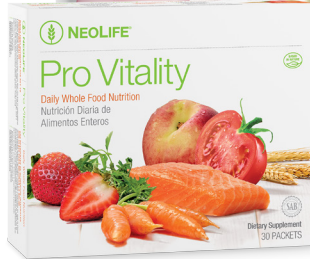
### **Dinner:**

- About 6:30pm I'd have a salad starter, then eat an organic vegetable soup. If I'm craving meat, I'd get grass fed/grass finished meats. Get organic soup bones with lots of bone marrow and make my own soup broth/ bone broth (see Recipes, Chapter 10). Or I might have grilled vegetables or stews. Beans and lentils would be great too.
- With dinner, I'd take the following organic whole human food concentrates: 5 Carotenoid Complex, 4 Flavonoid Complex, 2 Cruciferous Plus, 1 Pro Vitality, 2 Glucose Balance, 9 Garlic Allium Complex, 4 Super C, 2 Multi-Min, 2 Cal-Mag, Aloe Vera Plus.



Now that dinner is over, I would not eat anything until breakfast. Drinking water is fine during the non-eating hours as well as organic tea (no sugar) and/or organic black coffee.

# Whole Food Supplements I'd Use For Cancer



# Restaurant Cheat Sheet or What I'd Do If I Needed to Eat Out

I don't know about you but I suffer when I eat out, burping, passing gas, lethargic, upset tummy. I feel terrible.

But that's not the challenge. It's the long-term delayed side effects of putting toxins into my body. My advise would be to eat out as little as possible, especially if you have health challenges.

The worst to me are fast foods: hamburgers, pizzas, cheap Mexican, hot dogs, fries, barbecues. Wow, every time I eat these foods I feel sick.

1. If you have to eat "trash," take quality fiber and digestive enzymes. Other things that help settle the tummy are aloe vera, acidophilus, lemon water, ginger tea, carrot juice.
2. Avoid American style Chinese foods and American style Italian foods.
3. Go to quality restaurants. We have a saying in Africa: 'You think you got a bargain, but you'll suffer from the dumb decision.' You will always pay. Either at the beginning for quality food or at the end with medical bills.
4. Search for organic restaurants if possible.
5. Types of restaurants that generally have better food:
  - a. Thai food, especially the Tom Kai Gai. Typically all boiled, no seed oils. If you have a dairy allergy, be sure to ask if they use milk or coconut cream.
  - b. Vietnamese pho if it's a great restaurant could be good.

- c. **Quality Indian restaurants could be great.**
  - d. **Mediterranean / Persian foods are normally fantastic.**
  - e. **Some Greek restaurants are great.**
  - f. **Good Japanese restaurants can be a good choice.**
6. **Don't eat fried foods; these are fried in seed oils. They are often deodorized and/or over processed or dyed; often contain GMO's packed with pesticides which could take years to leave the body.**
  7. **Grilled, roasted, broiled, baked or dry-cooking methods—these minimize your exposure to oils as most oils in restaurants are seed oil.**
  8. **Try to eat wild caught fish.**
  9. **If possible, choose grass fed beef.**
  10. **When getting omelettes or scrambled eggs, ask if they crack them or if they are pre-packaged eggs out of cardboard boxes (which can be full of preservatives & chemicals).**
  11. **Hummus could be great if it's a great restaurant. But I'm nervous as some use GMO's.**
  12. **Guacamole is available at many restaurants, often made fresh, and is made of avocados, spices, and veggies like onions; plus the avocados provide good fats.**
  13. **Say yes to black pepper; it helps with nutrient absorption.**
  14. **Spicy foods like cayenne pepper and turmeric are very healthful and contain many concentrated antioxidant compounds.**
  15. **Be careful of (avoid as much as possible):**
    - a. **Sugars as they are refined and GMO and are in everything.**
    - b. **Starches as these carbs all turn into sugar.**
    - c. **Salad dressings and mayonnaise as they are nor-**

- mally packed with seed oils. Tip: Take your own salad dressing along.
- d. Ketchup, barbecue sauces—these are normally full of GMO's.
  - e. Sauces and glazes—most contain wheat, like soy sauce which is 50% wheat. Ask your sushi chef if he has tamari sauce instead, which tastes the same but is usually gluten free (if you are celiac, it's always smart to double check).
  - f. Pre-packaged salads as they are soaked in preservatives & chemicals to stop them from browning. Restaurants often use pre-packaged.
  - g. Breads as they are over-processed, harvested with chemicals, irradiated, made with seed oils and often use dwarf wheat which our bodies can't digest.
  - h. Veggie burgers as they are over processed, often with synthetic and/or genetically modified ingredients and can be packed with harmful man-made flavorings.
16. Drink 15 minutes before eating as it fills you up, cleans out the stomach preparing it for the next meal.
  17. Don't drink with meals (or as little as possible) as this dilutes the stomach's hydrochloric acid and enzymes.
  18. Reduce alcohol. You can sip a bit of organic wine. Remember red wine has more antioxidants/bioflavonoids than white.
  19. Eat fruit before meals, not after as it could cause fermentation, upsetting your liver.
  20. Chew plenty: 12 times for cooked foods and 30 times for raw foods—this helps break down the food for better digestion and encourages your body to produce more enzymes.

21. Order a dessert to share. That way you're getting a taste and not over indulging all the calories.
22. An organic tea or coffee is pretty good for you. Enjoy it.
23. Relax and have fun. It helps with digestion.
24. Walking is great exercise to get the tummy moving.
25. Just remember the 80/20 rule: eat 80% good and when healthy allow 20% not-so-good foods. The best way is to eat out as little as possible. Definitely not while fighting cancer.
26. It's the convenience that's hurting us. Be a bit more inconvenienced and a lot healthier.



# Notes

# Chapter 9

## Resources

**This chapter contains links to videos, websites, and other resources that will provide additional related information. Some resources are documentaries available on YouTube or Amazon Prime. Some are presentations on websites related to holistic healing. Others are from my own talks or those of my colleagues. There are so many more out there, but this should give you a good start.**

**My hope is that you will find information here that may not have been covered in the same way in this book and will provide additional ideas for you to consider.**

## Causes of Cancer

- [Fluoride Causes Cancer](#)
  - » **This 1 minute video quotes Dr. Dean Burke's statement about sodium fluoride.**

- [Tamoxifen Causes Cancer](#)
  - » This 1 minute video reveals that this cancer drug actually *causes* cancer.
- [Parasites Cause Cancer](#) (need to be detoxed out)
  - » True Pathfinder presents “Cancer & Parasites - The Connection and the Real Solution for Healing Cancer.”
  - » This video looks at causes of cancer, discusses why mainstream cancer treatments rarely work and how to prevent and treat cancer successfully in a holistic way.

## Health Documentaries — Cancer and More

- [The Truth About Cancer](#) (TTAC) with Ty Bollinger - Excellent docuseries interviewing many doctors and researchers about alternative cancer treatments, both in the USA and around the globe. (Also available is a series on pet cancer.) The linked episode is the one available from their Global Quest series on Rumble (includes a link to purchase the full series if you prefer not to wait for the following episodes). As of the writing of this book no portion of the docuseries is available on YouTube; however, check YouTube as they do post episodes from the two or more docuseries for a period of time. You may also go to rumble.com and search for The Truth About Cancer. Their channel will have many interviews with cancer survivors telling their stories.
  - » Here is an interview that will introduce the TTAC

series and a book review of Ty Bollinger's book containing information from the video series:

- » [Interview with Ty Bollinger](#)
- » [Book Review](#) of *The Truth About Cancer*
- [Cancer - The Forbidden Cures](#)
  - » This is one full-length 2010 documentary (among many in a series by the same name) about how cancer can be avoided or reversed through natural, holistic treatments.
- [Seeds of Death](#) (full movie)
- [Stink!](#)
- [Fat, Sick & Nearly Dead](#)
- [Food Matters](#)
- [Hungry for Change](#)
- [10 Americans](#)
- [GMOs Revealed - Part 1](#)
- [My Potato Project](#)
- [Sugar: The Bitter Truth](#)
- [The Human Experiment](#)
- [The Truth About GMOs](#)
- [Unprocessed - How I Gave Up Processed Foods](#)

# Louis Smith & Team Cancer Talks

- [Holistic Cancer Prevention](#)
  - » Louis Smith presents ideas on how to avoid the causes of cancer and what he would do if he developed cancer.
- [Winning the Cancer Battle](#) - Louis Smith
  - » Nutritional Support for cancer and during cancer treatment is discussed.
- [“All About Cancer”](#) - Louis Smith and team
  - » This presentation by Louis’ team members includes cancer statistics, causes, best doctors, supplements to strengthen the body and immune system.
- [Cancer - Short Talk](#) - Louis Smith
  - » Brief presentation about cancer and how to avoid it or fight it.
- [Nine Best Doctors & Cancer Prevention](#) - LaVonne Vaughan
  - » Louis Smith hosts LaVonne covering cancer: prevention and fighting it, plus testimonies of success.

