

Nutrition Essentials for Everyone

Dr. Ed Bauman and Chef Lizette Marx



Bauman Wellness
food • arts • community



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— ED BAUMAN, M.ED., PH.D., NOVEMBER 10, 2020

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Inspiration and Hope

“Hope is a dimension of the soul. It transcends the world that is immediately experienced and is anchored somewhere beyond its horizons. Hope in this deep sense is not the same as joy that things are going well. Or the willingness to invest in enterprises that are obviously headed for success, but rather an ability to work for something because it’s good, not just because it stands a chance to succeed. Hope is definitely not the same thing as optimism. It’s not the conviction that something will turn out well. But it is the certainty that something makes sense regardless of how it turns out. Hope above all which gives you the strength to live and continually try new things.”

— VACLAV HAVEL, FORMER CZECH PRESIDENT, POET, WRITER, HUMANITARIAN. (2004)

Relevance

“Caring for myself is not indulgence, it is self-preservation, which is an act of political warfare.”

— AUDRE LORDE

As a black, indigenous, woman of color (BIWOC) born and raised in the St. Louis, Missouri metropolitan area, I inherited the awareness of my family and community members. My experience is unique in that it included athletics, travel, community events and various resources in another community, which was wealthier and whiter, part of the longest running desegregation school program in the nation.

Witnessing people struggle with chronic and multi-generational trauma, obesity, diabetes, fibroids, and other paths to premature death, within a culture of massive social injustice and medical indoctrination, my generation can earnestly say that few of us learned to authentically care for ourselves. For systematically marginalized people with complex ancestral relationships with the land, food systems and traditional healing ways, given all the threats we face and limited support we receive, learning how to be well is an essential survival skill. There is a systemic connection between mental and physical unwellness, poverty, racism, hunger, and long-term outcomes. While there are countless external decisions beyond our control, what we put into our bodies is our choice to make. It’s time we sorted out for ourselves authentic, cultural healing foods and beverages from what we eat and drink for convenience that weakens us. The value of nutritious food for individuals, households and community is immeasurable.

As an artist, an entrepreneur and a peacemaker I am committed to elevating consciousness and empowering the collective liberation of individuals, organizations and communities.

Nutritional Essentials for Everyone (NEE) is an accessible, joyful book and learning platform to give us the knowledge and tools to cultivate a more conscious relationship with food and healing. The revolution that will unify us as a world family will require nutritious food for all. To be strong, calm and resilient we need to be well in body, mind and spirit, with our roots planted firmly in mother earth. NEE is a comprehensive manual of the knowledge that is ingrained in world culture (or should be), which has been stripped away by capitalism, poverty and media manipulation that hooks people, especially our precious youth, to maximize calories and fleeting pleasure with cheaply made consumables. Our ability to think and concentrate, to make good decisions for ourselves and our families, process complex challenges, think long-term, big picture, are profoundly impacted by our food, culture and environment. We can’t make nuanced decisions or take effective personal and collective action when there’s garbage in our personal and collective systems. We have a lot of dogma to shed, and empowering behaviors to put into practice. NEE provides us with information we didn’t receive at home growing up, or in school. It’s time to know how our bodies work and how to express gratitude for the miracle of life real food provides. NEE elevates us beyond eating to survive; it is about eating to thrive.

Before we can change the world around us, we must first step up to the plate and create well-being within ourselves. We can incorporate powerful nutrition, yoga, and meditation into our daily routines. No one can do this for us; we can and must support one another to practice well-being, together in diverse communities of love and respect.

Thanks to Dr. Ed Bauman and his colleagues for sharing *Nutrition Essentials for Everyone* with everyone.

— Shalonda Ingram, BornBrown.us



Prologue

Greetings! I hope this is the beginning of a delightful new cycle for you as you embark on a journey to learn, practice and share *Nutrition Essentials for Everyone*. I have high hopes for you to easily assimilate the food for thought that follows. I have many hopes for you: (1) that you enjoy the program, (2) that we hear from you about what affected you most deeply, (3) that you see the fruits of your efforts to grow by feeling better physically, emotionally, mentally and spiritually, and (4) that your family and friends are inspired by your shining example.

I send a blessing of love, peace and indomitable hope to you and your loved ones, to all our relations, including mother earth. When our hope joins the hope of others, we mitigate the fear that we might come up short, do too little, and be too late. I don't subscribe to that narrative, and neither do you if you are reading this.

— Dr. Ed Bauman
Sebastopol, CA, November 10, 2020

Preface

When Ed asked me to write a short preface for *Nutrition Essentials for Everyone*, co-created with Chef Lizette Marx, I went with my default position of saying, "Sure, I'd be happy to do that." I divulge that I am mostly retired after 20 years of being a nutritionist in a busy, integrative clinic and no longer opine on these matters in any official capacity. However, in phase two of my culinary journey, I am a busy chef and producing online culinary content on a regular basis, so I still have both feet in the kitchen and my head mostly in the pots. When it comes to food, I have a fair bit to say.

The field of nutrition has always been over-populated with diametrically opposing viewpoints on what constitutes a "healthy diet." For decades there has been a pendulum effect that swings, demonizing one or another macronutrient. Fat was the devil in the 70's and 80's. Now, carbohydrates have adopted that role and are striking fear into the hearts our citizens. I often joked that there will *have* to be a protein-free diet craze coming soon, but who knows.

Most of these shifts in dietary beliefs have either been politically motivated or are simply attempts to sell a book or some program where it is really just about sales and very little to do with actually promoting health. People are confused, turned off and frustrated by such wildly conflicting information and opinions that often masquerade as good science. Alas, there is hope...

What has always been refreshing and truly unique about Dr. Ed Bauman's *Eating for Health*[™] model is that, at its core, it is non-dogmatic and focused on what is relevant to individuals and not a one-size-fits-all plan. More importantly, is the broader philosophy that becomes a powerful life practice in myriad, transformative ways.

Philosophy into Practice. This is fundamental to living one's best life.

Having been friends with Ed for many years, I have been inspired by him because he truly "walks his talk" and that is a pretty rare thing. This book is what you need if you want thoughtful, progressive nutrition and culinary information that is woven together in a consistent and coherent way.

Enjoy and Be Well.

— Geoffrey Marx, NC
Chef, Co-Owner, **MarxCulinary.com**



Introduction

Welcome to *Nutrition Essential for Everyone*! This program cuts to the essence of Dr. Ed Bauman's *Eating for Health™* model and mission. I couldn't be more proud to be a part of *Nutrition Essentials for Everyone* (NEE). It has been an honor to collaborate on this transformational program with Dr. Ed, my teacher, mentor, colleague, and friend. Through the years of NEE's development and evolution, I've created and tested numerous delicious and healthy recipes, logged in hours of film production to show and teach healing food culinary principles and applications through cooking demos, and written numerous kitchen hacks and advice on how to streamline your cooking space for success.

Eating for Health™ is a lifestyle, not just another list of food do's and don'ts. It considers all aspects of living well through a reverent approach to mindful practices — from cultivating healthy relationships to food and the environment to developing a deeper understanding of nutrition and what it means to be truly well in body, mind, and spirit.

We invite you to become more conscious about the choices you make every time you shop at the grocery store or order something from a restaurant. We invite you to warm up your kitchen, prepare more meals at home with your family and loved ones, try out scrumptious NEE recipes, and enjoy the magic of blending tastes, textures, colors and flavors, and feeling what it is like to eat well.

Nutrition Essentials for Everyone is a self-pace course. You can watch videos over and over. You can use this syllabus to deepen your understanding and practice of the art and science of whole food nutrition and culinary arts from the Bauman perspective of the *Eating for Health™* model, the Four Levels of Eating, sourcing foods wisely, and understanding the health value and ecological virtue of organic food on a deeper level. This book provides traditional wisdom and modern research on the foods, herbs, and spices that promote good health and the culprit ingredients that lead to dis-ease, what Dr. Bauman refers to as *Nutrition Heroes* and *Nutrition Bandits*.

WARNING: After teaching the Natural Holistic Chef students I have seen that this information can be anxiety-inducing. Please know that this knowledge, however it lands with you initially, will empower you. Accept and then release any negative feelings that may arise when your mind races back to the packaged foods your parents may have fed you when you were growing up, or that you chose for yourself, or fed to your children. If guilt or other negative feelings bubble up hold it lightly, take slow even breaths, and keep moving forward. Remember, knowledge is power.

As you dig into *Nutrition Essentials*, we trust you will learn how the parts support the whole: how good quality proteins and fats, vibrant and nutrient-rich complex carbohydrates, potent antioxidants, herbs and spices nourish every cell in your body. You will gain tools to understand food and chemical sensitivity, tune up your metabolism, gain energy and learn how to maintain vibrant health. Pema Chodron's poem "Waking Up To your World" on page 142 offers gentle suggestions for ways to handle those emotional "stuck" places with self-love before you embark into the kitchen to put all you've learned into practice with the second half of the program, *Culinary Essentials*.

Culinary Essentials is my favorite part of the course because now you can put nutrition and the flavors of health on your plate. Don't worry, we will guide you into the *Eating for Health™* kitchen with some practical checklists and guidelines for setting up your cooking space. In the accompanying cooking videos, you can see how to make our featured recipes and learn culinary techniques to make the cooking process more efficient and enjoyable.

In the *Lifestyle Essentials* portion of the course, you will be able to record your successes and challenges, so that you can see how far you have come, and ground your new learning in your mind, body and soul. We encourage you to keep a daily journal to track your progress as you move through the program. Over time, you will begin to connect the dots and weave wholesome nutrition, cooking, and mindfulness into your life.

Dr. Bauman and I hope you thoroughly enjoy *Nutritional Essentials for Everyone* and all the new flavors and reinvented comfort foods you create in your *Eating for Health™* kitchen. May you develop and appreciate the joy of eating, cooking and living for health and good taste, and share this with friends, family and your community. Bon Appetite!

Blessings and Health,

— Chef Lizette Marx, MarxCulinary.com



Nourishing Healthy Communities

If you give a man a fish, he will make a meal.

If you teach him to fish, he will have a living.

If you are thinking a year ahead, sow seed.

If you are thinking ten years ahead, plant a tree.

If you are thinking one hundred years ahead, educate the people.

By sowing seed once, you will harvest once.

By planting a tree, you will harvest tenfold.

By educating the people, you will harvest one hundred fold.

— ADAPTED FROM LAO T'ZU, 640 BC BY DR. BAUMAN



PART ONE

Nutrition Essentials



NUTRITION LESSON ONE

Eating for Health™: Meet Your Nutrition Heroes

COMPETENCIES

- Explain the concepts of E4H and how it differs from the SAD.
- Understand the Four Levels of Eating and identify where your present diet most consistently fails.
- Learn how to keep track of food choices and notice attitude pertaining to making changes.

Eating for Health™: A New System, Not Another Diet

“Eating for Health™ is a way of life. It reflects a relationship to food based on consciousness, gratitude, sound science, and positive energy.”

— DR. ED BAUMAN

Eating for Health™ is a system — not a diet — developed by Edward Bauman, M.Ed., Ph.D., as an alternative to the *United States Department of Agriculture* (USDA) dietary recommendations and other one-size-fits-all dietary approaches. It seeks to strategically develop food plans for people rather than having them eat according to a food model that has worked for some but not all people, and it also serves to clear up the confusion engendered by the vast array of supposedly very different popular diets. It features fresh, whole foods that align with people’s needs, preferences, and ethnic and cultural backgrounds, with attention paid to changes in seasons, situations, aging, and health challenges. *Eating for Health™* (E4H) is based on several core principles, primary among them being:

1. Bio-individuality
2. Four Levels of Eating
3. Diet Direction
4. Booster Foods, powerful addition to the usual array of food groups)

The goals of this unique system are first, to provide optimal amounts of macronutrients (proteins, fats, and carbohydrates), micronutrients (vitamins and minerals), phytonutrients (plant alkaloids with protective value), and other vital factors (enzymes, tastes, energetic properties) that can be most efficiently digested and assimilated. But *Eating for Health™* also seeks to

teach people about the intrinsic pleasures to be gained from choosing nutritious foods and eating them mindfully and with gratitude, which allows for better digestion and assimilation of nutrients, along with a sense of having nourished oneself not only physically, but emotionally and spiritually as well.

Let’s take a closer look at the *Eating for Health™* program.

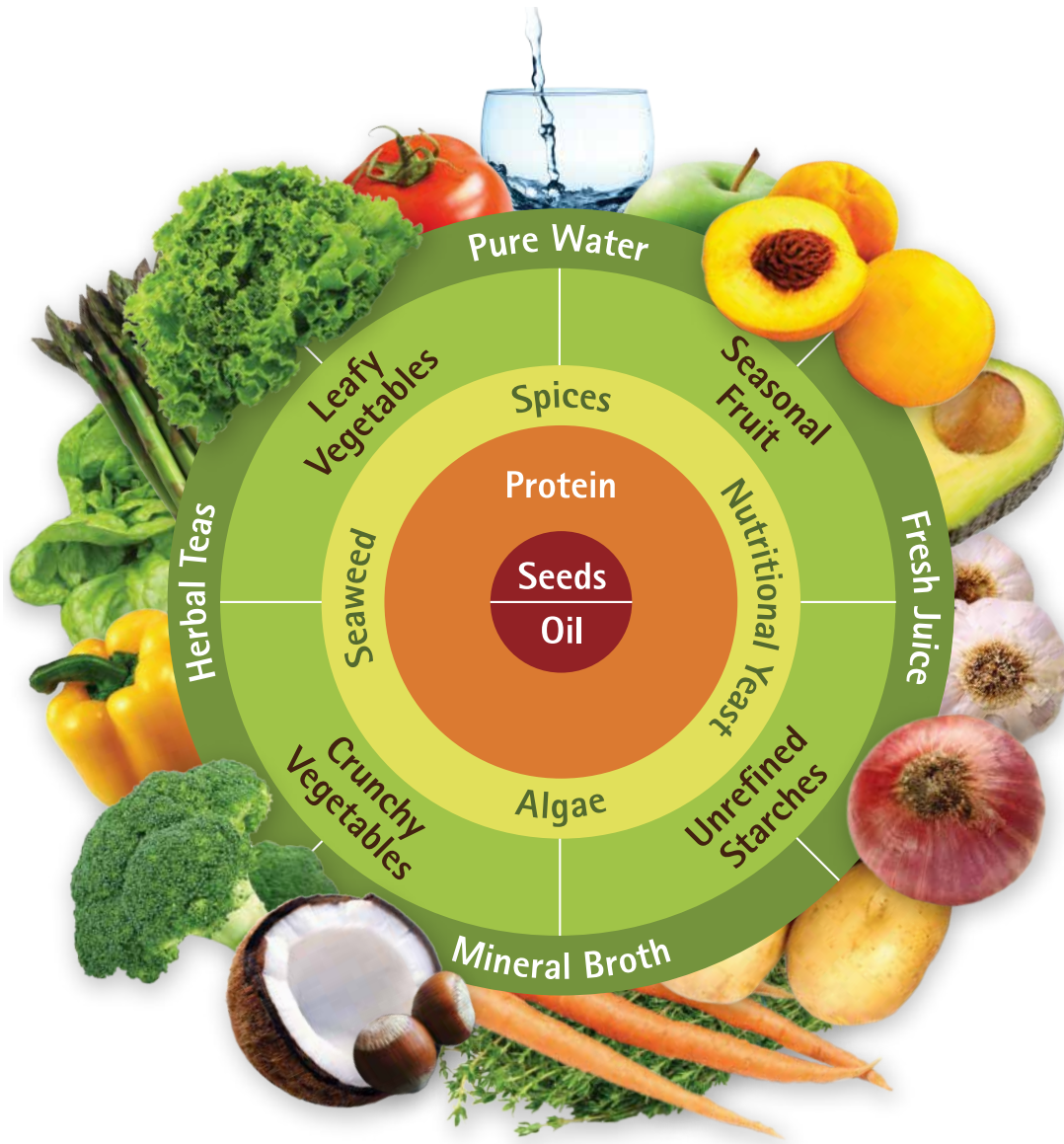
Eating for Health™ Philosophy

In *Eating for Health™*, we embrace two powerful maxims — “food is the best medicine” and “know thyself” — and create a synergy that opens the way to wellness and service.

