

INTRODUCTION

*"Health isn't the absence of disease,
it is the ability to overcome it!"*

Health, or disease, is determined by the state of the "terrain," (the body), rather than a battle against "germs."

To maintain health, or to heal a diseased body, one must look at many factors, such as the pH balance (acid and alkaline balance), the level of toxin accumulation (from aging, lifestyle and environmental factors) and nutritional status (strengths, excesses and deficiencies).

We need to address our emotional state, our spiritual growth, our energy level, and amount of time and finances we are willing to commit to address our health recovery.

This book briefly addresses physical healing, emotional healing, and touches on spiritual growth. The main focus is on nutrition, using simple theory of the macronutrients (fats, carbs, and proteins), and other important topics such as use of sugar, caffeine, and microwaving. One half of the book (left side pages) is composed of nutrient dense recipes for creations made with whole, natural, and preferably organic ingredients. The recipes are simple and easy to make. A glossary and simple charts on protein, carbs and fibre will help you choose a complete, balanced, lifetime eating plan.

Choose "nutrient dense" foods (whole, unprocessed and organic) rather than foods that provide only empty calories. There are many menu plans, shopping tips, substitutions provided, along with gluten- and dairy-free information and recipes.



*"As we are liberated from our own fear,
our presence automatically liberates others."*
Nelson Mandela

Cajun Cocktail Nuts

1/2 cup	coconut oil, melted
2 tbsp	Worcestershire sauce <i>(buy gluten-free for gluten-free diet)</i>
2 tsp	chili powder
3 - 4 dashes	Tabasco sauce
8 cups	raw unsalted nuts <i>(use almonds, cashews, pecans, walnuts, peanuts or your choice of whatever you have on hand)</i>
1 tsp	garlic powder to sprinkle on when out of oven

- 1 Preheat oven to 275° F.
- 2 Mix first 4 ingredients in a glass measuring cup.
- 3 Combine nuts in a large roasting pan and drizzle mixture over, stirring to coat.
- 4 Bake 45 minutes, stirring every 15 minutes.
- 5 Remove from oven and sprinkle with garlic powder, stirring well.
- 6 Cool in pan on wire rack.
- 7 Package and store.

Nature's Medicine:

Nuts are loaded with healthy unsaturated essential fats that help lower LDL cholesterol.



*"Most neurotransmitters that normalize mood,
memory, and mentition – and prevent depression – require
amino acids for their regeneration."*
Dr. Majid Ali, The Institute of Integrative Medicine