# Louis Smith & Team Health Talks

- [Path to Vibrant Health](#) - Louis Smith
  - » The state of the world's health, problems with supplements and what to look for to find a good one.
- [Finding Good Health!](#) - Louis Smith
  - » God made foods to look like the part of the body they help! And the benefits of good, well-made supplements.
- [Food & Health](#) - Louis Smith
  - » Louis teaches about finding clean, good-for-you food, plus basics on core supplements. Answers questions.
- [Deep Detox](#) - Louis Smith
  - » Full talk about the 30-day detox he recommends.
- [30-Day Detox](#) - Short Talk by Louis Smith
  - » Short talk about this topic.
- [Detox & Gut Health](#) - Louis Smith
  - » Louis speaks from his own experience with this issue.
- [Digestion - Helpful Products](#) - Louis Smith
  - » Louis covers products he would use.
- [Digestion - Short Talk](#) - Louis Smith
  - » Brief discussion of digestion issues.

# Healthy Skin & Environment Talks

- [Healthy Skin](#) - Dermatology Professional Pauli Morrow
  - » 5 minute video describing what makes the Nutriance Organic skin care line different from others.
- [Better Health with Golden Cleaning Products](#) - Barbara Cowley
  - » Barbara demonstrates how these non-toxic cleaners work for multiple uses in the home - and how they improved her family's health.
- [Cleaning Products Testimony](#) - Barbara Cowley
  - » Short testimony of health.
- [Goldenize Your Home](#) - Tony & Yvette Robertson
  - » Learn to use versatile & effective Golden cleaning products from NeoLife to safely clean your home.



# Health Presentation Booklets



[Link -Vib Health](#)

[Link - Cleaning](#)

[Link - Skin](#)

Please Note: These booklets are provided for your information and use in digital form only. Professionally printed copies are available by contacting [vibrantbaldeagle@gmail.com](mailto:vibrantbaldeagle@gmail.com).

## Miscellaneous

- [Healing Scriptures](#) - John Hagee
  - » 6+ hours of Bible scripture meditation.
- [Soak In God's Promises](#)
  - » 8 hours of Bible passages read for you bringing peace and calm.

# Notes

# Chapter 10

## Recipes

**PLEASE REMEMBER:** Some of these recipes may call for sugar; enjoy those in moderation when you are healthy. But while fighting cancer, ANY kind of sugar (including honey, molasses, monkfruit, etc.) should be avoided.

You may choose to substitute Erythritol in moderate amounts for sugar in recipes. The chemicals are not metabolized by the body the way sugar is. Erythritol has no calories, but be sure it is non-GMO and has no added questionable ingredients such as aspartame. Read [this Dr. Axe article](#) to learn more.

You may also substitute Xylitol, however it does have a few calories and a small amount is absorbed into the bloodstream; cut amount back if experiencing diarrhea. Xylitol is not safe for dogs, so no sharing your goodies! See this [Dr. Axe article on Xylitol](#) for more information.

# Healthful Cooking Substitution List

<b>Item</b>	<b>Substitute</b>
One cup flour	One cup organic whole wheat pastry flour, whole organic barley flour or a combination of the two
Baking powder	Non-aluminum baking powder (Rumford's, Haines, Trader Joe's)
Salt	Redmond's real sea salt (fine or kosher) OR Himalayan pink salt
Margarine	Always use butter or ghee, NEVER margarine
One cup sugar	1/2 - 2/3 cup milk raw honey or real maple syrup or molasses
Vegetable oil	Cold-pressed or cold expeller olive oil (use with lower heat) or avocado or sesame as next best
Cocoa powder	Roasted carob powder (Terrasoul or Whole Foods are good brands)
Chocolate chips	Carob chips - grain-sweetened (Sunspire or Chatfields)
One square dark chocolate	2½ Tbsp. carob powder + 2 tsp. butter
Coconut	Unsweetened, unpreserved coconut
Flour tortillas	Organic whole-grain flour tortillas or spinach wraps (tortillas)
Corn tortillas	Organic non-GMO corn tortillas, no additives
Pasta	Organic whole brown rice pasta or other vegetable pasta (spinach, etc.)

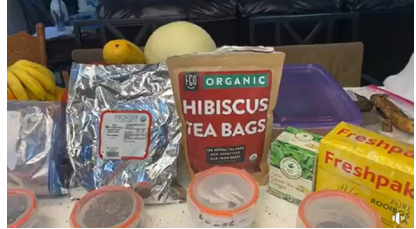
<b>Item</b>	<b>Substitute</b>
Canned cream soups	Quick White Sauce (see recipe)
Applesauce for lunches, etc.	Unsweetened, un-dyed organic apple-sauc
Canned fruit snacks	Fruit snacks in their own juice (not syrup)
Canned vegetables	home-cooked fresh veegetables - steamed, sauteed, or occasionally creamed in a raw milk white sauce
Tea	Organic, caffeine-free herbal tea (or other teas mentioned in Chapter 4)
One cup Bisquick	One scant cup organic whole grain flour, 2 tsp baking powder, ½ tsp sea salt (whisk together before using)
Spaghetti sauce	Homemade or organic spaghetti sauce (no sugar or corn sweeteners - hard to find a good one)
Crisco	Spectrum Naturals organic shortening (palm oil)
Jell-o	Plain gelatin in various ways, like Knox Blocks - recipe on envelopes (Make it with apple-grape or other highly colored natural juice - good snack)
Milk (when not dairy-restricted)	Certified raw milk
Milk (when dairy-restricted)	Rice Dream (no soy milk), almond milk, coconut milk
<b>NOTE: Skim, non-fat, low-fat are NOT healthful milk forms!</b>	

<b>Item</b>	<b>Substitute</b>
Hot chocolate	Hot carob milk made the old-fashioned way using carob powder instead of cocoa powder and honey instead of sugar; use raw milk and heat gently
Jams and jellies	Organic fruit-sweetened spreads
Dill pickles	Organic pickles, no artificial coloring (one option: Trader Joe's Organic Kosher Sandwich pickles)
Hot dogs, sausages	Best to avoid, but occasional nitrite-free, antibiotic-free hot dogs and sausages may be considered. Available at many stores but read the labels carefully

# Beverages & Smoothies

## Louis' Liver & Kidney Detox Antioxidant Tea:

- For a visual and instructions, see video at:
  - » <https://youtu.be/SduqMiHaD00>
  - » When I drink this I feel better, have more energy & clarity of thought.
  - » This makes enough for about a month.
- Rooibos Tea
  - » Packed with antioxidants, polyphenols
  - » Great for cardiovascular health, diabetics, digestion
- Green Tea
  - » Good for brain, fat burning, antioxidant
  - » Great for bad breath (catechins that destroy bacteria)
  - » Science says it helps prevent diabetes Type II, heart disease
  - » Aids in weight loss
  - » Good for heart and for weight loss
- Hibiscus Tea
  - » Naturally lowers blood pressure and cholesterol; good for weight loss
  - » Boosts the immune system; high in Vitamin C and polyphenols; anti-bacterial
  - » Strengthens the liver