The *Eating for Health™* model provides a map for healthful eating that draws on a wide array of traditional and modern dietary principles and practices. It aims to teach people to better understand how the chemicals, additives, processing, packaging, and preparation of much of the food they have eaten has contributed to diminished health, while providing guidelines that encourage people to create and enjoy meals based upon fresh, whole foods that suit their cultures, ethnicities, budgets, and preferences. Genetics, biochemistry, psychology, physiology, age, and sensitivities all influence one’s optimal choices of food. Clearly, one size does not fit all with nutrition or shoe selection. It never has and never will.



Eating for Health™ Model



	SEEDS/OILS	PROTEIN	LEAFY VEGETABLES	CRUNCHY VEGETABLES	UNREFINED STARCHES	SEASONAL FRUIT	BOOSTER FOODS
Daily Servings	2-3	2-4	1-3	1-3	2-4	2-4	2-4
Serving Size	1 Tbsp. oil 2 Tbsp. seeds	3 oz. animal 6 oz. vegetable	1 cup	½ cup	½ cup root vegetable, grains, breads	½ cup or 1 medium piece	1 tsp.-1 Tbsp.
Examples	Flax, sunflower, sesame, almonds	Poultry, fish, eggs, milk, beans	Salad mix, kale, spinach	Broccoli, string beans, cucumbers, onions, celery	Yams, winter squash, corn, millet, rice	Berries, apples, grapes, citrus	Nuts, yeast, seaweed, algae, spices



Proper nutrition is a major form of health investing. It is safer than the stock market as a hedge against the risk of illness. When you eat poor quality food, you are dipping into the nutrient reserves in your bones, soft tissues, organs, glands, skin, and hair. You wear the results of being overdrawn nutritionally — an unhealthy appearance — and feel the warning signs of ill health, which often manifest as fatigue, pain, and mood swings.

Teaching people how to make ever more conscious food decisions is how Nutrition Consultants and Natural Chefs support people in achieving well-being. Rather than treating disease solely with medical procedures and pharmaceuticals, the *Eating for Health™* approach is to share current, non-biased research on the health benefits of whole foods, botanicals, nutrient supplementation, lifestyle, and exercise to enable individuals to recognize that they have a great power in what they choose to eat, which will impact their energy, mood, body composition, and the quality and duration of life. Because medicine and building health go well together, combining diet, lifestyle, and attitude improvement with hospital and clinical medicine is a prescription for both containing medical costs and improving health outcomes. And because every bite of what we eat, and each sip of what we drink, becomes the matrix of our cells, tissues, organs, mind, and body, it stands to reason that improving what goes into our bodies can vastly improve health and reduce chronic illness. Food also influences how our genes express themselves. Faulty food can lead to faulty gene expression and fragile and compromised cellular integrity.

Eating for Health™ is also founded on the principle of sustainability, both in terms of what dietary patterns will sustain individuals on a long-term basis, and what food production methods will help sustain or improve the health of the planet's soils and waters. And, as a holistic practice, *Eating for Health™* also looks to various spiritual traditions that place great importance on mindful eating practices and social connection. It was designed to help nutrition professionals guide their clients toward the most nutritionally sound approaches for them as individuals. By eating well consistently, people learn what foods best nourish and sustain them during stressful changes that threaten health and impede recovery.

***Eating for Health™* Concepts**

The *Eating for Health™* program promotes high quality whole foods, suited to individual needs, tastes, and ethnicities, with consideration for what we call the “4C’s:” constitution, condition, context, and commitment. In other words, it takes into consideration biochemical individuality and lifestyle, the factors that make all of us unique beings with unique requirements. This flies in the face of many current dietary trends, which often cater to the public craving for structured diets and strict rules. Thus we see several popular trends — the Paleolithic and ancestral diets; Mediterranean, vegetarian, and vegan diets; low-carbohydrate, high protein; low-carbohydrate, high fat ketogenic diet, intermittent fasting, and the more restrictive diets such as *Gut and Psychology Syndrome* (GAPS); allergen-free; and omission of *fermentable oligosaccharides, disaccharides, monosaccharides and polyols*, (FODMAPs). All of these can indeed play an important role in health promotion — for some people — and the *Eating for Health™* philosophy makes room for the concepts engendered by them all, but with a flexible, non-dogmatic approach.

Nutrition Bandits and Heroes

Eating for Health™ embraces a concept coined by Dr. Bauman called *Nutrition Bandits*. These are the stimulants, sugars, refined grain products, conventional dairy and meat products, artificial sweeteners, and hydrogenated oils in our overly processed, nutrient-depleted, industrially produced American food supply. These are the foods we find on our grocery store shelves and in chain and fast-food restaurants. Such foods are formulated in laboratories to overstimulate our taste receptors, and quite literally to addict us to processed food flavors and textures (Moss, 2013), so that we are no longer satisfied by the crunch of a carrot, the refreshingly sweet juice of a fresh mango, or the zing of fresh garlic.

While it's easy to overeat nutrient-poor, sugary, salty, greasy snack foods, you can enjoy *Nutrition Heroes*, another important *Eating for Health™* concept, in abundance. These are naturally satisfying, nutrient-rich vegetables and fruits, grains, nuts and seeds, beans and legumes, and clean animal proteins and fats.



Eating for Health™ is a whole foods approach to nutrition developed to provide an alternative to the USDA MyPlate and other unbalanced diet approaches, ranging from those that are overly protein- or fat-heavy to those that advocate exceptionally low protein and fat. The *Eating for Health™* model guides us in choosing nutrient-dense and diverse foods that are organic, local, seasonal, and unprocessed, and that are suited to each individual.

The Four Levels of Eating

To differentiate *Eating for Health™* from other food systems, Dr. Bauman developed the Four Levels of Eating, a concept derived from observations of clients drawn from his many years of clinical practice. Each level has its place and reflects the awareness and maturity of a person's overall pattern of eating, a daily act that affords us abundant choice and delight but is often done with little thought. Exercising greater levels of consideration, awareness, and discrimination around food selection can help create greater accountability and responsibility for one's own health.

Level One: Eating for Pleasure

This level is an immature and impulsive approach to eating, aimed at maximizing pleasure and minimizing emotional pain. Eating at this level is for immediate gratification. "I ate it because it tasted good," "I ate it because it was there," and "I ate as much of it as I wanted to," are hallmarks of this stage.



© ROSS SOKOLOVSKI

Refined sugar and flour, industrially produced meats and dairy, and poor quality fats are in this category. Food choices typically reflect what we were fed as young children to reward or quiet and appease us, such as ice cream, cookies and milk, candy, and soft drinks. Excessive coffee, alcohol, or refined flour products and sweets are also Level One eating. Emotional eating, which often means compulsive overeating, is a Level One adaptation to pain, tension, and stress.

Level Two: Eating for Energy

Blood sugar regulation drives one's food choices at this level. We choose substantial foods that allay hunger. The goal is to fill up and not have to eat again for three to four hours. In Level Two, carbohydrates become less refined; breads may have some whole wheat in them, but are still highly processed. Fast foods like burgers and burritos are common choices. Little concern is placed on the quality of the food, the likely nutrient loss due to processing, possible pesticide residues, environmental toxins, or added hormones, antibiotics, coloring, and artificial flavors. Quickly accessible foods, such as peanut butter, breads, pastas, chips, and pizza are common Level Two foods. Fresh fruits and vegetables play a minimal role in the diet at this stage. Level Two eaters are typically unconcerned with the ecological impact of their food choices.



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While filling and sometimes satisfying, Level Two eating is unsustainable for most people and will eventually lead to serious, chronic degenerative conditions in middle age, if not sooner.

Level Three: Eating for Recovery

The inevitable cumulative effects of Level One and Level Two eating are poor body composition — frequently obesity — and diminished energy, health, and brightness of mood. People experiencing these effects often go on a diet formulated by someone else that organizes foods into good and bad categories and limits quantities. It may or may not emphasize high-quality, organic foods. Examples of Level Three eating are diet books that promise quick and lasting weight loss.



© PABLO MERCHAN MONTES



The benefits of such diets are typically short-lived. There is an immediate positive effect from eating fewer refined and processed foods, but then we reach a point of diminishing return. The diet is no longer satisfying and no longer producing the promised effects. The tendency then is to stay with the rigid, reductionist approach even longer or to slip back to Level One or Level Two eating patterns.

This is a more mature approach than the first two levels, but it can be tiresome, judgmental, and sometimes supplement driven. It can also lead to poorer health, as recommendations are geared to the general public, not to individual needs. Food choices for Levels One through Three are based on what is readily available in the marketplace or what is seen in advertisements.

Level Four: Eating for Health™

The goal of this level is lifelong learning about optimum nutrition, the healing effects of foods, self-awareness concerning food choices and eating behaviors, and an aesthetic and spiritual approach to the culinary arts. It shares some qualities with Level Three, but allows for more personal choice, variety, seasonality, and individuality according to one's personal needs, tastes, ethnic origin, and commitment level.

Food choices at Level Four are not made by formula, but rather by discerning what the body needs and what the best available choices are at a given time. At this level, we choose among a wide variety of healthful, organic

foods, as well as a variety of dietary patterns. We exercise moderation in the amount of food we eat, and take more time and care in its preparation and presentation. Food is understood and appreciated as an instrument of personal healing and sharing with community. Nourishing ourselves becomes a wise, mature, and loving act of awareness cultivated through daily practice.

At this level of eating, the concept of **S.O.U.L.** food becomes important. This concept suggests that produce be as **S**easonal as possible; all foods be **O**rganic as much as possible, **U**nprocessed, and as **L**ocally grown as possible. Choosing **S.O.U.L.** foods is a powerful tool for ensuring fresh foods with high nutrient-density, and the acronym reminds us that eating provides not only good nutrition but spiritual nourishment as well.

Food Synergy

Consistent with the idea of nutrition heroes and Level Four eating is the idea that nutrients from food have different effects in the body than do nutritional supplements, and provide us with greater health benefits. This concept is slowly growing as a subject of scientific inquiry, though due to the simpler nature of testing individual nutrients in tightly controlled experiments, we still have much to learn. Nonetheless, what is currently being demonstrated (Jacobs, Gross, and Tapsell, 2009) is what *Eating for Health™* has maintained through the years:

1. We still have much to learn concerning the full complement of nutrient constituents of foods; new nutrients are being discovered on a regular basis, therefore a diverse intake of nutrient-rich foods is the best way to get the most nutrients.
2. Nutrients in food enter our bodies in context, i.e., in balanced combinations in a whole foods matrix, and the body knows how to deal with them through digestion, metabolism, and absorption.
3. The food matrix allows for a timed release of nutrients rather than a large bolus from a supplement, which can overwhelm the body.
4. The body can recognize the difference between a non-identical synthetic nutrient and its biologically natural form.

In support of this, studies have demonstrated, for instance, that whole foods such as apples, brassica vegetables, and tomatoes have a greater anti-proliferative effect on cancer cells than do individual isolated nutri-



© BROOKE LARK



ents or mixes of nutrients (Jacobs et al., 2009). Similarly, it has been shown that a high intake of dietary antioxidant foods, but not their supplemental counterparts, reduced DNA damage in a group of radiation-exposed individuals (Zong et al., 2009). Because foods vary in their nutrient content according to variety, season, and the quality of their own food supply, Jacobs et al., (2009) suggest that the best nutrient supplement is a diet composed of diverse whole foods. Sound familiar?

Diet Direction

We all need differing amounts of healthful foods and nutrients to cope with a fast paced, stress-filled, toxic world. Similarly, our metabolic function is challenged to continually adapt to changes in seasons, situations, aging, and health challenges. Diet Direction is a concept that was developed by Dr. Bauman as a means of providing guidelines for the ratios of macronutrients (protein, fat, and carbohydrate) needed in order to achieve individual health goals. It is a jumping-off point for providing optimal amounts of high quality macronutrients, rather than a strict set of rules. There are three directions: Building, Balancing, and Cleansing. Each is designed to meet specific needs at specific points in a person's life.

For example, the **Building Diet Direction** contains generous amounts of protein and fat, and low levels of starchy carbohydrates. Some people are very sensitive to any types of starches or sugars and will have improved health and body composition when these are greatly reduced. Building diets are also useful during cold winters, when higher levels of fat can be warming and comforting, and when someone is regaining strength after an illness. Current popular diets that promote a Building Direction are the Paleolithic, ancestral, and high-fat ketogenic diets, all of which can be healthful dietary patterns for those with greater protein and fat requirements.

The **Cleansing Diet Direction** contains far fewer fats and far lower levels of protein. Its use is generally limited to the short-term, where it can be useful therapeutically for the ill, as a means of adapting to the heat during the summer months, and as a means of giving the body a vacation from the digestion of high-energy, dense foods. Vegan diets, cleanses, and low-protein diets are often representative of this direction.

In the Balancing Diet Direction macronutrient ratios are that calories are approximately equal between those from fat and protein combined, and complex carbohydrates. It represents a good way for most people to maintain health and vitality. Interestingly, the Paleolithic diet can also be representative of the Balancing direction, as it isn't always as low-carbohydrate as many people tend to think, especially in its more recent forms, as can be seen in Chris Kresser's book *Your Personal Paleo Code* (2013). The traditional diet-based recommendations of the Weston A. Price Foundation also often fall into this category, due to their inclusion of whole grains, dairy, beans and legumes, and starchy vegetables (Nienhiser, 2000). These can both provide an excellent framework around which to design a Balancing Diet Direction.

Diet Direction is an excellent organizing concept in a diet that is rich in high quality whole foods, contains a strong foundation of whole plant foods, and is incorporated into an eating style that avoids overconsumption and mindless eating. The trick with any of these directions is in gaining the self-awareness to know when each is appropriate, a skill that can easily be learned by working with a holistic nutrition professional.

Is One Diet Direction Better Than Others?

For those of you who have become completely confused about macronutrient ratios from having seen the overwhelming array of books and articles espousing high protein, high-fat, low-fat, high carbohydrate, or low-carbohydrate, please know that there is no magic combination. Different people respond to different ratios, and at different times of their lives and under different conditions. This is why there are studies that can support the claims made by proponents of very different dietary patterns. One study demonstrates that a macrobiotic diet high in grains, legumes, and vegetables, without any animal products, reduces elevations in blood sugar and lipids far better than its Mediterranean-style control diet (Soare et al., 2014). A review study, conversely, found that low-carbohydrate, low-glycemic index, Mediterranean, and high-protein diets all improved body composition, blood sugar control, and reduced cardiovascular disease risk, with the largest effect seen for the Mediterranean dietary pattern (Ajala, English, and Pinkney, 2013). Yet another found that a Paleolithic-style diet reduced cardio-



vascular risk factors in study subjects with metabolic syndrome (Boers et al., 2014). And finally, a review of many studies concludes that a vegan diet appears to be protective against blood sugar disorders, such as metabolic syndrome and its cardiovascular complications, and against inflammatory diseases, due to its beneficial effect on gut microbial populations (Glick-Bauer, and Yeh, 2014). Clearly, then, all of these dietary patterns, when composed of fresh, organic, whole foods, can provide excellent health benefits.

Yet, perhaps the best study to date to clarify what dietary pattern is best comes from Yale researchers David Katz, M.D. and Stephanie Meller, M.D. (2014). They reviewed the research available for several popular health-conferring dietary patterns — low-carbohydrate, low-fat, low glycemic, Mediterranean, Paleolithic, mixed balanced, and vegan. They concluded that “the fundamentals of virtually all eating patterns associated with meaningful evidence of health benefit overlap substantially.” The diets they studied all have in common “minimally processed foods close to nature, predominantly plants,” which they found “is decisively associated with health promotion and disease prevention and is consistent with the salient components of seemingly distinct dietary approaches.”