- **Milk Thistle Tea**

- » Great for liver, kidneys, brain, bones
- » An anti-oxidant, boosts breast milk, helps with acne & blood sugar

- **Stinging Nettle Extract Tea**

- » Anti-inflammatory; great for enlarged prostate
- » Helps with blood pressure & blood sugar & hayfever



- **Horsetail Tea**

- » Diuretic, cleaning out kidneys and stones (kidney or bladder stones)
- » Good for weight loss, gout

- **Juniper Berries**

- » Anti-inflammatory, anti-fungal
- » Good for kidneys, heart health

- **Licorice Root**

- » Has 300 different compounds, some for the skin
- » Good for hepatitis, liver, kidneys, sore throats
- » Anti-microbial, so good for gut discomfort, stomach ulcers

- about 11 lemons (peeled off zest only)

- about 1½ lb. ginger root

- about  $\frac{3}{4}$  lb. tumeric root
- NOTE: If you do not have bulk loose tea for any of these but do have teabags, you could cut the bags open and empty out the loose tea—not ideal, but workable.
- DIRECTIONS:
  - » Heat about 2 gallons of purified water in a very large pot.
  - » Add all ingredients except the last three to the water, about 2 heaping serving spoonfuls of each ingredient; whisk in and let simmer about 3-4 hours.
  - » Remove from heat and let it cool down; you can even let it sit overnight. When fully cooled, strain it and leave just the liquid.
  - » Juice the lemons (with the white pith), ginger and turmeric in a juicer (see juicing instructions in Chapter 5), then mix into the cooled tea.
  - » Divide the liquid into multiple containers, some for the freezer, some for the fridge; can be stored in refrigerator for up to 3 days.
  - » When ready to drink put about a half a cup in a tall container and fill with water. I may drink as much as 2 cups per day. ▲

### **Homemade Oat Milk:**

The basic idea is to simply combine one part organic rolled oats (old fashioned, not quick or steel cut) and three to four parts water in a blender, blend just until smooth, then strain.

See article with many good tips and suggestions at <https://www.allrecipes.com/article/how-to-make-oat-milk/> OR this simple video: <https://youtu.be/Acr-d9SGBA>

- ½ cup organic old-fashioned oats
- 1 cup purified water
- 1 Mejdool date, pitted and chopped (optional)
- **DIRECTIONS** for a single serving:

» Combine all ingredients in a blender.

» Blend for no longer than 30 seconds, until the date is processed and the mixture looks creamy.

» Strain through a t-shirt or towel (nut-milk bags don't work well with oats) into a wide-mouth, 1 pint Mason jar with a lid.

» Chill for at least an hour, and give it a shake before serving.

» You can use the thick solids left behind from straining to add nutrition to recipes — after all, they contain the fiber and nutrients that don't make it into the milk. Transfer the solids to a covered container and refrigerate for up to three days. Blend a spoonful into a smoothie to make it heartier, or mix it into muffin batter, brownies, or even meatloaf. ▲



## **Homemade Almond Milk:**

See original article at <https://www.liveeatlearn.com/how-to-make-almond-milk/>

See simple video: <https://youtu.be/T3jyLa6Xr6c>

- 1 cup raw organic almonds
- 4 cups purified water
- Optional: vanilla extract, sweetener

● **DIRECTIONS:**

- » Put almonds in a medium bowl and cover with water.
- » Soak overnight or soak 2-3 hours in hot water.
- » Drain through sieve, rinse.
- » Put almonds into blender; add 4 cups purified water.
- » Blend 1-3 minutes until smooth.
- » Options: Add ½ tsp. vanilla extract; OR add a sweetener, if desired (see recipes for ideas)
- » Pour into nut-milk bag or cheesecloth and squeeze out milk.
- » Store covered. ▲



**Immunity Boosting Juices:**

- [Click here for video](#)
- For all, add ingredients to blender and blend until smooth.

**- Sunburst Juice:**

- 1 can coconut water
- ½ cup pineapple
- ¼ tsp. black pepper
- Juice of 1 lemon
- ½ tsp. grated ginger
- ½ tsp. grated fresh turmeric
- 2 Tbsp. honey ▲



- **Vitamin C Boosting Juice:**

- 2 carrots, chopped
- 4 oranges, de-seeded
- Juice of one lemon
- 2 Tbsp. honey
- ¼ tsp. grated ginger
- ½ cup water ▲



- **“Miracle” Juice:**

- ½ cup chopped beetroot
- 1 carrot, chopped
- ½ cup chopped apple
- ½ cup pomegranate
- 1 Mejdool date, pitted
- 1 gooseberry
- 1 Tbsp. lemon juice
- 1 cup water ▲



- **Green Heaven Juice:**

- 1 can coconut water
- 1 cucumber, sliced
- 1 cup pineapple, chopped
- ¼ cup mint or basil
- ½ cup spinach or kale
- 1 Mejdool date
- 1 Tbsp. lemon juice
- ½ tsp. grated ginger ▲



## **Kale and Ginger Smoothie:**

Make this with ½ cup of each of the first 6 ingredients:

- Carrots
- Kale
- Mango
- Apple
- Water
- Ice
- 1 small section of fresh ginger (peeled)
- DIRECTIONS:
  - » Blend until smooth! ▲



## **Spinach Mango Smoothie:**

- Spinach
- Mango
- Green peas
- Avocado
- Water
- DIRECTIONS: Choose amounts as desired and blend until smooth. ▲



## **Ginger Date Smoothie:**

- 1 cup spinach
- 1 avocado
- 3 dates pitted
- 1 tsp. grated ginger

- 1 cup water
- Handful of ice cubes
- DIRECTIONS:
  - » Add all ingredients to blender.
  - » Blend until thick and creamy. ▲

### **Purple Power Smoothie:**

- 1 cup fresh frozen blueberries
- 1 cup fresh kale
- ½ pear
- 1 cup water
- Handful of ice cubes
- DIRECTIONS:
  - » Add all ingredients to blender.
  - » Blend until smooth. ▲

# Meal Replacement Protein Shakes

## **Popeye's Passion Shake:**

Popeye had the right idea! Researchers at the Karolinska Institute in Sweden found that a bowl of spinach every day increases muscle efficiency. In the study, participants who consumed 300 grams of spinach a day reduced the amount of oxygen required to power their muscles while exercising by five percent – after just three days of spinach consumption!

- 2 scoops Creamy Vanilla NeoLifeShake

- 1 cup raw spinach

- 1 cup raw kale

- 2 oz. unsweetened apple juice

- ¼ of fresh avocado

- 6 ice cubes

- 6 oz. water

- **DIRECTIONS:**

- » Blend all the ingredients together until thick, creamy, and smooth, about 2 minutes.
- » Scrape down the sides of the blender as needed and enjoy! ▲



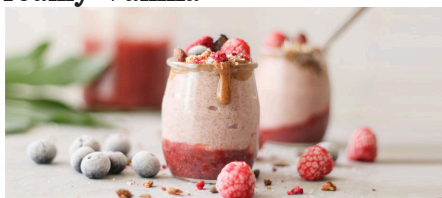
## **Valentine's Day Parfait:**

- 2 servings NeoLifeShake Creamy Vanilla

- 1¼ cup fresh raspberries

- 12 oz. almond milk

- 3 Tbsp. sliced almonds





- 4 Tbsp. almond butter
- ¼ cup fresh blueberries
- 1 Tbsp. unsweetened shredded coconut
- 6-8 ice cubes
- **DIRECTIONS:**
  - » **Layer 1:** Blend 1 cup raspberries, 2 oz. almond milk, 1 Tbsp. sliced almonds, 3 Tbsp. almond butter and 2-3 ice cubes. Pour in glass and place in freezer until you blend layer 2.
  - » **Layer 2:** Blend NeoLifeShake, 10 oz. almond milk, 1 Tbsp. sliced almonds, and all remaining ice cubes. Pour over layer 1.
  - » **Garnish:** Add a light layer of the leftover almond butter. Sprinkle the shredded coconut, blueberries and leftover raspberries and sliced almonds on top. ▲

### **Frappuccino Shake:**

- 12 oz. organic cold brew coffee
- 2½ scoops chocolate NeoLife shake powder
- ½ scoop vanilla NeoLife shake powder
- **DIRECTIONS:**
  - » Mix all in a blender with ice.
  - » Note: Make with all chocolate shake powder if desired. ▲

## **Cantaloupe Creamsicle:**

This delicious recipe tastes like a summer dessert and gives you an added boost of vitamins and antioxidants from fresh cantaloupe.