As Michael Pollan so succinctly put it in his 2009 best-seller, *In Defense of Food: An Eater’s Manifesto*:

“Eat food. Not too much. Mostly plants.”

Eating for Health™ Food Groups

Proteins

Because *Eating for Health™* is a system, not a diet — a set of organizing principles around which to construct a nutritious eating style and a healthful lifestyle — its food groups are limited primarily by considerations of quality. Therefore, recommended protein foods include those from animals as well as from plants. Animal foods should be as organic as possible and raised on species-appropriate diets. This includes grass and/or pasture for cows, pigs, and poultry (including for laying hens); and for fish, it suggests they be sustainably caught in the wild, not farmed. Animal protein recommendations include eating not just muscle meats, but also skin and organ meats, and making broths from the bones. This ensures a far broader range of nutrients than can be derived from just the meat. For plant proteins, organic sources are always preferred, and proper preparation is highlighted as a means of deriving as much nutrition from them as possible. This includes soaking beans before cooking them; soaking and dehydrating or lightly toasting nuts and seeds; and soaking, sprouting, or fermenting whole grains.

Fats

Recommended fats are primarily those found in whole foods, such as olives, avocados, nuts and seeds, and animal proteins. The addition of fats and oils sepa-



Salmon & Soba Noodles



Olive Oil



Lentils



Cayenne Powder



Vegetable Juices



rately is also fine, provided they are minimally processed and of the highest quality, especially for the polyunsaturated fats, whose structures render them very sensitive to heat and light. Fats of all types — *saturated*, *monounsaturated*, and *polyunsaturated* — all have health benefits, providing they are consumed according to one's needs at any given time, and with attention paid to existing health conditions. Organically produced is also of extreme importance, due to genetic modification and heavy pesticide use in conventional varieties. Many of our environmental toxins accumulate in the fatty tissues of both food plants and animals, with increasing concentrations seen in animals at the higher levels of the food chain (DiFranco and Johnston, 2010). Once ingested, they are likely to accumulate in our own fatty tissues, too.

Nuts and seeds, especially omega-3-containing walnuts, and flax and chia seeds, with their high concentrations of oils, protein, and fiber, also fit into this category. You'll also find them in the three previous food categories, as they are excellent all-around nutrition boosters.

Carbohydrates

The same principles apply to carbohydrate foods, since choosing organic grains, fresh vegetables, and fruits almost always ensures higher levels of nutrients and lower levels of contaminants than do conventional varieties (Barański et al., 2014; Benbrook, Zhao, Yáñez, Davies, and Andrews, 2008). However, purchasing as locally as possible, organic or not, often provides very high levels of nutrients, due to freshness (Robinson, 2013). *Eating for Health™* carbohydrate foods include non-starchy vegetables, whole fruits and fresh fruit juices, and unrefined starches: whole grains and root and tuber vegetables. Because the plant world provides the highest concentration of anti-inflammatory nutrients, consuming broths from vegetables, and fresh juices or smoothies from both vegetables and fruits, on a regular basis, is a recommended way to obtain an abundance of this goodness. However, because of its reliance on scientific research as the guiding principle in its food recommendations, *Eating for Health™* also places great emphasis on keeping the gut's bacteria plentiful and balanced as a means of providing the conditions necessary for obtaining the most benefit from these plant compounds (Sisson, 2014), which leads us to our next group.

Booster Foods

Booster foods is a term coined by Dr. Bauman to describe nutrient-dense foods, condiments, and food supplements that can give a strong nutritional boost to our everyday diets. Given the increased nutrition needs for those recovering from a standard American diet, experiencing ongoing stress or toxicity, or who are recovering from illness, this is a concept that we hope to see more of in the research literature as the field of nutrition science progresses. Adding booster foods to the diet is a better way to provide an energy boost to one's day, without having to rely on stimulants, such as sugar and caffeine. Among the booster foods are lacto-fermented foods — vegetables, fruits, grains, and dairy — that provide valuable beneficial bacteria to our gastrointestinal tracts. These powerful modulators of digestive and immune function help us extract vitamins and minerals from our foods and neutralize anti-nutrient factors, such as phytates and oxalates, which prevent us from obtaining a food's full complement of nutrients (Markiewicz, Honke, Haros, Świątecka, and Wróblewska, 2013; Miller and Dearing, 2013).

Booster foods also include herbs and spices, which are used as condiments or in teas. Gram for gram they contain greater amounts of nourishing and anti-inflammatory phytonutrients than just about any other food source, though algae, such as spirulina, chlorella, and sea vegetables come very close. These three are highly recommended, spirulina and chlorella in powder or pill form, and sea vegetables as tasty additions to broths, salads, and grain dishes.

Booster foods generally provide the very nutrients often missing in action in the American food supply, and shouldn't be overlooked, as many of them can easily and deliciously be incorporated into the diets of even very picky eaters.

Beverages

The last *Eating for Health™* food category — beverages — is one that is sometimes forgotten in the current diet book jostling for macronutrient supremacy. Yet with bodies that are approximately 80% water, beverages play a vital role in our health and vitality. The number one beverage is clean water, which often means filtered or from glass bottles. Water in plastic bottles is discouraged, due to the possible leaching of chemicals. But beverages also include black, green,



and herbal teas; organic coffee; broths; fresh diluted vegetable and fruit juices; and unpasteurized fermented drinks, such as kombucha and kvass.

For a complete list with references please see the *Benefits of Eating For Health™ Staple Foods* table on pages 12–14.

Putting Eating for Health™ to Work

Implementing Diet Direction

One can use the *Eating for Health™* model on page 3 as a way to establish a Diet Direction in a simple and practical way. If one aspires to following a Cleansing Diet, it is advised to emphasize foods from the outer rings of the model in abundance. This would mean increasing the quantity and quality of beverages to include purified water, fresh, diluted juices, mineral broths, and a variety of organic teas. The next category to use as the basis of one's food plan would be colorful carbohydrates as represented by fresh seasonal fruits, leafy vegetables, crunchy vegetables, and unrefined (gluten-free) grains and starchy vegetables. These health supportive beverages and plant foods could be further enhanced by the addition of booster foods, consisting of herbs and spices, algae and seaweed, nutritional yeast, and condiments such as raw apple cider vinegar and miso. High quality protein and fats would also be included in a cleansing diet, but in smaller proportions on the plate and in caloric proportion to the abundance of colorful, high fiber, unrefined carbohydrates. The reverse would be true for a Building Diet. For this direction, one would build a meal from the inside out, starting with high quality fats and protein, plentiful booster foods, fewer servings of unrefined starches and fruits, but unlimited amounts of leafy and crunchy vegetables. Beverages remain the same, though emphasis would be placed on vegetable rather than fruit juices. The Balancing Diet Direction provides a broad range of choices, providing macro-nutrient ratios in-between Cleansing and Building, but maintaining unlimited amounts of leafy and crunchy vegetables, which form the firm foundation of *Eating for Health™* food choices.

Commitment to Change

Change is the one constant in our lives. Let's investigate how to change for the better and improve our health by supporting our metabolisms, brain function,

and abilities to self-heal. Cleaning up the diet by clearing out the debris in our pantries, refrigerators, and medicine cabinets is a good start. Finding out how to shop for, prepare, and enjoy healthful foods is the key that unlocks the door to renewed health and vitality.

A map can help you find your destination in the most direct way. Therefore, a great step forward on the path to nutritional wellness is to meet with a professional *Nutrition Consultant* (NC) or Natural Chef to receive an in-depth assessment and analysis of your individual situation. If you are struggling with one or more health issues, an NC or Natural Chef can review and evaluate your diet, inform you about the latest scientific research, and advise you on the specific therapeutic foods, herbs, and nutrients that will support your healing and help you work more effectively with your medical doctor.

Consider the foods that were nourishing and healing for you in the past, as well as the foods you currently rely on for energy or emotional gratification. If these foods are loaded with stimulants, damaged fats, and sugar or artificial sweeteners — ingredients that will sabotage you when the momentary distraction wears off, pleasure fades, and disease takes over — consider beginning your journey to eat for health by choosing fresh, seasonal, chemical-free, nutrient-rich, organic foods that can replenish the reserves that have been drained by the poor quality foods you have been living on.

Eating for Health™ Reminders

- Slow down and allow yourself to find joy in being active in your learning and cooking experience.
- Nutrition is a science. Cooking is an art. Learning to be well is a skill that ripens over time.
- Open your mind and senses to receiving new information, trying new foods, new tastes, and new cultural influences.
- The only diet that is correct for you, or anyone, is the one that you have tested out over time, is open to new influences and environments, and that is based upon a diverse selection of **S.O.U.L.** (Seasonal, Organic, Unprocessed, and Local) foods. Don't jump on fad diet bandwagons.
- If fresh, natural, organic foods are not available to you, don't panic. Make the best choices you can, bless your foods, and know that your body



will be best able to digest and assimilate food at hand when you are mindful in how you eat and moderate in what you eat.

- Being in conflict over what to eat, when to eat, how to eat, and with whom to eat may be a greater problem than what to eat, as distress sends a major stress message to the nervous system, inhibiting robust digestive response.
- Eat in peace and aim to eat enough to be comfortable, but not stuffed. Know that you can and will eat again later, so each meal is not the last supper.

Holistic Nutrition and Health Keys to Health, Happiness and Longevity

1. Eat well every day;
2. Maintain a positive attitude;
3. Stretch, move, and breathe deeply throughout the day;
4. Connect with your own true self;
5. Align with others with positive values;
6. Connect with the source through service, spiritual practice, and love of life; and
7. Be a lifelong learner and activist.

You are the co-creator in the *Eating for Health™* process, and we invite you to create a delicious path to health and vitality through the goodness of whole foods nutrition, enjoyable physical movement, and connection to community.

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Benefits of Eating for Health™ Staple Foods

PROTEIN	SOURCES	POTENTIAL BENEFIT	NOTES
Cold-water fish	<ul style="list-style-type: none"> • salmon • tuna • sardines • Pacific halibut • Atlantic mackerel • anchovies • sablefish/black cod 	<ul style="list-style-type: none"> • PUFAs — omega-3 fatty acids (DHA/EPA) • Support maintenance of eye health and mental function. People consuming fatty fish 1–2x/week (~250 mg EPA+DHA) have reduced risk of CHD death and sudden cardiac death (Mozaffarian et al., 2015). 	Farmed fish (esp. salmon) generally have higher levels of fat overall, with lower omega-3:6 ratios than optimal, due to use of soy, canola, and corn oils in feed (most of which is genetically modified and rich in pesticide residues (Nichols et al., 2014; Hossain, 2011).
Pastured eggs	From hens that eat grasses, bugs and grains	Contain 3–6x the vitamin D content of regular supermarket eggs, 66% more vitamin A, 3x more vitamin E, 7x more beta carotene, 2x more omega-3 fats, 33% less cholesterol, and 25% less saturated fat (Ros, 2009; Hu et al., 2015).	Find these, if you can, from local people with hens, or purchase them from natural foods grocery stores. They'll be designated as “pastured.”
FATS	SOURCES	POTENTIAL BENEFIT	NOTES
Nuts and Seeds	<ul style="list-style-type: none"> • almonds • Brazil nuts • cashews • pecans • pine nuts • pistachios • walnuts • flax • chia seeds • hemp seeds • sesame seeds • sunflower seeds • pumpkin seeds 	<ul style="list-style-type: none"> • Tree nuts contain bioactive constituents that can reduce oxidative stress and inflammation: vitamin E, folate, magnesium, protein, polyphenols, essential fatty acids, and fiber; help protect heart health, blood sugar control and cognitive function (Hasani-Ranjbar et al., 2013; Urpi-Sarda et al., 2013; Cary et al., 2012). plant-based omega-3 fats, beneficial dietary fibers, and lignans (a polyphenol). • Combined with hypocaloric, low-carbohydrate diet, flaxseed (compared to placebo) shown to reduce blood pressure and levels of inflammatory markers in men with cardiovascular risk factors (Cassani et al., 2015). 	<ul style="list-style-type: none"> • Nuts are best prepared by soaking overnight in lightly salted water and dehydrating at about 115°F until crispy. This helps eliminate factors that impede bioavailability of nutrients. If in a hurry, lightly toasting them at 250°F until crispy will also be helpful as well as delicious. • Seeds can be lightly toasted (250°F until aromatic. Flax, chia, and hemp seeds, due to their omega-3 content, should not be heated. • Because they tend to be small and difficult or impossible to chew, seeds should be ground prior to eating.
Avocado	<ul style="list-style-type: none"> • Haas • Fuerte • most common varieties 	Rich in fiber, potassium, magnesium, vitamin E, phyto-nutrients and monounsaturated, polyunsaturated, and saturated fats. Clinical studies demonstrate beneficial effects on cardiovascular health and weight management (Dreher et al., 2013).	Delicious sliced on salads, fish, sandwiches. Mash and add lemon juice or salsa for guacamole. Makes delicious base for creamy salad dressings and for dairy-free desserts.



Benefits of *Eating for Health*™ Staple Foods (continued)

CARBOHYDRATES	SOURCES	POTENTIAL BENEFIT	NOTES
<p>Non-starchy vegetables</p> <p>Starchy vegetables</p>	<p>Beta-carotene-containing veggies and fruits:</p> <ul style="list-style-type: none"> • carrots • dark leafy greens (such as spinach, kale, dandelion, and collards) • pumpkin • winter squashes • sweet potatoes 	<p>Beta-carotene bolsters cellular antioxidant defenses; can be made into vitamin A in the body, which bolsters vision, cellular communication, and immune function (Drake et al., 2009).</p>	<p>Diets high in carotenoids (including beta-carotene) may help prevent certain cancers and cardiovascular disease; high-dose beta-carotene supplements prevent neither of these and may be assoc. with increased risk of cancer in susceptible individuals (Drake et al., 2009). High-dose beta-carotene supplementation increases risk of lung cancer in smokers (Druesne-Pecollo et al., 2010).</p>
Fruit	<ul style="list-style-type: none"> • berries • melons • apples • pears • apricots • grapes • pomegranates 	<p>Numerous studies on the anti-inflammatory and protective properties of fruit (WHF, 2020, EWG, 2020).</p>	<p>Be sure to select or grow organic fruit, as has less pesticide and is not part of the EWG Dirty Dozen List of non-organic foods.</p>
Whole Grains	<ul style="list-style-type: none"> • whole brown rice • rye • wheat • corn • quinoa • amaranth • millet • teff 	<p>Meta-analysis: 3–5 servings/day of whole grains contributes to improved glucose control, improved body composition, and reduced CVD risk factors in healthy people and those at risk from type 2 diabetes (Ye et al., 2012),</p>	<p>Soaking several hours before cooking or fermenting reduces antinutrients, such as phytic acid. Sourdough baking/fermentation decreases glucose and insulin response to breads (Liljeberg et al., 1995).</p>
BOOSTER FOODS	SOURCES	POTENTIAL BENEFIT	NOTES
Fermented foods (vegetables, fruits, dairy, grains)	<ul style="list-style-type: none"> • raw sauerkraut • kim chi • beet kvass • brined pickles • raw chutney and salsa • yogurt • kefir • soured whole grains or sourdough breads 	<p>Improves digestive function. Can reduce inflammation; inhibit cholesterol absorption and aid its removal from the liver; enhance circulating vit. D levels (Jones et al., 2012, 2013; Yoon et al., 2013). Can provide therapeutic changes; gut bacteria that help prevent development of diabetes (Ray et al., 2013).</p>	<p>Each serving of live culture foods can contain billions to trillions of beneficial bacteria (far more than probiotic supplements), plus enzymes. Additionally, other nutrients, such as vitamins, minerals, and phytochemicals are enhanced through the fermentation process (Swain et al., 2014).</p>



Benefits of Eating for Health™ Staple Foods (continued)

BOOSTER FOODS	SOURCES	POTENTIAL BENEFIT	NOTES
Micro-algae	Sea vegetables, aka seaweed	Natural pigments in sea vegetables, including chlorophyll, exhibit anticancer, anti-inflammatory, anti-obesity, anti-angiogenic, and neuro-protective activities (Pangestuti et al., 2011).	Types include: <ul style="list-style-type: none"> • arame • hijiki • wakame • nori • dulse
Vinegar	Raw apple cider vinegar	Reduces rise in blood sugar after meals; excellent for those at risk for type 2 diabetes (Johnston et al., 2013).	Take 1–2 tsp. in a small glass of water right before eating to achieve this effect.
Turmeric/curcumin (spice)	Whole fresh root or dried powder	Turmeric’s use as medicine dates to at least 4,000 years ago. Current research demonstrates benefit in fighting infections and cancer, reducing inflammation, treating digestive disorders, and in helping ameliorate depression. (Ehrlich et al., 2011).	<ul style="list-style-type: none"> • Use turmeric in curries; also delicious as addition to herbal chai teas. • Therapeutically, C3 curcumin extract is powerful and shown to be effective.
BEVERAGES	SOURCES	POTENTIAL BENEFIT	NOTES
Green tea	Loose or bagged tea leaves	Green tea and its active ingredient, <i>epigallocatechin-3-gallate</i> (EGCG), have been shown to improve symptoms and reduce the pathology in some animal models of auto-immune diseases (Wu et al., 2012).	Green tea does contain caffeine but comes in decaffeinated form for those who are sensitive.
Pomegranate juice	Whole pomegranates, which can be eaten whole or juiced.	16 oz./day fresh juice shown to reduce blood pressure, stress hormones, and insulin resistance in people at high risk for cardiovascular disease (Tsang et al., 2012).	<ul style="list-style-type: none"> • Dilute all fresh fruit juices 50% with water to reduce sugar load. • Use pomegranate seeds on salads, fish and seafood, and in chicken dishes; juice in vinaigrettes and sauces.