- 1 cup water
- 2 scoops Creamy Vanilla NeoLifeShake
- ½ cup cubed cantaloupe
- 1 cup ice

### **DIRECTIONS:**

- » Place water, NeoLifeShake, cantaloupe, and ice in blender.
- » Blend until smooth. ▲



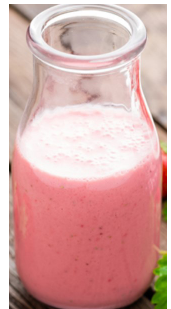
## **Strawberry Spa Day Shake:**

This blend of refreshing cucumber, lime juice and strawberries will have you feeling like you've just been to the spa.

- ¾ cup water or club soda
- ½ medium cucumber, peeled, chopped
- ½ cup sliced strawberries
- 2 scoops Berries n' Cream NeoLifeShake
- 1 Tbsp. fresh lime juice
- 1 cup ice

### ● **DIRECTIONS:**

- » Place water, cucumber, NeoLifeShake, lime juice, and ice in blender.
- » Blend until smooth. ▲



## **Horchata Shake:**

You have to try it... it's a tasty fiesta treat.

- 1 cup unsweetened almond milk
- 1 cup ice
- 2 scoops Creamy Vanilla NeoLifeShake
- 2 Tbsp. sliced almonds
- ¼ tsp. ground cinnamon
- 1 tsp. pure vanilla extract
- **DIRECTIONS:**
  - » Place all ingredients in blender.
  - » Blend until smooth.
  - » Garnish with a dash of cinnamon and a few almond slices if desired. ▲



## **Berry Watermelon Mint Mojito:**

A healthy twist on this refreshing summer cocktail.

- 1 cup sparkling water, divided for use
- 1 tsp. lime peel, scrubbed well and finely grated
- ½ cup cubed watermelon
- 3 Tbsp. fresh lime juice
- 2 scoops Berries n' Cream NeoLifeShake
- 2 Tbsp. chopped fresh mint leaves
- 1 cup ice
- mint sprig (for garnish; optional)
- watermelon slice (for garnish; optional)

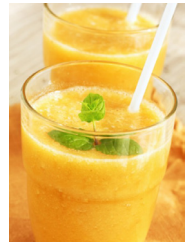


● **DIRECTIONS:**

- » Place ½ cup water, watermelon, NeoLifeShake, lime peel, lime juice, mint, and ice in blender.
- » Blend until smooth.
- » Add remaining ½ cup water and mix well.
- » Garnish with mint and watermelon slice if desired. ▲

**Meyer Lemon Vanilla Protein Shake:**

- 6 oz. cold water
- 6 oz. ice cubes
- 2 scoops NeoLife Creamy Vanilla
- 2 Tbsp. fresh Meyer lemon juice
- ¼ teaspoon of well-scrubbed Meyer lemon zest
- **DIRECTIONS:**
  - » Combine all ingredients in a blender.
  - » Blend until smooth or to your preference. ▲



**Powerhouse Shake:**

- 1½ cups of unsweetened almond milk
- 1 cup of fresh or frozen blueberries
- ½ cup of quick or rolled oats
- 2 scoops NeoLifeShake (any flavor)
- **DIRECTIONS:**
  - » Combine all ingredients in a blender and blend until smooth.
  - » Dilute according to your preference. ▲

### **Kiwi Melon Shake:**

- 2 scoops Creamy Vanilla NeoLifeShake
- 1 cup honeydew
- ½ of a kiwi
- ¼ of an avocado
- 6 ice cubes
- 8 oz. water
- **DIRECTIONS:**



- » Combine all ingredients in blender.
- » Blend until smooth.
- » Garnish with additional kiwi as desired and enjoy! ▲

### **Samoa Shake:**

Do you wait all year for Girl Scout cookie season? Well, here's the perfect recipe for your guilty pleasure. This delicious, Girl Scout cookie-inspired shake packs the same rich, indulgent taste with over 18 grams of protein and 5 grams of satisfying fiber to keep you feeling full for hours!\*

- 2 scoops Rich Chocolate NeoLifeShake
- ¼ cup full-fat cottage cheese
- ¼ cup unsweetened shredded coconut
- 6 ice cubes
- 8 oz water
- **DIRECTIONS:**



- » Combine all ingredients in blender.
- » Blend until smooth.
- » Garnish with additional coconut as desired. ▲

# Salads & Dressings

## **Homemade Salad Dressing #1 - Louis Style:**

- <https://youtu.be/mI1JFkTnveo>
- 1 cup apple cider vinegar with the mother (Braggs is a good brand)
- ¼ cup home-juiced lemon (peel off zest only, juice the rest)
- ½ cup organic extra virgin olive oil
- Small amount of honey if desired for flavor
- Salt and pepper to taste
- DIRECTIONS: Whisk or put in jar with tight lid and shake well. ▲

## **Homemade Salad Dressing #2**

After tearing, cutting or chopping all vegetables & placing into a large bowl:

- Sprinkle on a little sea salt, to taste.
- Squeeze fresh lemon or lime juice over the salt, to taste. Allow to meld for a minute or two.
- Drizzle a little olive oil over the salad and toss well with a fork & spoon until all is coated with the oil. ▲

## **Homemade Salad Dressing #3 - Six Healthful salad dressing recipes to spice up your salads**

- [Click here for link to video with recipes](#) ▲

## **Ranch Dressing:**

Basic recipe from [Ambitious Kitchen](#) blog.

Use this as a salad dressing, or as a dip for French fries or raw, cut-up vegetables!

- 1 cup plain greek yogurt\*\* (See below for non-dairy substitution options)
- 1 tsp. garlic powder
- ¼ tsp. onion powder
- 1½ tsp. fresh lemon juice (or sub apple cider vinegar)
- ½ tsp. salt, plus more to taste
- 2 Tbsp. water to thin dressing
- ½ tsp. dried dill or fresh chopped chives
- Optional: ½ tsp. honey or maple syrup
- Optional: \*\*If you do not wish to use yogurt, you may wish to substitute with either:
  - » 2 ounces raw, unsalted cashews (about ½ cup) or ¾-1 cup cooked, drained white beans (cannellini, navy, great northern) for all or part of the cashews if no nuts preferred; OR
  - » Make a mix of homemade sour cream and homemade avocado mayonnaise to use in place of yogurt. (See recipes under “Other Menu Items” below.)
- DIRECTIONS:
  - » Add all ingredients to a bowl or a mason jar & mix until well combined. If using a mason jar, simply put the lid on and shake the jar until well combined.
  - » Keeps in refrigerator for up to a week at least. Just stir or shake jar before serving. ▲



## **Classic Creamy Italian Dressing:**

This recipe comes from “The Busy Baker” and can be found at <https://youtu.be/uyMylObtxog>.