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Eating for Health™ Guidelines

1. Increase intake of local, seasonal, fresh, organic foods.
2. Drink plenty of purified water each day, about ½ cup (4 oz.) every hour. To determine the total amount you need, divide your weight in half and drink that many oz. of water.
3. Read labels and avoid foods with artificial ingredients.
4. Decrease intake of refined and artificial sugars, white flour products, unnatural fats, added hormones, preservatives, colors, and antibiotics.
5. Diversify sources of proteins, fats, and carbohydrates.
6. Ingest 1 gram of protein per kilogram (2.2 lbs.) of normal body weight.
7. Eat protein by 10:00 in the morning and 1–3 more times during the day.
8. Eat protein to curb sugar cravings.
9. Minimize caffeine intake to 50mg or less (1 cup black tea, 3 cups green tea, or ½ cup coffee or espresso).
10. Eat more monounsaturated fat (olives, avocados, almonds) than saturated fat (animal, dairy, coconuts) or polyunsaturated oils (soy, corn, sunflower).
11. Decrease consumption of glutinous grains (wheat, rye, oats, barley) to prevent digestive disturbance and inflammation.
12. Increase consumption of gluten-free grains (rice, corn, millet, quinoa, buckwheat, amaranth), which are mineral rich and easy to digest.
13. Increase consumption of leafy (e.g. kale), crunchy (e.g. broccoli) and starchy (e.g. yam) vegetables to provide abundant minerals.
14. Eat 3 portions of vegetables in a meal to 1 serving of protein and 1 serving of fat for pH balance.
15. If body temperature is cold, eat more proteins, essential fatty acids, seaweeds, and warming spices such as ginger and cayenne.
16. If body temperature is warm, eat more cooling foods, such as fruits, vegetables, and green herbal teas and spices like mint, rosemary, lemongrass, and rooibus.
17. Determine a Diet Direction according to your metabolic tendency:
 - Building if metabolism is fast
 - Cleansing if metabolism is slow
 - Balanced if metabolism is neither fast nor slow
18. Add booster foods to the diet to increase energy, detoxification, and antioxidant activity.
19. Undertake a simplified diet or fasting program seasonally, including colon cleansing and increased spiritual practice.
20. Enjoy your food and let others eat in peace.



Holistic Nutrition: A 40 Year Review with a Glimpse Forward

“Judge not each day by the harvest you reap, but by the seeds you plant.”

— ROBERT LOUIS STEVENSON

Beginning

My journey into holistic health and nutrition began in 1969 after purchasing a 160 acre organic farm in Western Massachusetts with four other urban refugees. Here, I sowed my first seeds, tended my first garden, brought in my first harvest, and canned tomatoes and raspberry applesauce. Deeper learning about nutrition and the earth came from local farmers, and from direct studies with Ann Wigmore, mother of the raw foods and wheat grass; Michio Kushi, father of macrobiotics; European naturopath Dr. Paavo Airola, biochemist Dr. Jeffrey Bland, and Dr. Bernard Jensen, who searched the world to prove that for every ailment, *nature has a remedy*. This journey culminated in my ability to understand and articulate the concept of holistic nutrition.

Holistic Nutrition

Holistic nutrition suggests we build our diet around unprocessed natural foods rather than a diet of commercial, packaged, processed foods endorsed by the American Dietetic Association and built into the USDA Food Pyramid.

Eating traditional, local, whole, fresh, colorful foods, grown in soil enriched with manure and compost rather than fertilizer and pesticides had for millennia been the standard. This is now called organic farming. Sadly, the current generation did not grow up eating real food — grown the old fashioned way. They grew up in the midst of a culture littered with soda, Frosted Flakes, cheeseburgers, French fries, and fake foods.

Nutrition, Culture and Food Trends

In 1989, when George Bush (the first) was president and Madonna was at the top of the charts, holistic nutrition was thought of as a quaint throwback to the days of our grandparents — a time when dinner was cooked from scratch instead of pulled out of the freezer, ready to heat n’ eat.

Let’s look at changes in our food supply in the past 20+ years that have contributed to the rise in obesity, diabetes and premature, chronic illness. Let’s examine

three commercial nutrition food trends and the holistic nutrition counter points.

Trend #1 — Hidden Calories

“US farmers now (2009) produce 3,900 calories a day more than they grew in the 1980’s from corn, soy and wheat. As farmers produced extra calories, the food industry figured out how to get them into the bodies of people who didn’t really want to eat 700 more calories a day than before. Most of those calories enter our mouths in ready-to-eat foods with processed corn and soybeans, vegetable oil and high-fructose corn syrup.” (Kingsolver 2008) “Corn contributes 554 calories a day to America’s per capita food supply, and soy another 257 calories. Add wheat (768 calories) and rice (91 calories) and you can see there isn’t a whole lot of room left in the American stomach for any other foods.” (Pollan 2009) “About a third of all our calories now come from what is known, by community consent, as junk food.” (Kingsolver 2008)

Eating foods with more calories and less nutrients is a recipe for fatigue and weight gain. And conversely, eating a diet rich in the nutrients that efficiently run our complex bodies helps increase our energy and endurance. (Britt, 2019)

Trend #2 — Vanishing Plant Food Species

“Humans have eaten some 80,000 plant species in our history. After recent precipitous changes, three-quarters of all human food now comes from just eight species, with the field quickly narrowing down to genetically modified corn, soy, and canola.” (Kingsolver 2008) “Garden seed inventories show that while about 5,000 non-hybrid vegetable varieties were available from catalogs in 1981, the number in 1998 was down to 600.” (Kingsolver 2008)

Limiting our food choices limits the kinds and amounts of nutrients available to us. It also seriously endangers our food supply in the case of pest infestations or attacks by microbes. It is the diversity of a species that helps it survive.



Trend #3 — Diet/Disease Connection

“Today, heart disease causes at least 40% of all US deaths... During the sixty-year period from 1910 to 1970, the proportion of traditional animal fat in the American diet declined from 83% to 62%, and butter consumption plummeted from 18 pounds per person to 4... During the same period the percentage of dietary vegetable oils in the form of margarine, shortening and refined oils increased about 400% while the consumption of sugar and processed foods increased about 60%.” (Fallon 1999)

“An American born in 2000 has a 1 in 3 chance of developing diabetes in his lifetime; the risk is even greater for a Hispanic or African American. A diagnosis of diabetes subtracts roughly twelve years from one’s life and living with the condition incurs costs of \$13,000 a year.” (Pollan 2009). These diseases and others can all be beneficially impacted by making dietary changes that begin with nutritious whole foods.

Evidence and Approaches

In 1989, the field of holistic nutrition encompassed a variety of dietary systems, health claims for nutritional supplements, and natural food stores, which were both groceries and natural product dispensaries. Exciting research verified that food was the primary promoter of health and protector from disease. This gave the public and the medical profession a much-needed wake up call. Dr. Dean Ornish published findings in *The Lancet* (1990), the leading medical journal in England, that a low fat, vegetarian diet, combined with yoga and emotional support, reversed cardiovascular disease in 84% of participants who followed his program for one year. C. Colin Campbell of Cornell University reported the first batch of results from the large *China Study*, where it was noted that urbanites, who ate a diet higher in saturated fats and animal protein, had higher incidences of mortality and morbidity than farm folks who ate a plant-based diet with limited amounts of animal protein.

Diet programs have grown like mushrooms on a damp and shady log. Conflicting evidence during this time proved confusing to consumers and health providers. In the past 30 years, diet wars have been launched and persist, whereby proponents jockey for market share for a book, nutrient program and ideological supremacy. Beyond the hubbub of these debates, however,

is one common denominator: people needed to eat more fresh whole foods and minimize their intake of processed and refined foods. This consensus pre-dated Michael Pollan’s (*In Defense of Food: An Eater’s Manifesto*) concise dictum, “Eat food. Not too much. Mostly plants.” The dietary supplement industry has grown in the past 30 years and is now showing signs of change as products are available online, at convenience stores, grocery stores and through health care professionals.

Organic food sales in the United States rose 5.9% in 2018 to reach \$47.9 billion, according to the 2019 Organic Industry Survey. Organic food sales made up 5.7% of overall U.S. food sales, which rose 2.3% in 2018. The U.S. organic market grew 6.3% to \$52.5 billion as non-food sales increased nearly 11% to reach \$4.6 billion. Sales of organic fruits and vegetables made up 36% of all organic food sales in 2018, rising 5.6% to \$17.4 billion. Organic fruits and vegetables sales accounted for nearly 15% of all U.S. fruits and vegetables sales in 2018. A movement toward milk alternatives affected sales growth in the organic dairy category. A 0.8% sales increase led to sales of \$6.5 billion in organic dairy and eggs. Many millennials have moved to plant-based foods and beverages from livestock-based products. In 2018, there was a notable shift in the mindset of those working in organic toward collaboration and activism to move the needle on the role organic can play in sustainability and tackling environmental initiatives. (OTA, 2019)

Farmers’ Markets

Farmers’ markets have been the brightest star on the holistic nutrition, whole food, and sustainable agriculture horizon. The nature of buying food out of doors, in the midst of a market place with growers standing proudly behind the fruits of their labor, brings the message of people, food, culture and community together in a vibrant way, that is fun, healthy and socially uplifting. Nationwide, the number of farmers markets increased from 2,000 in 1994 to more than — <https://www.usda.gov/our-agency/initiatives/usda-farmers-market> — 8,600 in 2019, which led to a major problem: There are too few farmers to populate the market stalls and too few customers filling their canvas bags with fresh produce at each market. Reports of farmers markets closing have affected communities from N. CA., to Reno, NV., to Allouez, WI. (NPR, 2019).



Organic Standards

Organic Standards have been carefully hammered out, only to be watered down by large stakeholders in the food and farming business. “The paper trail of organic standards offers only limited guarantees to the consumer. Specifically, it certifies that vegetables were grown without genetic engineering or broadly toxic chemical herbicides or pesticides; animals were not given growth-promoting hormones or antibiotics. ‘Certified organic’ does not necessarily mean sustainably grown, worker-friendly, fuel-efficient, cruelty-free, or any other virtue a consumer might wish for.” (Kingsolver 2008)

Sustainable Nutrition

Michael Pollan was on the Oprah Winfrey TV show discussing the whole foods movement and sharing information that the over consumption of processed food is a detriment to health and ecology. Increasingly, consumers are reading labels, eschewing food chemicals, and spending their food money at farmers markets. The success of Whole Foods markets around the country, for example, proves that a viable market for an organic alternative exists. There is also a burgeoning interest in organic farms, backyard gardens, food co-ops, slow foods, and home cooking. Consumers are calling for reasonably priced, local, seasonal, and fresh foods. This collective power is opening the way for fast food restaurants, such as Wendy’s, to emphasize fresh, never frozen burgers and salads. Retailers such as *Costco*, *WalMart*, and grocery chains are stocking organic food with labels that state where the food came from. This also creates a conflict among shoppers. Should they buy cheaper organic foods at a super store, or support their community farmers? Holistic nutrition advocates supporting our small farmers, lest they disappear like the birds and the bees that once buzzed and chirped in your backyard.

Local food saves money and leaves a lighter carbon footprint than conventional food shipped 1,500 miles to market. Holistic nutrition is evolving into *Sustainable Nutrition™*, where people make diet and lifestyle choices that are good for the economy, ecology, and their health. Shopping for value rather than price and convenience shows a new level of awareness and social responsibility.

What’s Ahead

Whole food nutrition is making in-roads into the mainstream and exceeding the growth of commercial foods. Public schools in California and across the country are mandated to implement nutrition and physical activity programs by 2010. Non-nutritive sugar, such as diet sodas and candy, has been removed from several schools. The Garden to School movement is taking off across the country, wherein farmers are contracting to grow organic food for the schools and children are once again seeing that their food comes from a garden or pasture, not a supermarket or feedlot. In this way, children are learning about holistic nutrition. A local, sustainable culture of renewal is underway, fed by the desire by many to recover a natural vitality that has been lost. I am glad that the seeds planted over twenty years ago, tended by committed human beings, have led to the change in the awareness and behavior we are witnessing.

As more people understand that nutrition is not a diet fad or magic bullet, *Eating for Health™* will be one way to bring us back to health.

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Official: Organic Really is Better

THE biggest study into organic food has found that it is more nutritious than ordinary produce and may help to lengthen people's lives.

The evidence from the GBP12m 4-year project will end years of debate and is likely to overturn government advice that eating organic food is no more than a life-style choice.

The study found that organic fruit and vegetables contained as much as 40% more antioxidants, which scientists believe can cut the risk of cancer and heart disease, Britain's biggest killers. They also had higher levels of beneficial minerals such as iron and zinc.

Researchers grew fruit and vegetables and reared cattle on adjacent organic and nonorganic sites on a 725-acre farm attached to Newcastle University, and at other sites in Europe. They found that levels of antioxidants in milk from organic herds were up to 90% higher than in milk from conventional herds.

As well as finding up to 40% more antioxidants in organic vegetables, they also found that organic tomatoes from Greece had significantly higher levels of antioxidants, including flavonoids thought to reduce coronary heart disease.

Last summer a 10-year study by the University of California comparing organic tomatoes with those grown conventionally found double the level of flavonoids — a type of antioxidant thought to reduce the risk of heart disease. Other studies show milk having higher levels of omega-3 fatty acids, thought to boost health.

Like other studies, the results show significant variations, with some conventional crops having larger quantities of some vitamins than organic crops. But researchers confirm that the overall trend is that organic fruit, vegetables and milk are more likely to have beneficial compounds. According to Leifert [*researcher*], the compounds which have been found in greater quantities in organic produce include vitamin C, trace elements such as iron, copper and zinc, and secondary metabolites which are thought to help to combat cancer and heart disease.

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How Food is Grown or Raised is Everything

These days, there is endless talk about what people do and don't eat. This person doesn't eat wheat or gluten, the next doesn't eat dairy products, while the other one doesn't eat anything from an animal, and the final one doesn't eat anything from plants.

They all have their passionate advocates, the "scientific" tomes proving each is the only way for all humans to eat. They generally all think that by following their way of eating, they will usher in the coming era of a disease-free humanity. None of these trends (and many more) seems to be stemming the astronomical rise of the percentage of Americans now diagnosed with a chronic disease. To take just one example, in 1986, the number of American children with a diagnosis of a chronic disease was 11%. In 2018, that same number is 54%. Factors other than food are probably relevant here, but food is foundational to health.

With some hesitation, I would like to submit what I *don't* eat. I don't eat poorly grown food, period. No one healed from any disease by eating sick chickens. A sick chicken is any chicken that is not allowed to forage on pasture for a good percentage of their food. If the package on the chicken or eggs says, "fed only vegetarian feed," I won't eat it. Chickens hate being vegetarians. Likewise, I won't eat carrots grown in a field soaked with glyphosate/Roundup™; fresh vegetable or not, it's still poison. Otherwise, if it's grown or raised well, I'll eat it. I trust organic, biodynamic and permaculture practitioners, and farmers who feed their animals according to the inherent nature and needs of the animal, not the needs of a business model.

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Eating Habits and Health Concerns: Nutritional Support for Balancing Weight, Mood, and Hormones

Introduction

An article about nutritional support for balancing weight, mood, and hormones might at first glance appear to be focused on women's health concerns. And indeed, women are the primary users of the healthcare system, accounting for two out of every three dollars spent. Even so, their wisdom and knowledge of their own bodies is often ignored or is dismissed as "neurotic", "hypochondriac" or "hysterical". The medical establishment is so dominated by men's thinking and male physiology that women's different hormonal make ups and health needs are rarely in the conscious awareness of physicians (Vliet 2001). But men, too, suffer from the same metabolic imbalances that women do, though they do not as often seek medical advice. These imbalances are directly related to poor food and lifestyle choices, and to disturbances due to chronic stress, environmental toxicity, age and accumulated wear and tear.

Our neuro-hormonal balance is the key to our well-being. Diet, exercise, environment, and attitude are modulators of hormonal health. Little attention has been focused on the negative effect of poor eating habits and choices on both men's and women's hormonal health. What we eat has a profound influence on how we act and feel now and later in life.

Regardless of gender, race, age, likes or dislikes, all human beings share three activities in common—movement, breathing and eating (Bland 1999). How many busy people are watching what they eat, how they move, and if they breathe shallowly or deeply? Life in the fast lane creates stress and diverts attention from living well. This paper will discuss the benefits that diet, lifestyle and environment have on health issues that concern us all: finding effective means of dealing with weight, mood and hormone imbalances.

Food Models, Old and New

The science of nutrition is less than fifty years old. Currently, we are experiencing a renaissance in understanding the maintenance and therapeutic biochemical needs of individuals across a life span. Much clinical

research has investigated the role of single nutrients on disease prevention and management. Too little attention has been placed on studying what supports health, longevity, and hormone balance.

One must question why people born, raised, and fed conventional American food commonly fight a battle with weight, mood and hormones. Might there be something lacking in our food or something added to our food or environment that is disturbing our metabolisms?

The USDA-recommended diets and major food manufacturers have done an excellent job of selling the American public on the merits of post-World War II food commodities. The fresh-from-the-farm food our grandparents raised and ate has been largely supplanted with supermarket, restaurant, and convenience foods that are packaged, processed, and prepared for rapid heating and eating. Little awareness has been raised until recently on the quality and health impacts of food grown with a saturation of commercial fertilizers, herbicides, pesticides and fungicides, chlorinated and fluoridated water, and genetically modified seeds. As the food of a nation is compromised, so too is that nation's vitality and health.

How to Build Health by Improving Diet and Nutrition

People tend to experience great frustration when confronted with the symptoms of poor health, such as weight gain, fatigue, mood swings and hormone imbalances. Most have never learned about or practiced a health building diet, daily exercise, and positive inner life. Under stress, we may easily slip from bad to worse in terms of food habits and choices. Let's consider a *List of Dietary Offenders* that diminish diet quality and health, and then gradually add in healthy foods from a *List of Dietary Rejuvenators*. Nutrition can be likened to a bank account. Withdrawals come from eating Dietary Offenders that rob nutritional reserves. Deposits come from eating Dietary Rejuvenators that add to nutritional reserves. The Interest is the strength and vitality that comes with smart investing.



Ten Worst Dietary Offenders

Excessive (>1 serving/week) intake of any of these is not healthy:

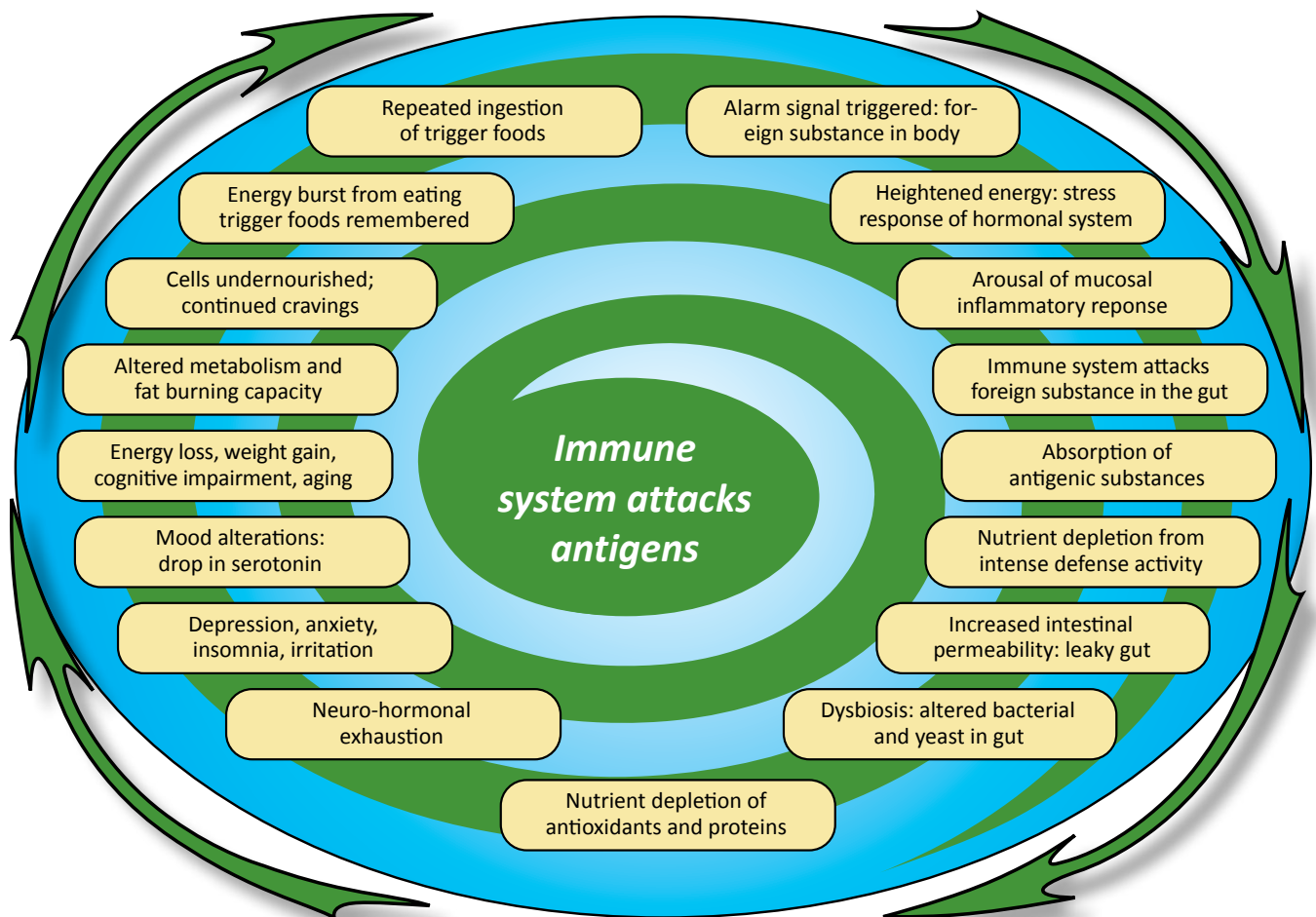
- Fried foods (French fries, fried fish, chicken, onion rings)
- Salty snack foods (chips, pretzels, peanuts)
- Sugar/fat or flour confections (cookies, candy, ice cream)
- Fast food burgers
- Meat-topped pizza
- Regular and diet sodas
- Fat-free or sugar-free desserts (frozen yogurt, cookies)
- Tap water, coffee drinks, and alcohol
- Large meals at night
- Overeating anytime, anywhere, with anyone

Food Sensitivity and Health Disturbance Cycle

We live in a time when the common foods we eat have been chemically modified, denatured and contain petro-chemically based additives, preservatives, flavors and colors. When people ingest these “trigger” foods, they set off a pinball effect of metabolic disturbances that contribute to alterations in energy, mood, performance and cognition. A food sensitivity occurs when the immune system recognizes a food as foreign, and sets out to neutralize or destroy it. A simple process to correct this repetitive response is to:

1. Identify commonly eaten trigger foods
2. Eliminate these foods for 2–4 weeks
3. Reintroduce them one at a time and notice if a disturbance recurs
4. Eat the food occasionally or as long as no disturbance is noted

Food Sensitivity and Health Disturbance Cycle



5. Eliminate the food(s) for 3 months if a moderate to severe disturbance is noted
6. Retest to see if the body has gained tolerance to the food

An *Eating for Health™* food plan that emphasizes a diverse, plant based, organic whole food diet that clean, simple and free of trigger foods such as wheat, dairy, corn, soy, sugar, coffee, commercial beef, and artificial sweeteners is advised. Working with a natural chef or nutrition educator enables a person to adapt to a new menu without undue stress.

Ten Best Dietary Rejuvenators

Eat these foods daily to provide essential nutrients for growth and repair. Buy organic foods and those free of hormones, antibiotics, chemicals, and genetically modified organisms when possible.

- Protein foods such as lamb, poultry, fish, eggs, legumes, and algae (spirulina and chlorella).
- Essential fatty acid foods such as fish, flax, nuts and seeds.
- Salad and cooking oils such as olive, avocado, coconut, ghee, and butter.
- Cultured dairy such as yogurt, kefir, buttermilk, and feta or blue cheese.
- Non-gluten grains such as rice, millet, quinoa, corn, and buckwheat.
- Soy foods such as miso, tamari, tempeh, tofu, and edamame.
- Cruciferous vegetables such as cabbage, broccoli, brussels sprouts, cauliflower, and kale.
- Leafy greens such as kale, collards, chard, spinach, arugula, dark leaf lettuces.
- Seasonal fruits such as citrus, apples, grapes, pears, figs, dates, prunes, and apricots.
- Culinary herbs and spices such as basil, oregano, thyme, garlic, ginger, and turmeric.

Finally... A Neuro-Hormonal Diet Plan

In order to restore and create adequate biochemical support for the neuro-hormonal system, daily ingestion from as many as possible of the above-mentioned Dietary Rejuvenators is advised. Ingesting any of the Dietary Offenders will either displace or compete with the absorption of vital nutrients.

A whole food, plant-based, diversified *Eating for Health™* food plan is remarkably easy to shop for and to store for quick, easy, and healthful future meals.

Build a meal plan that has:

- 25% calories from proteins
- 25% calories from fats and
- 50% calories from complex carbohydrates

This ratio of high quality, moderate quantity whole foods will often replenish the gradual nutrient depletions that create the metabolic imbalance responsible for the unwanted symptoms of weight gain, mood swings and hormonal symptoms. To construct a Rejuvenating Diet plan, the following combinations and quantities are advised. For fine-tuning, it is advised to consult with a qualified nutrition professional.

For Breakfast, Snack or Dessert

- 1 serving of fermented cow or goat dairy — 6–8 oz.
- 0–2 servings of fat — 1 Tbsp. seeds or nuts per serving.
- 2 servings of fruit — 1 piece of whole fruit or 1 cup stewed or pureed fruit or ½ cup dried fruit per serving.

For Lunch and Dinner

- 1 serving of protein — 3–4 oz. animal protein, 1 egg, or 4–6 oz. cooked legumes.
- 1–2 servings of fat — 1 tsp. of oil or 1 Tbsp. seeds or nuts per serving.
- 0–2 serving of grains or starch — ½ cup cooked cereal, ⅓ cup cooked pasta, 1 medium potato, yam, or 1 cup baked squash, 1 slice of whole grain bread.
- 2–4 servings of vegetables — 1 cup leafy greens or ½ cup raw or steamed vegetables.

The key to improved nutrition is to make every bite count, to not add empty calories and artificial ingredients. Adopt this *Eating for Health™* affirmation:

*“I always eat the freshest,
most nutritious foods I can find.”*

Healthful food tastes wonderful and is very satisfying. Factors of age, activity level, health condition, access to, and digestibility of foods can be discussed with a



professional nutrition consultant to insure a smooth dietary transition.

A *Vitality Shake™* is another quick and nourishing meal for breakfast, snack, or dessert. Here is how to prepare it:

Blend the following ingredients until smooth:

- A serving of fermented milk (yogurt or kefir).
- A serving of seeds or nuts.
- Two servings of seasonal fresh or dried fruit.

Booster Food additions to the shake can include:

- 1 tsp.–1 Tbsp. greens powder blend (super-food concentrate with powerful antioxidant properties)
- 1 tsp.–2 Tbsp. whey, rice, hemp, or pea protein powder
- 1 tsp. acidophilus or other probiotic powder
- 1 Tbsp. lecithin
- 1 tsp. buffered vitamin C powder

Conclusion

It appears more than likely that diet-induced deficiencies of protein, fat, carbohydrates, vitamins and minerals, and other beneficial nutrients from plants have compromised the neuro-hormonal systems of both men and women. Hormone disrupting compounds in our environment, such as pesticides, further complicate the issue. Though coping mechanisms between men and women may differ somewhat, common responses to feeling unwell often include the use of over-the-counter and/or prescription medications, over-indulgence in recreational drugs, or hormone replacement therapy. But there is a wide range of dietary and supplemental nutrient factors which may be addressed to identify areas of weakness and provide optimal nutrition for overworked and underfed organs, glands and tissues. Regaining hormonal balance must always begin with clean, nourishing whole foods; with optimal digestive abilities; rejuvenating exercise; and a positive attitude. Assessing and remedying all of these factors is what makes the *Eating for Health™* system a unique, common-sense, and effective approach to health for everyone.



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PART TWO

Culinary Essentials



CULINARY BASICS

Getting Started with Eating for Health™

As you embark on the *Nutrition Essential Program*, begin taking stock of your kitchen pantry, equipment and cooking environment. Identify how many items in your cupboards and in your refrigerator are processed, packaged and refined foods. We call these unhealthy substances *Nutrition Bandits*. Set them aside or better yet, remove them once and for all. Replenish your pantry with *Nutrition Heroes*, foods that are whole, fresh and free of chemicals.

When you change your food, you will begin to change your health. The foods stored in your cabinets, refrigerator and freezer can be very revealing, showing the level of nutrition awareness you possess. The process of rebuilding your pantry and shifting its contents can take

time. Make gradual changes that you can sustain. Trying to make drastic changes may not only be uncomfortable but be a recipe for failure. Identify which unhealthy or substandard items in your pantry you can let go of easily and start there. Then, over the next six weeks keep adding *Eating for Health™* recommended items to your shelves and reduce the amount of unhealthy ingredients you have on hand. Commit to making a better choice each time you go to the grocery store. Find a local farmer's market so you can pick up some seasonal fruits and vegetables and keep building your repertoire during the weeks ahead and beyond. Building and maintaining an *Eating for Health™* pantry is an ongoing, enjoyable and life long process.

Eating for Health™ Pantry Checklist

This list represents the basic building blocks of an *Eating for Health™* pantry. Add what makes sense to you and your family at this time. Keep revisiting this list and add more items when you are ready. Many of the ingredients here are called for in the recipes provided in the NEE program. These ingredients are bold type so that you can have these items on hand right away and get cooking!