- ¼ cup white wine vinegar
- 2 Tbsp. lemon juice
- 1/3 cup extra virgin olive oil
- ½ cup natural, high-quality mayonnaise (see “Other Menu Items” section for a homemade mayo)
- 2 cloves fresh garlic, finely minced
- ½ tsp. dried basil
- ½ tsp. dried oregano
- ½ tsp. dried parsley
- ½ tsp. dried thyme
- 2 tsp. honey
- ¼ cup parmesan cheese, finely grated
- salt and pepper to taste
- a few tablespoons of water (ONLY IF NEEDED to thin the dressing out a little bit)



- **DIRECTIONS:**

- » Add all ingredients to a large Mason jar and shake very well until combined. Store in the fridge for a few hours before serving, or serve immediately over your favorite garden salad.
- » Shake well before serving.
- » If the dressing is too thick, simply add water one teaspoon at a time to thin it out to the desired consistency. ▲



## **Spinach-Dijon Dressing:**

From Kathy Fisher of Straight Up Food

A bright-green, slightly creamy “flavor bomb” of a dressing! Makes about 1 cup.

- 2 oz. spinach leaves (about 1 cup chopped & packed)
- ¼ medium, ripe avocado
- ¼ cup water
- 1 Tbsp. Dijon mustard
- 1 green onion, white and green parts, sliced
- 1 small clove garlic, sliced
- DIRECTIONS:
  - » Place all the ingredients (spinach, avocado, water, mustard, green onion, and garlic) into a blender, and blend until smooth, adding a little water as needed. Since this dressing is avocado-based, using it within 1 to 3 days is recommended, as avocado doesn’t keep as long as many other dressing ingredients. ▲

## **Chicken Curry Salad:**

Recipe courtesy of Carol Van Hill.

- 1 chicken breast, cooked and shredded
- ½ cup+ avocado oil mayo
- 1 to 3 tsp. curry powder
- 1-2 Tbsp. raw honey
- 2 stalks celery, chopped
- ¼+ cup chopped red onion
- Fresh grated ginger (about 1 inch piece)
- 2 carrots, shredded



- ¼ cup+ dried cranberries (or raisins)
- ¼ cup+ chopped pistachios or sunflower seeds
- Salt if needed
- Optional: ¼+ cup shredded coconut
- DIRECTIONS: “Measure with your heart” ▲



### **Grilled Chicken Salad:**

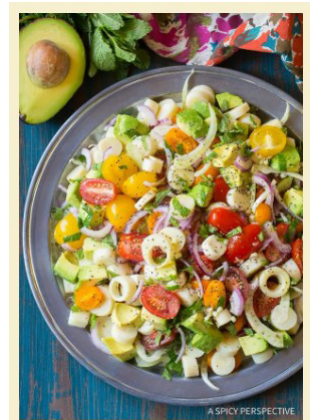
Makes 4 servings.

- 4 grilled boneless chicken breast halves
- ½ cup balsamic vinegar dressing (homemade)
- ½ tsp. lemon-pepper seasoning
- ½ tsp. garlic powder
- 1/3 cup olive oil
- ¼ cup honey
- ½ cup honey mustard (2 Tbsp. Dijon mustard + 2 Tbsp. honey)
- 1 garlic clove, minced
- ¼ tsp. dried tarragon
- ¼ tsp. dried rosemary, crushed
- 1 inch romain lettuce, torn
- 2-4 tomatoes, chopped
- 1 cup sliced cucumber
- 3-4 green onions, sliced
- DIRECTIONS:
  - » Combine balsamic dressing, lemon-pepper seasoning and garlic powder.

- » Place chicken in a saucepan; pour dressing mixture over chicken. Cover and heat at low until heated through.
- » Meanwhile, in a jar combine the oil, lemon juice, honey, honey mustard, garlic, tarragon, and rosemary. Shake well.
- » On four plates arrange the romaine, tomatoes, cucumber, and onions. Top with sliced chicken and drizzle with dressing. ▲

### **Brazilian Chopped Salad:**

- [Recipe Online](#) - Vegan and Gluten-free - Pairs well with Brazilian Fish Stew below
- ¼ cup fresh squeezed lime juice
- ¼ cup olive oil
- 1 clove garlic, minced
- 1 tsp honey or agave
- Salt & pepper
- 14 oz. hearts of palm non-GMO
- 12 oz. cherry or grape tomatoes
- 1 fennel bulb
- 1 ripe avocado
- ½ small red onion
- ¼ cup chopped fresh mint leaves
- **DIRECTIONS:** For Vinaigrette
  - » Pour lime juice, olive oil, garlic, honey, S&P in a jar.
  - » Screw the lid on tight and shake to combine.



● **DIRECTIONS: For Chopped Salad**

- » Cut the stems off the fennel bulb. Then cut the bulb in half and remove the core. Lay the fennel bulb halves flat, and slice into thin “shaved” pieces. Cut the tomatoes in half. Drain the can of hearts of palm, then chop into ¼-inch rounds. Cut the onion in half, using only half the onion, cut it in half again horizontally, then slice into thin strips. Cut the avocado into chunks. Finally, chop the fresh mint.
- » Place the shaved fennel on a large platter (or in salad bowl.) Top with tomatoes, hearts of palm, onion, avocado, and mint. Drizzle the salad dressing over the top and toss. ▲

**Fiesta Salad:**

Planning a Mexican feast? Then this healthy & delicious Fiesta Salad is just what you need to get the party started! It’s so easy to put together; there’s no detailed prepping or cooking. And you can serve this as your main dish, as a dip, with tacos or alongside quinoa rice – the options are endless! Serves 4

- 2 cucumbers, diced
- 2 yellow bell peppers, diced
- 2 cups black beans, drained and rinsed
- ½ cup chopped cilantro
- 1 cup diced red onion
- ½ cup diced red cabbage
- 2 cups cherry tomatoes, halved
- 3-4 avocados, seeded and cubed



- 4 Tbsp. extra virgin olive oil
- 2 limes, juiced
- DIRECTIONS:
  - » Place all the veggies in a large bowl (except the avocado) and toss to combine.
  - » Drizzle lime juice and olive oil over veggies to make the flavors pop and toss to combine.
  - » Then add avocado and toss gently so they don't get mushy. Taste for salt and pepper, add as needed.
  - » Refrigerate for 1 hour. Serve and enjoy! ▲

### Superfood Black Bean & Quinoa Salad:

Submitted by Arleen Morris, based on recipe from [Elizabeth Rider](#). My most requested recipe - and it's vegan too. If desired, make the day ahead (just as good if not better the second day) but I prefer leaving the green onion to add just a couple hours before serving. Quinoa has the texture of a grain but is actually a seed, and a complete protein at that. It's filled with nutrients and along with the other ingredients here this salad is highly nutritious and highly delicious.



- 2 cups cooked quinoa (1 cup dry quinoa yields about 2 cups cooked) - see cooking info below
- 1/3 cup extra virgin olive oil
- 1 tsp. ground cumin
- 1 clove garlic, pressed, grated or finely chopped
- Juice of one lime (about 2 tablespoons)

- 1 tsp. fine sea salt
- ¼ tsp. cayenne pepper (optional for heat, but even with 1/8 tsp. it's still mild enough for non-spice lovers)
- 1 15-oz. can organic black beans, rinsed and drained well
- 1 red bell pepper, quarter inch chopped (about 1 cup)
- 6 green onions, root removed, white and part of the greens chopped (about 1 cup)
- 1 handful of cilantro, rough chopped (about 1/3 cup)
- **DIRECTIONS:**
  - » Prepare the quinoa (see below). While the quinoa is cooking, whisk the olive oil, cumin, garlic, lime, salt and cayenne (if using) together in the bottom of a large bowl to let the flavors marry while you chop the veggies.
  - » Rinse and drain the black beans, then chop the veggies; the key is to make the peppers and onions about the same size as the beans.
  - » Add the cooked quinoa, beans and veggies to the bowl and gently fold it all together with the dressing. The quinoa can be warm, room temp, or cold when you make the dish. Regardless, I suggest letting it chill in the refrigerator at least 30 minutes to let the flavors come together. It tastes best served room temperature or chilled.
- **Preparation Tips:**
  - » To prepare the quinoa, rinse it well with in a fine mesh colander and let all of the water drain. Add the rinsed quinoa to a pot and add double the amount of

purified water or veggie stock (e.g. 1 cup dry quinoa needs 2 cups of liquid). Bring the pot to a boil, then cover and reduce heat to low and simmer for about 15 minutes until all of the liquid is absorbed and the little “tail” of the quinoa has sprouted out. Fluff with a fork and reserve for your recipe. If desired, make more than needed... it keeps well in the refrigerator up to 5 days or freezes well too. ▲

### **Quinoa Arugula Salad:**

- 2 cups pre-cooked quinoa
- 4 cups arugula
- 1/3 cup sun dried tomatoes
- 1/3 cup feta cheese
- 3 oz. lemon vinaigrette
- 1/3 cup diced cucumber
- ¼ cup parmesan cheese
- ¼ cup raisins
- DIRECTIONS: Mix and serve! ▲

### **Sun-Dried Tomato Orzo Salad:**

Recipe courtesy of Marcie Williams.