In the Cabinet

- Sea Salt
- Black Pepper (fresh ground or peppercorns)
- Garlic powder
- Ginger powder
- Cardamom
- Cinnamon sticks
- Whole cloves
- Star Anise pods
- Cocoa powder (unsweetened, raw)
- Maca powder
- Herbs (thyme, rosemary, oregano, dill)

- Nutritional yeast
- Chia seeds
- Flax seeds
- Pumpkin seeds (raw, unsalted)
- Nuts (best: raw, unsalted; good: dry roasted, unsalted)
- Nut butters (almonds and sea salt included, but nothing else should be added)
- Coconut (dried, unsweetened)
- Green tea
- Nettle tea
- Rooibos
- Extra-virgin olive oil
 - Coconut oil (best for high heat cooking)
 - Toasted Sesame oil (best for high heat cooking)
 - Sesame oil (best for high heat cooking)
- Coconut milk
- Organic vegetable broth
- Organic chicken broth
- Nut milk (unsweetened, almond, hazelnut, etc.)



Produce

- Leafy vegetables
- Crunchy vegetables
- Garlic
- Onions
- Avocado
- Ginger
- lemons

Must Haves In the Fridge

- Butter (organic)
- Ghee (clarified, browned butter)
- Apple Cider vinegar

- Dijon mustard
- Yogurt (whole, plain, organic)
- Organic eggs
- Miso (chickpea, without soy)
- Capers
- Olives
- Tamari or Soy Sauce (wheat-free)
- Tahini

***Eating for Health™* Kitchen Tool Checklist**

In addition to setting up your pantry you will want to take stock of your kitchen to make sure you have the proper tools, gear and equipment. All the best of intentions for cooking at home can go south if after setting up all your ingredients for a given recipe, you don't have a quality chef knife, a big enough cutting board, or a proper pot in which to cook. Though every house may come with a kitchen, not every kitchen is fit to cook in. If you don't cook very much right now, the task of setting up your kitchen for the act of cooking and simply reheating, microwaving and assembling, can seem overwhelming. So start with the basics and then as you get more comfortable in the kitchen expand your kitchen tool repertoire. The list below is divided into sections to help you understand all the kitchen equipment you will need fits together and makes cooking more at home a practical and even pleasurable experience. Setting up your kitchen doesn't have to be very expensive either. You do not need to remodel your kitchen and any size space will do. At the very least just make sure you have:

- good chef knife
- large cutting board
- couple of heavy gauge stainless steel or cast iron pots and pans
- couple wooden spoons
- spatula
- several large, medium and small bowls

Cook's Tool Belt

When a carpenter is working on a project, wearing a tool belt can eliminate the need to constantly retrieve the hammer, screwdriver, nails or tape measure. Having these tools at your fingertips makes the job of building and repairing so much easier and doable. The same thing is true for cooking. Don't worry though, you don't need to be wearing the following gear around your waist. The point here is to make sure and have these tools on hand so that cooking a meal is literally within your reach so long as you have the ingredients! Here are the basics and a few extras to make the cooking experience even better.

- A good knife is hands down the most essential and valuable tool in your kitchen. You only need one good chef knife. Some chefs say you should be able to make every kind of cut with your chef knife but as you cook more, you might also want to invest in a paring or utility knife, a serrated bread knife and a boning knife. Go to a kitchen store and talk with someone about which knives are appropriate for your needs and budget. Often times many of these specialty kitchen stores like *Sur La Table* will allow you to try several of their knives out in the store, let you hold them and cut a few carrots and celery stalks to get a feel for the knife.



- **The brand** — There are many good brands of knives to choose from but the best knife for you will be the one that feels most comfortable to hold. Your knife should feel like an extension of your own hand. In the beginning it may be difficult to determine whether the knife you are using is a good fit. A few things to think about to help you determine whether the knife you are using or about to buy is right for you are:
- **The steel** — Though there are many brands of knives out there ranging in price from \$50 to \$200 and up, the steel alloy from which your knife is made will either be German or Japanese steel. German steel is thicker and heavier than Japanese steel. The tip is less likely to break off and the blade is quite sturdy. It is also easy to sharpen and will hold its sharp edge for quite a while. Japanese steel is much lighter, thinner and sharper and excellent for delicate cuts. While razor sharp, sharpening a Japanese knife is not as easy and will not hold its edge as long as German steel. German knives, while durable, are not the best blade for delicate cuts but they are the knife to choose if you are cutting through harder items like bones and heavy winter squash. Neither the Japanese or German steel are better than the other as each has their own distinctive attributes.
- **The handle** — When selecting your knife, make sure the handle feels comfortable in your hand. If you are cooking a lot this becomes incredibly important because like wearing a pair of uncomfortable shoes, an ill-fitting knife handle will make you miserable during a long cooking session. Your hand may start aching and even develop blisters. A good guideline to follow is if your hand is small, a thinner handle will be more comfortable. The bigger your hand, the larger the handle.
- **Balance** — A good knife's weighting will feel balanced throughout the blade, from heel to tip. The balance point for a 10-inch or longer chef knife for example, should be where the blade connects to the handle. Knife's that are not weighted well will feel awkward when using and may even become unstable.

Once you have purchased your knife, learn how to care for it. No dishwashers! If you cook frequently, sharpening and honing are crucial. Sharpening can be done every few weeks, depending on how much you use



your knife. I recommend taking your knife to a professional for sharpening rather than attempting to do it yourself. If you don't know what you are doing you can sharpen your knife incorrectly and ruin the edge. Honing maintains the edge of your knife. This is done with a steel. You can get basic lesson on how to steel or hone your knife from a good kitchen supply store, a cooking class or even online. I don't recommend electric sharpeners as they wear down knives too aggressively. If you can not find a professional knife sharpener in your area, Chantry makes a good fixed, double steel sharpener that is small and good for most knives and does not require skill to use like a sharpening stone.

Here is a basic list of knives to have on hand:

- **Chef's knife** — The main knife to use for most cutting tasks, from prepping fruits and vegetables to cutting animal protein
- **Paring knife** — A small and incredibly useful utility knife used for chopping and peeling fruits and vegetables and segmenting citrus fruits
- **Serrated bread knife** — Great for cutting crusty loaves of bread and soft fruits and vegetables like tomatoes
- **Boning knife** — Very useful for removing the bones from meat and fish

In addition to knives, make sure to have the following essential kitchen tools on hand:

- **Wooden Spoons** — Never use anything else when stirring in good cookware



- **Whisk** — Have at least one medium-sized whisk with thin tines for whisking everything from egg whites to vinaigrettes and sauces. As cooking becomes a more frequent practice, gather a few different sizes from a large balloon-sized whisk for whipping egg whites to stiff peaks in record time to micro whisks for making quick slurries.
- **Measuring Cups and Spoons** — These are very important tools to have on hand. Be sure to have both liquid and dry measuring cups and two sets of measuring spoons so you can dedicate one for dry ingredients and another for wet. Having these tools available will make following recipes possible and successful. They are also handy for portioning out serving sizes or simply becoming familiar with various amounts. Ever wonder how much one cup of fruit looks like?
- **Kitchen Shears** — This tool is a savior in the kitchen and if you own a pair you will find yourself reaching for them again and again to do various kitchen tasks. Kitchen shears are excellent for snipping herbs and thin vegetables, slicing dried fruit and even cutting meat into thin strips.
- **Microplane Grater** — This fine grater is a wonderful tool for making citrus zest, grating ginger, turmeric or even a fine mist of good quality Parmesan cheese.
- **Tongs** — These claw-like tools are like an extra pair of hands in the kitchen. Use them for flipping vegetables and meats, quickly stir-frying or sautéing vegetables and tossing salads.
- **Spatula** — If you don't have tongs yet reach for the trusty spatula. Get a thin and flexible metal one and a sturdy heat proof plastic one. With a spatula flipping, scrambling, folding (as in an omelet) and even stirring is possible.
- **Meat Thermometer** — Get a digital thermometer to check the doneness of poultry and other foods.
- **Oven Mitts** — These are essential and will keep you from burning your hands and fingers. Have these within reach and make sure they are thick enough to protect you from scorching hot pots and pans. Get a few sets and use them for hot plates too.
- **Vegetable Peeler** — In most kitchen's this is an essential tool. However, in an E4H kitchen we want to encourage scrubbing vegetables like carrots instead of peeling them. The peel contains many important minerals so keep the peel as much as possible! The vegetable peeler has another use that can dazzle your dinner guests though. Instead of merely peeling vegetables, peel long strips of vegetable noodles. Zucchini, carrots and other long vegetables make excellent grain-free noodles.
- **Wine Opener** — There are great and healthy recipes that can be enhanced with a splash or two of wine so have an opener handy. If you don't have one, you can find good quality organic wines with twist off tops now so if this tool doesn't make it into your kitchen right way, no worries. Those of you who are avoiding wine and other alcohol can substitute a bit of stock or water for any recipe that calls for wine.
- **Can Opener** — Even though we want you to work primarily with whole un-canned foods, there are some wonderful healthy foods that do come in cans. Coconut milk is one such pantry ingredients and sometimes, canned beans and tomatoes are necessary. Just make sure your canned foods are not lined with bisphenol A. This lining, otherwise referred to as "BPA" is an industrial chemical that has been used since the 1960s to make different types of plastics and resins. BPA is found in polycarbonate plastics and epoxy resins, the latter which coats the inside of metal products that store food. In other words, canned foods. The polycarbonate plastics typically store beverages like fruit juices, sodas and water so watch out for these containers as well. Make sure any canned or plastic food container has the label, "BPA-Free" before adding it to your pantry.



Eating for Health™ Kitchen Gear

The items below are larger and critical to a well-functioning kitchen space. This list constitutes the cook's gear. Once the tool kit is in place, now it's all about the prepping surfaces and equipment and cooking vessels.

Cutting Boards

A knife needs a proper surface on which to cut food. A bare countertop will not do. This may seem obvious but it is amazing how many home kitchens do not have a proper cutting board in sight. And if there is one it is often too small for most kitchen tasks.

There are many different types of cutting board materials but the best kind is one made from wood. Maple wood in particular is an excellent surface on which to cut vegetables and meats because unlike other boards made of plastic or wood composite material, they are much easier on knife edges. Plastic boards are also popular because they are considered easier to clean and sanitize. While this may be true, a study done by Dean O. Cliver, PhD., a professor emeritus of food and safety at the University of California, Davis found that Salmonella bacteria from raw chicken lingered in the grooves of a plastic cutting board even after repeated sanitation washes. When the same bacteria was exposed onto a well-used wooden cutting board, the bacteria was pulled down beneath the surface of the cutting board, did not multiply and eventually died off. In this study, wood definitely came out on top but the use of plastic boards is still prevalent. Which ever you choose, be sure to have at least two or better yet, three cutting boards in your kitchen.

Dedicate one board to cutting raw animal proteins, the other to vegetables and a final one for fruits. Having a separate board for fruit may seem a bit indulgent but it will keep your strawberries from tasting like onions. Use some type of coding system to make sure you don't mix up your protein and vegetable boards. Cross contamination can be a serious health hazard especially when cutting raw meat and vegetables on the same board. Even if the cutting boards have been washed well the potential risk is still present so either color code or mark each cutting board for its intended use. One great and decorative way to do this is to use a soldering iron to engrave the label for each board.

Always wash cutting boards thoroughly and follow this process:

1. Scrub vigorously with soap and hot running water, not a basin filled with hot water.
2. Wipe board dry with a clean paper or cloth towel
3. Let air dry standing up to ensure the board dries thoroughly and does not hold any residual moisture. Bacteria loves moisture so keep your boards clean and dry.
4. As far what size cutting board to get, the larger the better. Give yourself plenty room cut. Definitely get a cutting board that is at least 3 inches longer than your knife. A good size is about 24 x 18-inch.
5. The last and probably one of the more important things to remember about using a cutting board is to make sure it is properly set up and doesn't move around while chopping and slicing. Secure the board by placing a damp cloth underneath so that the board doesn't shift around. More accidents can be avoided while chopping just by taking this important safety step.

Pots and Pans

Choose heavy gauge steel pans with either an aluminum or copper core for even heat distribution. Another excellent material is cast iron cookware. Cast iron holds heat very well and if cared for properly can become the best non-stick pan in the kitchen. Quality cookware brands can be expensive but they are an investment that will last for generations. Here is a short list of your major workhorses.

- **Saucepan** — For making soups, grains, soft boiling eggs. Get different sizes, from small (holds about 2 cups of liquid) to a 2-quart size for cooking grains.
- **Sauté Pan** — This pan has straight, relatively tall sides (anywhere from 2–3 inches high) and a wide, flat heavy bottom. A 10-inch sauté pan will have a cooking surface that is 10 inches and is fantastic for braising and cooking leafy greens. Get one with a lid for easier wilting and sweating of vegetables.
- **Skillet** — This pan has sloping sides that flare out at an angle at the top. It is often confused with the sauce pan because the skillet is actually the



better pan for sautéing foods and utilizing the tossing methods that many trained chefs implement when cooking in a busy kitchen. The shape of this pan makes it easier to flip your ingredients line-chef style, the cooking surface is 30% smaller due to the sloping sides of the pan.

- **Wok** — Excellent for stir frying and using as a water bath for bamboo steamer. Wok's are also wonderful substitutes for saucepans too because of their depth.
- **Dutch Oven** — Wonderful for one-pot, slow cooked meals like stews, pot roasts, hearty soups and congees. Get a 6-quart and a larger 8-quart for making meals for larger groups or having plenty of leftovers.
- **Stock Pot** — Use this pot for making large batches of soup, homemade vegetable, mineral or chicken stock

- **Baking Sheets** — Have at least two rimmed baking sheets. Flat ones are nice for baking cookies and biscuits but the rimmed baking sheets (sometimes called jelly roll pans) are indispensable for most of you baking needs from roasting homemade oven fries, making kale chips to roasting a couple of chickens. Get half-sheet and quarter-sheet sizes which are available at most restaurant supply stores and worth the trip to purchase them there. Be aware that most good sheet pans are made from heavy duty aluminum which will make for great heat conduction but not a healthy cooking surface. To remedy this situation, buy plenty of parchment paper and get them at the restaurant supply in precut sheets to fit your pans.
- **Roasting Pan** — The all-purpose baking pan is the roasting pan. It is great for roasting large cuts of meat and fish, vegetables and casseroles.



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Column one, top to bottom:
Saucepan, Saute pan, Skillet, and Wok

Column two, top to bottom: Dutch Oven,
Stock Pot, Baking Sheets, and Roasting Pan



Essential Cookware

- **Cooling Racks** — These convenient wire or metal racks help to cool foods quickly by allow air to circulate over and under the baked item. Cookies, cakes, oven fries and even kale chips will be much crispier if allowed to cool on a cooling rack.
- **Colander** — This is an essential tool for washing vegetables and greens and draining the quickly, placing blanched vegetables into after they have been shocked and rinsing fresh berries and other fruits.
- **Mixing Bowls** — Be sure to have plenty of bowls from small, medium to large. At least 6 bowls (2 of each size) will be plenty to get started. Stainless steel bowls are especially durable and often nest together so do not take up too much room in the kitchen.
- **Mason jars** — Have several on hand in different sizes with leads from everything to storing dry goods, leftover soups and stews. Have a one pint sized mason jar handy for making quick vinaigrettes. Skip the whisk and just put all of your vinaigrette ingredients into a jar. Cap it tightly and shake it up to emulsify. Voile, you have a vinaigrette you can use right away and then an instant container for saving the remaining dressing for the week.
- **Blender** — Smoothies, pureeing soup, making quick sauces or dressings.



- **Food Processor** — grinding nuts and seeds, making crusts, grating vegetables, pureeing
- **Spice Grinder** — Grind flaxseeds, chia seeds and whole spices as needed. This small appliance is terrific for making your own spice blends ahead of time.
- **Slow Cooker** — This is a wonderful, time-saving workhorse appliance excellent for making pot roasts, soups and stews. Start your dinner in the morning before leaving work and let the slow cooker do the rest. When you come home from work you will be greeted with the delightful aromas of homemade dinner!
- **Immersion Blender** — For pureeing soups quickly without having to transfer the soup to a blender. Just remove the pot of soup off the stove first and then immerse the blender and puree.