- 1 box or bag organic orzo
- 1 tsp. turmeric
- 1 8-oz. jar organic sundried tomatoes
- 1 bunch organic green onions, chopped
- 1 small can chopped organic black olives
- ¾ to 1 cup Organic Feta Cheese (amount to taste)

- **DRESSING INGREDIENTS:**

- ¼ cup sherry vinegar or Bragg's apple cider vinegar
- 1 tsp. organic crushed garlic
- 3 Tbsp. Dijon mustard
- 1 tsp. pink Himalayan salt
- ½ tsp. black pepper

- **DIRECTIONS:**

- » Cook orzo as directed in sauce pan with turmeric.
- » Drain oil from tomatoes into glass measuring cup. Add enough olive oil to bring level to one cup. Combine with remaining salad ingredients.
- » Mix dressing ingredients well and pour over salad and mix together.
- » Refrigerate 1-2 hours or overnight to allow flavors to marry. ▲

## **Greek Salad & Dressing:**

To see the video version from Jessica Gavin, click <https://youtu.be/7YXUYITxrqQ>. Also watch to see how she pickles the onions for best flavor.

- ½ cup red onion
- ¼ cup red wine vinegar
- 2 Tbsp. honey
- 8 cups romaine lettuce
- 1 cup cucumber
- 1 cup tomatoes
- ¾ cup green bell pepper
- ½ cup pitted kalamata olives





- 4 oz. feta cheese

**For the Dressing** (makes about  $\frac{3}{4}$  cup)

- 3 Tbsp. red wine vinegar
- 1 tsp. lemon zest (scrub lemon well)
- 1 Tbsp. lemon juice
- 2 tsp. minced garlic
- 1 tsp. Dijon mustard
- 1 tsp. honey
- $\frac{1}{2}$  tsp. dried oregano
- $\frac{1}{2}$  tsp. kosher salt
- $\frac{1}{4}$  tsp. black pepper
- $\frac{1}{2}$  cup extra virgin olive oil
- **DIRECTIONS:**
  - » Place all the salad ingredients in a large bowl.
  - » Whisk together all the dressing ingredients except the olive oil.
  - » Very slowly drizzly the olive oil into the dressing mix, whisking constantly.
  - » Add about half the dressing to the salad and toss.
  - » Serve the rest of the dressing on the side for guests to add as they like. ▲

# Soups/Stews

## **Homemade Bone Broth:**

- Organic bones (chicken, turkey, grass-fed beef, or lamb)  
- carcas of a cooked chicken is great!
- (optional) Add chicken neck, kidney, feet
- Whole vegetables, such as carrots, celery, onions and garlic, and/or use the scraps of these vegetables, including onion skin, etc.
  - » Odds & ends that you wouldn't normally put in other recipes make very nutrient-rich and flavor-enhancing additions to your broth. No need to cut up.
  - » You'll ultimately strain the stock, there's no worries about ending up with onion skin in your final product.
- 3 Tbsp. apple cider vinegar "with the mother" (to draw the minerals out of the bones)
- 1 tsp. sea salt + 1 tsp. peppercorns
- Optional: 2 bay leaves, any other spices or herbs you wish such as oregano, parsley, etc.
- DIRECTIONS:
  - » If adding any leftover meat or organ meat, brown it before adding. Beef bones do not need to be cooked ahead. (If using beef or lamb bones, some people like to roast them ahead for 30 minutes at 425 degrees F to enhance flavor - not required though. If you do, be sure to scrape all the brown bits from the roaster to add to the broth.)
  - » Put everything in a large pot or slow cooker, cover with cold filtered water (leave room for water to

boil).

- » Heat slowly. Bring to a boil and then reduce heat to simmer. Remove any scum as it arises.
- » Cook slow and at low heat. Chicken bones can cook for 24 hours. Beef bones can cook for 48 hours. A low and slow cook time is necessary to fully extract the nutrients in & around the bone.
- » Remove from heat, allow to cool slightly. Discard solids, strain remainder in a bowl through a colander.
- » Let stock cool to room temperature, cover and chill. Use within a week or freeze for up to 6 months. ▲

### **Coconut Thai Curry:**

May be made with chicken or any meat of your choice; or omit meat to make it vegetarian.

- 2 medium onions chopped
- 1 tsp. ginger
- 1 tsp. garlic
- ¼ cup coconut oil
- 3 cups cubed meat
- 1 cup of water
- 3 medium chopped tomatoes
- ½ cup chopped cilantro
- 1 cup chopped carrots
- 1 cup chopped sweet potatoes
- 1 cup chopped yams
- 3 tsp. mild curry
- 2 bay leaves

- 1 cup chopped potatoes
- 4 cups of any chopped vegetable of your choice (for example, cabbage, zucchini, beans, peas, etc.)
- 1 can coconut cream
- Optional: If you want to sweeten it a bit, add apricot jam to your taste.
- **DIRECTIONS:**
  - » Brown onions with ginger, garlic and coconut oil.
  - » Add salt and pepper as desired.
  - » Add meat and sear on all sides.
  - » Add water, tomatoes, cilantro, carrots, sweet potatoes, yams, curry, bay leaves and potatoes. Let simmer for ½ hour.
  - » Then add the 4 cups of vegetables and continue simmering until vegetables are cooked through.
  - » Add coconut cream and allow to heat through before serving. Add the following garnish if desired.

**Garnish to go with the curry:**

- 1 chopped tomato,
- ¼ of an onion, chopped
- ¼ cup chopped cilantro
- Salt & pepper to taste
- 2 Tbsp. apple cider vinegar (with the “mother”)
- ½ tsp. brown sugar
- 1 tsp. lemon juice
- **DIRECTIONS:**
  - » Mix together and serve with curry dish. ▲

## Simply the Best Lamb Stew:

Jamie Oliver shares his Simple Lamb Stew recipe that is dubbed “the Best” by those who’ve tried it! [https://youtu.be/cvn8B1hm\\_Oo](https://youtu.be/cvn8B1hm_Oo). ▲

## Chicken Stew:

Like a bit of spice? This chicken stew from Spice Eats might just suit you! Check it out at [https://youtu.be/\\_P1n4KaUrQ](https://youtu.be/_P1n4KaUrQ). ▲

## Curry Soup:

Recipe courtesy of Carol Van Hill. This is a soup loaded with vegetables, curry powder, fresh ginger and coconut cream. Choose a variety of vegetables that you like, measure with your heart.