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Unsafe Cookware

- **Aluminum cookware** — This metal is toxic, easily leaches into foods and has been linked to Alzheimers disease. Most bakeware, like sheet pans, which are a staple in a well-functioning kitchen are made from sturdy aluminum. These pans can still be used for baking if lined with unbleached parchment paper which acts as a barrier between the food and the aluminum surface.
- **Non-stick pots and pans** — Made with *palm oil fuel ash* (POFA) or *polytetrafluoroethylene* (PTFE). These toxins can break down over time and leach into your food. These substances are linked to causing obesity and hormone imbalances. Teflon is a brand name containing these toxins so avoid any cookware lined with it.



CULINARY LESSON ONE

Eating for Health™: Meet Your Nutrition Heroes

“To eat is a necessity but to eat intelligently is an art.”

— FRENCH NOBLE AND WRITER, LA ROCHEFOURCAULD

Welcome to the *Eating for Health™* kitchen. This lesson is an introduction to the basic concepts of changing the way you cook and eat to gain better control of your health and ultimately, feel amazing in body, mind and spirit. Each lesson includes helpful cooking techniques and culinary nutrition wisdom. This is the first step in creating true mindfulness in your approach to selecting and preparing food.

To get started, we will begin with a meal that looks like breakfast but could easily be any meal in your day. The poached eggs on sautéed greens recipe featured in this lesson makes an excellent option if you have the time in your morning to chop, saute and poach. If the morning rush is too hectic, a simpler option is probably more appropriate. Simple does not mean cereal or toast and jam. Instead, plan ahead and do any one of the following the night before, or better yet on your weekend:

- Boil a few eggs in the morning and set out an assortment of herbs and spices to sprinkle on top.
- Make a pot of soup, porridge or grains that will last you a few days. Reheat a portion and top with sliced avocado, hard boiled egg, olive oil,

nutritional yeast, sea salt, and chopped nuts or sunflower seeds.

- Reheat a portion of last night’s dinner.
- Blend up the flavored yogurt in the Yogurt Parfait recipe featured in this lesson so all you need to do in the morning is assemble your parfait with chopped fruit and nuts.

Benjamin Franklin said it best:

“If you fail to plan, then you are planning to fail.”

By establishing an *Eating for Health™* kitchen and cooking more at home, you will gradually or quickly see the benefits of being your own chef at least a few times a week. For one, your upgraded pantry will contain many of the staple ingredients, condiments and fresh foods needed to quickly put something together that is healthy and delicious. If cooking at home is not something you are comfortable with or you don’t think you have the time, don’t worry. As your personal cooking coach, I will help you navigate this rewarding path and take you on a culinary tour that Dr. Ed and I like to call, *The Flavors of Health!*

FEATURED MENU

Fresh Mint and Herb Tisanes
Poached Egg over Sautéed Greens,
Shiitakes, and Caramelized Onions
Seasonal Fruit and Spiced Yogurt Parfait

Fresh Mint Tisane

Enjoy a fresh mint infusion as a simple and elegant after-dinner tea, or as a palate cleanser between courses of an elaborate feast.

SERVINGS: 4

INGREDIENTS

4 cups filtered water
10 sprigs fresh mint OR 2 Tbsp. dried mint

DIRECTIONS

1. Bring water to just boiling and remove from the heat.
2. Roll mint leaves between your fingers to bruise slightly and place in a teapot.
3. Pour hot water over leaves and steep for 3–5 minutes.
4. Serve warm or at room temperature.

Tisanes Instead of Tea

A tisane is a beverage made from an herb, flower, spice or other plant by infusion or decoction. Throughout history tisanes (pronounced *tih-Zann*) have been made for medicinal purposes. Tisanes are mistakenly referred to as herbal teas. True tea comes from the *Camellia sinensis* plant and contains caffeine whereas,



the plant matter used for making tisanes do not contain caffeine. In Europe this distinction is clear as Tisane is always used to refer to what we in the United States call “herbal tea.” The variety of tisanes that can be made are endless. Any flower, herb or fruit can be steeped in water to make a tisane. Medicinal herbs are often used to make tisanes that help boost immunity, induce relaxation, detox or rejuvenate the system.

Herbal teas, or tisanes, have a long history, dating back into ancient Egyptian times, when Chamomile was used for making a flavored beverage to help calm and soothe. The use of chamomile was documented in an ancient Egyptian text called the Ebers Papyrus, dating back to 1550 BC. This text documented the use of chamomile to embalm the dead and remedy those who were sick.

The ancient Greeks used peppermint as their “tea” of choice. In fact, mint’s roots are found in many Greek myths including that of Persephone. In the story mint was a nymph known as *Minthe*. Persephone’s husband Pluto was attracted Minthe and so in a jealous rage, Persephone transformed Minthe into a plant. Pluto tried to reverse the spell but was unsuccessful so he gave mint a sweet and refreshing aroma so that whenever anyone walked on or picked from a bed of mint, the intoxicating aroma would please the senses.

While chamomile flowers and peppermint make wonderfully soothing tisanes here are few more herbs to try using the directions below.

Making Tisane Tea with Leafy Herbs

INGREDIENTS

- 1 handful of freshly picked herb leaves of choice
- 1 cup filtered water, boiled and rested for 5–10 minutes
- 1 mug
- 1 tsp. raw honey, optional
- ½ tsp. freshly squeezed lemon juice, optional

DIRECTIONS

1. Place leaves in a teapot or mug.
2. Pour hot water over leaves and allow to steep for 3–5 minutes. For a stronger flavor allow to steep until water is cooled to room temperature.
NOTE: *Be sure to use hot water off the boil; be sure to let recently boiled water calm down a bit before pouring over fresh delicate herbs.*

Bee Balm — related to mint and a favorite tisane of early American colonists. Flavors of mint and citrus.

Lemon Balm (Melissa herb) — A wonderful herb, related to the mint plant known for its calming properties. Helps to calm nerves, reduce headaches and mild depression. Antibacterial and antiviral properties; great to have during the first signs of colds and flu as it helps to break fevers when they arise; safe for nursing mothers.

Hibiscus — The calyx portion of the flower is dried and used as an herbal tea. Hibiscus is high in Vitamin C has potent medicinal properties and is best known for helping to reduce blood pressure and weight. It’s flavor has both sour and floral notes and makes a refreshing hot or cold beverage.

Stinging Nettle — Nettle tea turns a brilliant emerald green and is very rich in minerals and natural antihistamines and anti-inflammatory properties. This herb makes an excellent tonic for allergy (hay fever) season. It is powerhouse of nutrients — rich in protein, calcium, magnesium, iron, phosphorous, vitamins A, C, and B complex. Nettle leaves can be used either fresh or dry. If fresh, be sure to handle these prickly leaves with gloves or better yet use tongs.

1. Bring water to boil and blanch leaves for 1–3 minutes.
2. Then remove from heat and allow leaves to steep in the water for several minutes or until cooled for a stronger tea.
3. If using dried nettle leaves, use 2 tsp. per pint of boiling water.

SOURCE: Bauman College, *Natural Chef Handbook*, 2012.

Poached Eggs with Sautéed Greens, Shiitakes, and Caramelized Onions

Poaching eggs is the best way to prepare them for optimal flavor and nutrient value. The gentle, simmering water bath environment of poaching, cooks the egg slowly at low heat. This protects the sensitive cholesterol in the egg from being oxidized. Whole eggs are also rich in choline, and are a good source of calcium, iron, lutein, and zeaxanthin. Besides the impressive nutrient profile of eggs, the runny yolk is considered the perfect sauce for whatever else is on the plate: smooth, luxurious, and perfectly balanced. Eating eggs along with vegetables like the wilted greens and shiitakes in this recipe balances out the rich protein and fat of the egg with the dietary fiber and fluid present in plant foods.

SERVINGS: 4



Poached Eggs with Sautéed Greens, Shiitakes, and Caramelized Onions (continued)

VEGGIE INGREDIENTS

- 2 Tbsp. ghee or olive oil
- 1 medium onion, thinly sliced
- 3 cloves garlic, minced
- 2 cups fresh shiitake mushrooms, sliced (stems discarded)
- 1 lb. baby spinach
- ¼ cup feta or other crumbly cheese (optional)

POACHED EGGS INGREDIENTS

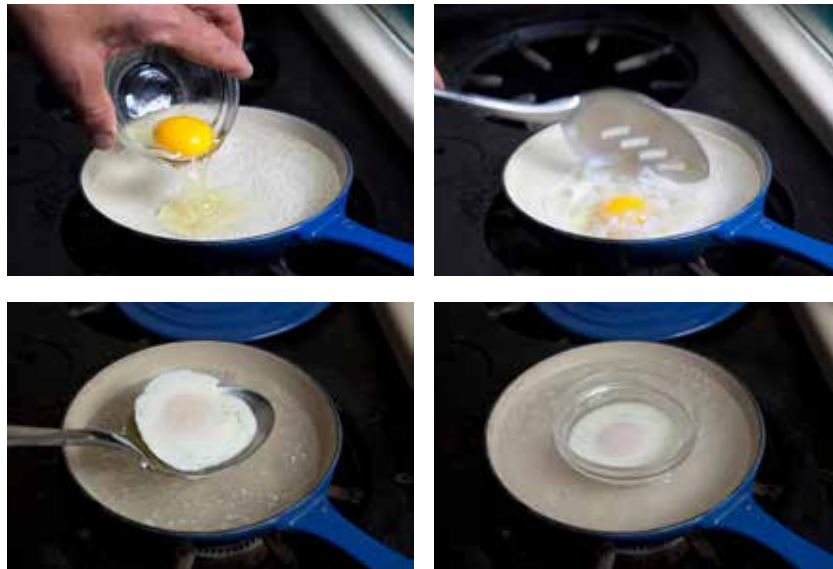
- 1 tsp. vinegar (rice wine, white wine, or apple cider vinegar)
- 4 large eggs
- Sea salt and Black pepper, freshly ground to taste

SAUTÉD VEGGIE DIRECTIONS

1. Add 1 Tbsp. of ghee or olive oil to a heated sauté pan and sauté onions on low heat until golden and caramelized.
2. Meanwhile, in another large sauté pan, melt remaining ghee or olive oil and quickly sauté garlic. Add mushrooms and continue sautéing. When mushrooms begin to release their liquid, add spinach leaves and 1 Tbsp. of filtered water. Cover the pan and allow spinach to wilt.
3. Remove pan from heat and squeeze the juice of a lemon over spinach. Stir vegetables together in a bowl, adding salt and pepper to taste. Set aside.
4. Poach eggs as described in the *Culinary Technique #1* below. Add salt and pepper to taste.
5. When done, remove eggs from poaching water with a slotted spoon, drain briefly, and place on a small bed of spinach, caramelized onions, and mushrooms.

CULINARY TECHNIQUE #1

HOW TO POACH AN EGG



1. Start with a saucepan that is at least 3 inches deep and fill it ¾ of the way up the sides with filtered water. Bring to a simmer and add 1 tsp. of white vinegar, which will keep the whites together.
2. Crack an egg into a small dish or bowl. Carefully slide the egg from the dish into the simmering water. The white may swirl around or drift in different directions. This is okay, just let the egg poach.
3. When the white looks firm (not hard) and the yolk is opaque, gently lift the egg out of the water with a slotted spoon. Transfer to a paper towel to blot dry and then to a plate.
4. An alternative method is using a greased small pyrex bowl to pour egg into and cook until done.



CULINARY TECHNIQUE #2

HOW TO SAUTÉ GREENS

Sautéing is a dry heat cooking method. The term sauté means to jump in French and this translates well to this cooking method because when sautéing, the food must be moved or shaken around quickly in a hot pan. Sautéing greens in this manner however, does not require as high of a heat as onions, harder vegetables like carrots or vegetables that impart their best flavor when browned, such as mushrooms. Greens work best when wilted. To do this, sauté all the vegetables you want to cook with your greens first. To retain their beneficial nutrients, green hue and texture, it is best to add greens last so they do not overcook and turn an unappetizing army green color. Here is a simple method to follow.

1. Heat a large sauté pan on high heat.
2. Add high-heat fat of choice. Avocado oil or ghee work great. For other ideas see the chart provided.
3. Next add aromatics like onions, shallots, or leeks. Sauté these for a couple of minutes until softened, then add a pinch of sea salt. Add a few

other aromatics if desired like garlic and ginger. Harder herbs such as thyme or rosemary and spices like cumin seeds or powder, curry spice or chili flakes can be added at this time too. This stage is the foundational flavor layering part of cooking so have fun.

4. If desired, add other vegetables like sliced mushrooms and carrots to bring in additional flavors and textures.
5. Once the vegetables are sautéed to the desired consistency, add leafy greens. Feel free to mound a pile of chopped greens into the pan.
6. Add a Tbsp. or two of water and turn the greens gently with tongs until they begin to wilt. Alternatively, cover the pan and allow greens to wilt under the steam for about 1–2 minutes. Uncover and then fold greens through vegetables. To finish, taste and season with more sea salt. Add squeeze of lemon and freshly ground pepper. Serve and enjoy!!

Seasonal Fruit and Spiced Yogurt Parfait

Fresh fruit and yogurt parfaits make an easy and festive breakfast. Make the yogurt up to a day ahead of time, keep in the refrigerator, and if it separates simply stir to recombine before serving.

SERVINGS: 3

INGREDIENTS

- 1 cup plain, whole-milk yogurt
- 1 large ripe banana
- 1 Tbsp. flax seeds, ground
- 2 tsp. fresh ginger, grated
- 1 date, pitted
- ½ tsp. *Spice of Life* (see page 198) or
 - ¼ tsp. cinnamon
 - ⅛ tsp. cardamom
 - ⅛ tsp. nutmeg
- ½ cup strawberries, sliced
- ½ cup blueberries, raspberries and blackberries
- ¼ cup fresh figs, persimmon or other fruit in season, sliced
- ¼ cup flaked coconut, toasted
- ¼ cup raw almonds

DIRECTIONS

1. Preheat oven to 325°F.
2. In a blender, purée the yogurt, banana, flax, ginger, date, and *Spice of Life* (see page 198) until smooth and creamy. Transfer to a glass container, cover, and chill until ready to use. (This can be done up to a day ahead of time; keep in the refrigerator until needed and stir to recombine if it has separated.)
3. Prepare fruits and toss together in a bowl.
4. Toast coconut flakes in a dry heavy-bottomed pan over low heat. Watch closely to avoid burning. When they turn a tan color, transfer to a cold plate.
5. Toast almonds in the oven for 5–8 minutes. Cool and coarsely chop.
6. Assemble each parfait in a parfait glass or other tall glass that can show off the layers. Place ¼ cup of yogurt in the bottom. Top with 2 Tbsp. of fruit, a sprinkle of toasted coconut, and chopped nuts. Layer with more yogurt, then repeat with fruit, coconut, and nuts. Repeat this pattern until all ingredients are used. End with a dollop of yogurt on top sprinkled with chopped nuts and toasted coconut.