- 2 stalks celery, diced
- 1 onion, diced
- 4 carrots, diced
- 2 bell peppers
- 2 leeks
- ½ head of cabbage
- 1 tsp. fresh grated ginger
- 2 tsp. curry powder
- 3-4 cloves fresh garlic
- 1 can of coconut cream
- 6 cups water
- 2 tsp. Himalayan salt or unfiltered sea salt
- DIRECTIONS:



- » Saute onion, celery, carrots until soft.
- » Add crushed garlic and grated ginger, saute for about 2 minutes.
- » Add water, salt, curry powder, and all the vegetables. Simmer until soft, about 30 minutes. Add coconut cream.
- » You can also just dump EVERYTHING in a slow cooker and cook for several hours.
- » Optional: Saute some chicken, and add chicken broth instead of water.
- » Feel free to omit any ingredients you have issues with. Feel free to add others not in the recipe, like bok choy, chard, kale, etc. ▲

### **Brazilian Seafood Stew (more of a soup):**

- Use all organic ingredients, wild-caught fish
- 1-2 tsp. avocado oil
- 1 large onion, diced
- 1 large bell pepper (any color), seeded & diced
- 2 cups chopped fresh tomatoes (about 5 medium Roma) (or one 15 oz. can diced)
- 1 bunch cilantro (divided), leaves rough chopped
- 2 cups vegetable broth (or chicken broth if preferred)
- 3 (or more) large garlic cloves, minced
- 1 cup coconut milk (or use the whole can if you like)
- ¾ pound firm white fish - cod, sole, hoki, roughy, snapper, halibut, etc., cut into inch-square pieces
- 1 cup +/- shrimp (okay to omit & increase the fish)

- ¼ tsp. crushed red pepper (optional)
- Salt/pepper to taste
- Lime wedges
- DIRECTIONS:
  - » Heat the oil in a large saucepan or soup pot over medium heat. Add the onion and bell pepper; cook, stirring occasionally, until softened, about 6 minutes.
  - » Add the tomatoes, broth, garlic, a third of the cilantro; bring to a boil. Reduce heat and simmer, uncovered, until slightly thickened, about 10 minutes.
  - » Either carefully ladle about half the mixture (2 cups) into a blender or food processor, let cool about 5 minutes; blend until smooth and return to the pan. OR use an immersion blender, blending about half of it right in the pot.
  - » Stir in the coconut milk and bring to a simmer.
  - » Add the fish and (if using) shrimp and red pepper. Cook on medium-low until fish is opaque. Do not allow to boil.
  - » Just before serving, add another ¼ c. chopped cilantro and one sliced green onion to the pot. Add salt & pepper to taste. Squeeze fresh lime juice onto each individual serving. ▲

### **Hearty & Easy Vegetable Soup:**

Let “The Domestic Geek” show you how to make a healthy vegetable soup at: <https://youtu.be/RnStH45AWMg>. ▲

## **Fresh Tomato Gazpacho Soup:**

Gazpacho is a chilled Spanish soup. You can spice it up according to your threshold of tolerance. The core of gazpacho soup is fresh tomatoes. One cup gives you 2 grams of fiber and keeps your blood sugar in balance. Makes 2 servings.

- 1 small carrot
- 2 large tomatoes
- 1 cucumber, peeled
- ½ celery rib
- ½ to 1 red, yellow or green bell pepper
- ¼ cup chopped red onion
- 2 cloves garlic
- juice of ½ lemon
- juice of 1 lime
- 1 Tbsp. balsamic vinegar
- ½ cup chopped cilantro
- ¼ cup chopped parsley (curly or Italian)
- Salt and pepper to taste
- Pinch of cayenne pepper or dash of hot sauce
- ½ tsp. cumin and or chipotle powder (optional)
- Avocado cubes, for garnish (optional)
- **DIRECTIONS:**
  - » Blend all ingredients except the cilantro & parsley in a blender.
  - » Mix in the cilantro & parsley and let cool in the refrigerator in a sealed container. The flavors intensify overnight. ▲





# Other Menu Items

## **Classic Stuffed Peppers:**

- 4 medium green bell peppers
- 2 eggs, lightly beaten
- 2 cups spaghetti sauce (homemade or an organic, no-sugar or corn syrup brand)
- 2 cups cooked brown rice
- 2 Tbsp. finely chopped onion
- ¼ tsp. sea salt (optional)
- dash of cayenne
- 1 pound ground beef, cooked briefly and drained
- **DIRECTIONS:**
  - » Cut tops off peppers and discard; remove seeds. In a large saucepan, steam peppers in a little boiling water for 5 minutes. Drain and cool.
  - » In a bowl, combine the eggs, ½ cup of the spaghetti sauce, rice, onion, salt, and cayenne. Add beef to mixture and mix well. Stuff into peppers.
  - » Place in an ungreased baking dish. Pour the remaining sauce over peppers. Cover and bake at 350° for about 30 minutes.
  - » 4 servings ▲

## Spanish “Rice”:

Recipe by Robin Gagnon of [Mom Foodie](#) blog.

Grated cauliflower resembles rice. Try using an orange cauliflower if they’re available in your area. Gluten free, grain free, low carb (8 carbs - 2 fiber = 6 net carbs; swapping onions for ½ tsp. onion powder and reducing tomato paste by half will lower the net carbs to 4g)

- 1 small head cauliflower (or enough to make about 12 oz. grated) or purchase frozen if needed
- 1 Tbsp. oil: avocado, coconut, olive oil or ghee
- ½ medium onion diced (approximately ½ cup)
- ½ tsp. chili powder
- ½ tsp. cumin
- ½ tsp. garlic powder or one clove of garlic minced
- salt and pepper
- 2 Tbsp. tomato paste
- DIRECTIONS:
  - » There is no need to thaw the riced cauliflower if frozen (it is actually easier to get out of the bag if you don’t).
  - » Place large skillet over medium high heat and add oil.
  - » Once the oil is hot, toss in the onions and spices. Stir to coat, then add the paste and riced cauliflower. Mix well, then cover.
  - » Cook for about about 10 minutes, stirring several times while the cauliflower rice cooks. ▲



## **Homemade Bread (Peasant Bread) a la Louis:**

Play with the temperature and time to rise depending on altitude. I mill my own flour and recommend spelt berries for that, but any flour works.

- 4 cups flour
- 2 cups warm water
- 2 teaspoon honey
- 2 teaspoons salt
- 2½ teaspoons yeast
- **DIRECTIONS:**
  - » I mix everything with my clean hands, doing a bit of kneading as I go. Let rise in warm spot for 90 minutes.
  - » Punch down, form to shape and put in baking pan or on a baking sheet & let rise again for 50 minutes.
  - » Bake for 50 minutes @350°F (180°C). ▲

## **Homemade Hummus:**

- ¼ cup (59 ml) fresh lemon juice (about 1 large lemon)
- ¼ cup (59 ml) tahini
- ½ a large garlic clove, minced (or more if desired)
- 2 Tbsp. olive oil
- ½ tsp. ground cumin
- ½ tsp. kosher salt, or more depending on taste
- 1½ cups home cooked chickpeas (garbanzo beans) OR one 15-oz can (425 gms) chickpeas
- 2 to 3 Tbsp. water
- Dash of ground paprika for serving (if desired)

● **DIRECTIONS:**

- » In the bowl of a food processor, combine lemon juice and tahini. Process for 1 minute. Scrape sides and bottom of bowl then turn on and process for 30 seconds. This extra time helps “whip” or “cream” the tahini, making smooth and creamy hummus possible.
- » Add the minced garlic, olive oil, cumin and salt to whipped tahini and lemon juice. Process for 30 seconds, scrape sides and bottom of bowl then process another 30 seconds.
- » If using canned chickpeas, drain liquid then rinse well with water. Add half of the chickpeas to the food processor for 1 to 2 minutes or until thick and quite smooth.
- » Most likely the hummus will be too thick or still have tiny bits of chickpeas. To fix this, with the food processor turned on, slowly add 2 to 3 tablespoons of water until the consistency is perfect.
- » Scrape the hummus into a bowl then drizzle about 1 tablespoon of olive oil over the top and sprinkle with paprika.
- » Store hummus in an airtight container and refrigerate up to one week.
- » Add in whatever flavoring items you like. For example, 4 large leaves of basil, chopped, plus about a 2”x2”x ½” chunk of feta cheese. ▲

**Dairy-Free Sour Cream:**

Recipe by Melissa King, in [My Whole Food Life](#) blog

- 1 cup raw cashews

- 2 Tbsp. lemon juice or juice of 1 small lemon
- 2 Tbsp. apple cider vinegar
- ¼ cup water
- Salt to taste
- **DIRECTIONS:**



- » Soak the cashews overnight. Best soaked in the fridge for cold sour cream.
- » Drain and rinse them the next day.
- » Add the cashews to a blender and blend for 1 minute.
- » Add in the lemon juice and vinegar and keep blending.
- » Lastly, add in the water and salt. Blend until it's smooth.
- » If the consistency is a little thick, you can add a little more water until you reach a desired consistency.
- » This sour cream should keep in the fridge for a couple weeks. ▲

### **Avocado Mayonnaise:**

- 1 avocado (medium to large - use 2 if small)
- juice of ½ lemon
- ¼ tsp. salt (or to taste)
- 1 pinch cayenne pepper (optional)
- ¼ cup extra virgin olive oil
- **DIRECTIONS:**
- » Wash the avocado and cut it in half. Scoop out the flesh and put it into the blender.

- » Add lemon juice, salt, and cayenne pepper and blend together.
- » With blender running, add olive oil slowly. You may have to stop the machine several times to redistribute ingredients. Puree to a smooth creamy mixture.
- » Makes  $\frac{3}{4}$  cup.
- » Suggested additions to try: onion powder, garlic or garlic powder; avocado oil instead of olive oil, ground mustard, apple cider vinegar. ▲

### **Home-cooked Pinto Beans:**

How to cook dry pinto beans - to use as is or in refried bean recipes. See video by Simply Mamá Cooks at <https://youtu.be/69ryGoDB9RE>. ▲

### **Dominican Beans From Scratch:**

See Chef Zee teach another recipe for dry beans at [https://youtu.be/AiUPzszk\\_10](https://youtu.be/AiUPzszk_10). ▲

# Household Recipes

## **Homemade Mouthwash:**

- 3 cups spring water
- 1 Tbsp. calcium carbonate powder (may be sold as Bone Meal Powder - check ingredients)
- 8 drops concentrated trace minerals (find at health food store or Amazon)
- 6 drops liquid pure stevia (optional)
- 5 drops each of these essential oils: peppermint, tea tree (melaleuca), spearmint, lemon, and caraway (if desired) or use oils you prefer
- **DIRECTIONS:**
  - » Put all ingredients into a jar with a lid.
  - » Shake well.
  - » Use ½ to 1 teaspoon when needed, shaking well before each use. ▲

## **Homemade Toothpaste - Coconut Oil:**

Coconut oil toothpaste enhances the microbiome in the gut. In fact, coconut oil can even serve as a natural means of preventing candida within the mouth. There is even some evidence coconut oil can reduce the bacteria that causes cavities.

- 4 Tbsp. coconut oil
- 2 Tbsp. baking soda
- ½ tsp. natural green stevia
- 2 Tbsp. bentonite clay

- **DIRECTIONS:**

- » Combine ingredients so they form a smooth texture. Some use their food processor to mix the ingredients.
- » If you would like your coconut oil toothpaste to taste fresh and minty, add 10 drops of peppermint essential oil for added taste. ▲

## **Homemade Toothpaste - Xylitol:**

Xylitol toothpaste might ring a bell as xylitol is often referenced as an ingredient used in chewing gum to clean the teeth. Xylitol is a natural cavity-fighter. According to the American Dental Association, studies show xylitol really does significantly decrease tooth decay. Though xylitol is difficult to spell and pronounce, you can obtain it with surprising ease and use it to create your own toothpaste. Here's how:

- 4 Tbsp. coconut oil, melted (if needed, fill the sink with warm water. Put a jar of coconut oil in the water for five minutes or until it melts.)
- 6 Tbsp. baking soda
- 1 tsp. xylitol
- 2-3 drops peppermint essential oil
- **DIRECTIONS:**
  - » Put coconut oil and baking soda in a bowl. Stir until it forms a paste,
  - » Add xylitol and peppermint oil. Stir the mixture once again until it regains its paste texture. ▲



# Notes

# About the Author & Acknowledgments

## About the Author

**My name is Louis Smith, I grew up on a trading station in the rural Transkei of South Africa. At the age of 26, I applied for a life policy but was rejected and was diagnosed with Leukemia. After doctors tried all options for five years, I was sent home and given only a few months to live. With death knocking at my door, out of desperation I listened to a friend who cared enough to give me supplements and educate me about the impact that whole food, clean, non-GMO nutrition can have on our lives. So at 26 I was refused a life policy, but now at over 60 I am healthier**



than I've ever been, thanks to the understanding of whole food nutrition and the support of NeoLife nutritional supplements.

My life's passion is to spread my story and help others create their own. God has blessed me with the knowledge that whole food nutrition can mean the difference between life and death, and I'm here to share that wealth.

I am now a Nutritional Consultant and have spoken in over 25 countries on whole food nutrition with audiences up to 11,000 people. I'm extremely passionate to teach about healthy eating habits, as well as leadership and making a positive difference.

My passion remains as I mentor an organization to march across this nation empowering one household at a time to make wiser food choices. My hope and prayer is that each person may make the decision to live healthier and more vibrant lives.

**Louis Grant Smith**

**Certified Nutritional Consultant**

**Certified Holistic Nutrition Consultant**

**Certified Sports Nutritionist**

**Certified John Maxwell Coach**

**Co-author of the book, *Winning the Cancer Battle***

**Loving husband, father and grandfather**

# Acknowledgements

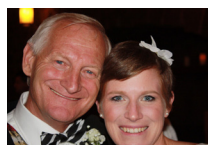
I would like to thank those who helped me in writing this book.

First, my gorgeous wife, LaVerne. When I was too sick to get up she would bring the Word of God and read to me, and pray with me. When I changed my mindset and chose to eat healthily, she spent hours and hours preparing good food for me. Such an incredible lady!



Then my children, Mary Jane, Elizabeth and David. Love them with all my heart. They suffered with me when I was so sick and dying; I was grumpy and irritable. Because of them I made a decision to be kind and grateful and that was the beginning of my turnaround.

First, my eldest daughter, Mary Jane; what a gem! A few years ago her son became autistic suddenly, just after a vaccination. Because of the impact she saw on my life with lifestyle and diet changes, she worked hard with him and taught this little 4 year old about foods that weren't good for him. Now he goes to parties and makes the choice not to eat the treats that he knows are unhealthy. She was also a huge prayer warrior. And they won the battle! He lost his autism 100%! We give God, Jesus Christ, our King and Savior, the glory and praise.



Then there's Elizabeth, such a kind heart. You can see dad's pride for this awesome daughter. She was in diapers when I was dying with cancer, and here now today, she has given me four grandkids! She and her husband own and run an organic farm. Very strong and powerful lady. I'm so, so proud of what they've done with their lives.



And there's my son. There's such a big gap between him and his siblings because when they sent me home to die I told my wife, "No more children; I can't leave you like this." But many years later when I was feeling so good, God graced us with a wonderful young man, David.

We've done so many things together... here you see we went spear fishing in Africa and deep sea fishing in Alaska. He's the man I have para-sailed with, snorkeled, scuba dived and surfed with.



But let me tell you how incredible he is. After high school graduation he went on a mission trip to Asia with YWAM and came home so deathly sick. He dropped down to around 100 pounds, and we thought he was going to die. But he has been fanatic about his lifestyle and improved. He is gaining weight and is nearly back where he was before. We just visited him and his wife in Boise. When we all went out for dinner, he took his own food; it reminded me of the days when I used to do that. I am so proud of him; he has a great heart, is so thoughtful and genuine. And it's all from his mom!

**Then there's Arleen Morris. She is the one who put this book together. I gave her the ideas, she put it together. I'm not good on computers, and my life is so crazy mentoring thousands of people. She does any research I need and brings it all together. She's far more than a secretary or personal assistant.**



**And I want to thank you Arleen, and David, and Elizabeth, and Mary. But I really want to thank you, La-Verne, for what you've done in my life, for standing by me, for believing me, for loving me, for being a friend.**