CULINARY TECHNIQUE #3

HOW TO MAKE FLAVORED YOGURT

Store-bought flavored yogurt is often loaded with sugar and artificial flavors but this doesn't mean you have to settle for plain unsweetened yogurt. Make your own flavored yogurt by simply blending fresh fruit with your favorite organic, whole fat plain yogurt in a blender. Add booster foods like spices, spirulina or ground flax or chia seeds. In addition to the Seasonal Fruit and Spiced Yogurt Parfait recipe on page 154 try these combos:

Fresh Banana Lime Yogurt

- 1½ cup yogurt
- 1 frozen banana
- 2 softened dates (soaked and drained in filtered water)
- 2 tsp. lemon juice
- Pinch of sea salt

Mango Spice Yogurt

- 1½ cup plain, whole milk organic yogurt
- 1 cup frozen mango
- ½ frozen banana
- 2 softened dates (soaked and drained in filtered water)
- ½ tsp. cinnamon
- ¼ tsp. ginger
- ¼ tsp. nutmeg
- Pinch of cayenne
- Pinch of sea salt

Strawberry Banana Yogurt

- 1½ cup plain, whole milk organic yogurt
- ½ frozen banana
- ½ cup strawberries, sliced
- 2 softened dates (soaked and drained in filtered water)
- 1 Tbsp. ground flaxseeds
- Pinch of sea salt

Berry Green Yogurt

- 2 cups plain, whole milk organic yogurt
- 1 cup blueberries
- 1 cup raspberries
- 3 softened dates (soaked and drained in filtered water)
- 1 Tbsp. ground chia seeds
- ½ tsp. Spirulina



Additional Recipes

Raw Apple Cobbler

Adapted from: Chad Sarno's Vital Creations

SERVINGS: 4–6

INGREDIENTS

4 apples — 3 sliced thin, 1 chopped
 ½ cup raisins, soaked 2–4 hours
 1 Tbsp. cinnamon
 ½ Tbsp. lemon juice
 1 tsp. nutmeg
 ½ tsp. Celtic sea salt
 2 cups walnuts, soaked and dehydrated, or lightly
 toasted at 250°F
 1 cup pitted dates

DIRECTIONS

1. In a food processor or high speed blender, blend 1 chopped apple, soaked raisins, cinnamon, lemon juice, nutmeg and Celtic salt until smooth.
2. Pour sauce over thinly sliced apples and toss well.
3. Spread an even layer of apple mixture in a medium sized lasagna pan and set aside.
4. Next, in a food processor, pulse the walnuts until finely ground; then add the dates and continue to grind until evenly mixed. Crumble an even layer of nut mixture over apples.
5. Dehydrate the whole pan at 110°F for 2–4 hours.
6. Delicious served warm with *Coconut Cream* (recipe on page 200). Also try other variations with peaches or pears, omitting the apples.

NOTE: We've found that this recipe is also delicious without dehydrating. You can eat it right away, or let it sit and marinate for a few hours so the apples really absorb the flavors. Also, we like to add a few handfuls of whole raisins to the apple mixture before tossing.



Rosemary Walnuts

SERVINGS: 10–12

INGREDIENTS

4 cups walnut halves
 2 tsp. sea salt
 Filtered water to cover
 ¼ cup butter
 ¼ cup dried rosemary
 2 tsp. sea salt
 1 tsp. cayenne pepper

DIRECTIONS

1. Mix walnuts with salt and cover with water; leave in a warm place for at least 7–8 hours.
2. Drain in a colander. Spread out walnuts on a stainless steel or parchment-lined baking sheet.
3. Place in a warm oven (no more than 150–170°F for 12–24 hours) turning occasionally until completely dry and crisp.
4. Cool and store in an airtight container until you are ready to use.
5. To prepare the walnuts, melt the butter with rosemary, salt, and cayenne pepper.
6. Toss the walnuts, spread on a parchment-lined cookie sheet, and bake at 350°F for 10 minutes.
7. Cool and store in an airtight container until ready to serve.

Healthy Green Tea Soda

Prepare in advance, as it will steep in fridge for about an hour before serving.

SERVINGS: 4

INGREDIENTS

2 green tea teabags
 2 cups (1 pint) boiling water
 Pint-sized Pyrex measuring cup or heat-proof jar
 1 tsp. raw, organic honey (optional)
 2 cups total *Natural Sparkling* mineral water
 (½ glass per serving tea)

DIRECTIONS

1. Place tea bags in Pyrex measuring cup or heat-proof jar.
2. Pour 2 cups boiling water over teabags.
3. Add 1 tsp. raw, organic honey if desired, and stir.
4. Place tea in fridge for about 1 hour to cool.
5. Once cooled down, remove tea from fridge.
6. For each serving, pour half a glass of tea into tall iced tea glass.
7. Pour half a glass of sparkling mineral water into each tea.

VARIATION: *Use any herbal tea that appeals to you.*



PART THREE

Lifestyle Essentials



LIFESTYLE LESSON ONE

Eating for Health™: Meet Your Nutrition Heroes

GOALS FOR THE WEEK

Identify your personal starting point:

- Your present eating habits, diet, level of eating?
- What changes are you willing to make?

Designate a day or time to practice cooking at home:

- Get comfortable in your kitchen. Take an inventory of your kitchen equipment and tools.
- Add to your *Kitchen Inventory Checklist* on page 204 if needed. Refer to the *Kitchen Tool Checklist* on pages 145–147 for further information if needed.
- Start setting up your pantry so that you have healthy food choices on hand. If you are not sure how to begin this process, see the *Pantry Set Up Checklist* on pages 144–145.
- Practice one or all of the easy cooking techniques in the *Let's Get Cooking* practice on page 205 in this next week.
- Remember above all, *Keep It Simple!*

At the end of your week choose one day to reflect.

Please answer these questions:

1. What did you choose to eat this week that was different from the previous weeks?
2. What Level of Eating did your diet reflect in the past week?
3. In what ways did your diet this week demonstrate *Eating for Health™* concepts? For example, **S.O.U.L.** (Seasonal, Organic, Unprocessed, and Local).
4. In what ways did your diet this week NOT demonstrate *Eating for Health™* concepts?
5. What dietary improvements will you make in the coming week(s)?

Your Home Cooking Progress

An integral part of the *Nutrition Essentials Program* is to develop cooking skills so that you can make more of your meals at home from fresh, natural, whole foods. This section will help you track how much you are engaging in all of the tasks that lead to successful home cooking: maintaining an *Eating for Health™* pantry and setting up your kitchen for a successful cooking experience as well as meal planning and grocery shopping.

WORKSHEET ONE:

Setting Up Your Pantry — Phase One

Before setting up an *Eating for Health™ Pantry*, it is important to take a clear and honest (non-judgmental) look at what is currently on your shelves, in the cabinets and in the refrigerator and freezer. Remember restocking a pantry is a gradual process. Use the *Kitchen Inventory Checklist* on page 204 to get started. Determine which items to either weed out or add to your shelves. In addition, use *This Week's Shopping List* on page 203 so that you have everything you need for the recipes in this lesson.



Setting Up Your Pantry — Phase One

WEED	ADD
Refined salts like <i>Morton's™</i> iodized salt	Sea Salt — choose unrefined finely ground Celtic, Himalayan, Kosher sea salt or other good quality sea salt.
Canola, safflower, corn, or other refined vegetable oil	Extra-virgin olive oil — choose cold pressed and organic or local if available
Chips, pretzels, salted nuts and other crunchy snacks with regular refined salts and oils	Dry roasted almonds (organic if available)
Margarine	Organic butter or ghee (clarified butter)

This Week's Shopping List

VEGETABLES

garlic
onion
shiitake mushrooms
baby spinach

FRUITS

ripe bananas
frozen bananas
blueberries, raspberries or blackberries
Medjool dates
fresh figs (or other fruit in season)
lemon juice
frozen mango
strawberries

NUTS, SEEDS, GRAINS, and LEGUMES

whole flax seeds
ground flax seeds
flaked (unsweetened) coconut
raw, unsalted almonds (choose dry roasted without oil if raw is unavailable)

HERBS, SPICES and BOOSTER FOODS

fresh ginger root
fresh herbs
fresh mint
cardamom
cayenne
cinnamon
nutmeg
sea salt
black pepper
Spice of Life OR
¼ tsp. cinnamon
⅛ tsp. cardamom
⅛ tsp. nutmeg
Spirulina

DAIRY/NON-DAIRY

crumbled Feta cheese
whole milk, unsweetened organic yogurt
organic butter or ghee (clarified butter)

PROTEINS

organic or pasture-raised eggs

CONDIMENTS, VINEGARS, OILS, ETC.

raw honey
extra-virgin olive oil
light vinegar (rice wine, white wine, or apple cider vinegar)



WORKSHEET TWO: Kitchen Inventory Checklist

Check which tools and equipment you already have and which you still need.

KITCHEN TOOLS AND EQUIPMENT	ALREADY HAVE	NEED
Knives		
Chef Knife (<i>most important!</i>)		
Paring Knife		
Serrated Bread Knife		
Boning Knife		
Wooden Spoons		
Measuring Cups and Spoons		
Kitchen Shears		
Microplane/grater		
Tongs		
Spatula		
Oven Mitts		
Vegetable peeler		
Can Opener		
Cutting Boards		
Pots and Pans		
Saucepan		
Skillet		
Dutch Oven		
Baking sheets		
Saute pan		
Wok		
Stock pot		
Roasting Pan		
Cooling Racks		
Colander		
Sieve		
Mixing Bowls		
Blender		
Immersion Blender		
Food Processor		
Hand Mixer		
Spice Grinder		
Slow Cooker		
Mortar and Pestle		



WORKSHEET THREE: Cook for Health Questionnaire

Indicate the amount of times you cook with the following foods and ingredients:

Respond with *OFTEN* (daily), *SOMETIMES* (weekly), *OCCASIONALLY* (monthly) or *NEVER*

IN THE KITCHEN	OFTEN	SOMETIMES	OCCASIONALLY	NEVER
How often do you cook at home?				
Do you cook with vegetable oils or margarine?				
Do you use white flour products?				
Do you cook with table salt?				
Do you use whole grains?				
Do you use organic vegetables?				
Do you cook with factory-farmed animal products and commercial dairy and eggs?				
Do you cook with conventional produce?				
Do you plan your meals ahead of time?				
How often do you use organic, pasture-raised or grass fed animal products?				
Do you use herbs and spices in your cooking?				

Let's Get Cooking!

Practice at least one of the cooking techniques below from the *Culinary Lesson One* program on pages 173–177. Note your experience with each technique in your own digital or handwritten journal.

RECIPE #1 — Poached Eggs

COOKING REFLECTION

Please write down your experience with this recipe; whether it went well for you and if you would try it again. Remember practice makes perfect, so if your first attempt did not go smoothly try it a few more times until the technique becomes second nature.

RECIPE #2 — Sautéed Greens, Shiitakes, and Caramelized Onions

COOKING REFLECTION

Please write down your experience with this recipe; whether it went well for you and if you would try it again. Remember practice makes perfect, so if your first attempt did not go smoothly try it a few more times until the technique becomes second nature.

FINAL REFLECTIONS

1. What new information did you gain from this lesson? For example: a cooking skill such as how to poach an egg or sauté veggies, or how to brew an herbal tisane or make flavored yogurt.
2. What new behaviors will you put into practice this week? For example, planning a few meals per week, preparing one complete meal and creating time to enjoy dining on your created dish with friends, family or on your own.
3. List one to three goals for the coming week with measurable objectives? For example: substitute an unhealthy food in your diet with a healthy whole food (i.e., replace canola oil with olive oil and coconut oil or swap that non-dairy creamer for organic cream or coconut milk).
4. What did you learn by filling out the worksheets in this section to help you see what you are doing well and where you can improve?



Practice and Reflection

- Keep a 3-day food diary, using this *Daily Nutrition, Activity and Exercise Journal* below, being as specific as possible about portion sizes and the ingredients of each meal you eat. Answer the four questions on page 207.
- Using the *Bauman Model of Health Worksheet* on page 207 and the *Behavioral Change Contract* on page 209, commit to making a change regarding one of the following:
 - Family
 - Attitude
 - Work
 - Diet
 - Community
 - Exercise

Daily Nutrition and Activity Journal

Name: _____ Day: _____ Date: _____

Nutrition

TIME	LENGTH OF MEAL	FOOD TYPE AND AMOUNT	LIQUID TYPE AND AMOUNT	WHERE AND WITH WHOM	FEELINGS, ENERGY BEFORE MEAL	FEELINGS, ENERGY AFTER MEAL

Activity and Exercise

TIME/ENERGY/EMOTIONS BEFORE AND AFTER ACTIVITY	TYPE OF ACTIVITY	LENGTH OF ACTIVITY



Please answer these questions:

1. What did you do differently this week than you've done prior to starting this class? _____

2. What Level of Eating does your current diet reflect? _____

3. In what ways does your diet reflect *Eating for Health*™ concepts? _____

4. In what ways does it not? _____

Bauman Model of Health Worksheet

Good health depends on many factors. Please rate yourself in both of the *Health Triads* below, using a scale of 1-10 (10 is best):

Personal Health Triad	Rating 1-10	Social Health Triad	Rating 1-10
Mental attitude	_____	Family relationships	_____
Dietary habits	_____	Work relationships	_____
Physical activity	_____	Community relationships	_____



What’s Good to Eat Abundantly Worksheet

Indicate the amount of the following foods you eat each day. Serving size and examples are given to help you to estimate how many portions you eat.

SERVING SIZE	SERVINGS PER DAY
½ cup serving dried or cooked fruit	_____
1 cup fresh mixed green salad	_____
½ cup steamed greens (spinach, chard, kale)	_____
½ cup raw crunchy vegetables (carrots, celery)	_____
½ cup cooked crunchy vegetables (broccoli, carrots)	_____
½ cup cooked starchy vegetable (potato, yam, squash)	_____
1 cup whole grain (rice, millet, barley, quinoa)	_____
1 slice whole grain bread or crackers (50% whole grain flour)	_____
½ cup sprouted legumes (mung, alfalfa, lentils)	_____
½ cup cooked legumes	_____
2 Tbsp. fresh or sprouted seeds and nuts (flax, sesame, sunflower, pumpkin, almonds)	_____
2-3 litres pure fluids (water, herb tea, diluted juices)	_____

Identify which foods you can add to your diet from this list:



Behavioral Change Contract

Based on the findings in your *Daily Nutrition and Activity Journal* on pages 206-207, the *Health Triad* ratings on page 207, and the *What's Good to Eat Abundantly Worksheet* on page 208, please complete this exercise:

Based on my current eating habits, I am willing to make the following change(s) over the next one week period:

1. _____

2. _____

3. _____

Based on my current level of activity I am willing to make the following change(s) over the next one week period:

1. _____

2. _____

3. _____

Based on my current lifestyle, (family, attitude, work, community), I am willing to make the following change(s) over the next one week period:

1. _____

2. _____

3. _____

Your signature: _____ Date: _____



About the Authors



Dr. Ed Bauman has been at the forefront of the holistic health and nutrition renaissance for the past 40 years. He is the founder of Bauman College: Holistic Nutrition and Culinary Arts College, and the *National Association of Nutrition Professionals* (NANP). After studying traditional health and nutrition systems for more than 30 years, Dr. Bauman created the *Eating for Health™* approach, which forms the basis of his professional and community nutrition programs.

Dr. Bauman has recently founded Bauman Wellness, a non-profit educational institution dedicated to nourishing a culture of wellness through healing foods, arts and community learning. (**BaumanWellness.com**) The Bauman Wellness Center, on the Bauman College campus in Berkeley, California is the hub of on-site and virtual community and corporate events, classes, programs and cultural celebrations. Bauman Wellness offers an array of interactive and self-paced programs for individuals and groups. These include *Nutrition Essentials for Everyone*, *Affordable Nutrition*, *Brighten Up: Lose the Blues*, *Resilience and Recovery: Surviving the Pandemic and Consequences of Climate Change*, *Staying Well During the Pandemic*, and the *KIDZ Culinary Academy*.

He is the co-author of several renowned books such as the *Holistic Health Handbook*, *Holistic Health Lifebook*, *Foundations of Nutrition Textbook*, *Therapeutic Nutrition Textbook*, *Flavors of Health Cookbook*, *Whole Food Guide for Breast Cancer Survivors*, *Spice for Life: Self-Healing Recipes, Remedies and Research*, *Affordable Nutrition*, and *Nutrition Essentials for Everyone*.

Dr. Bauman is a tireless advocate for integrating holistic nutrition, culinary arts and wellness culture into mainstream education, health care, and local and community development to empower people from all backgrounds to become more self-reliant and compassionate towards all life on our embattled planet. Dr. Bauman is an active member of the Baha'i Faith, which provides spiritual guidance and fuel for his lifetime of service. None of his work would be possible without the love, inspiration and collaboration with his wife, Chris Clay Bauman, and daughter, Jessica Bauman.



Chef Lizette Marx is a certified nutrition consultant, professional chef and baker, certified culinary nutrition instructor, cookbook author and professional recipe developer. She has taught and coached aspiring natural chefs at Bauman College since 2005, co-authored *The Flavors of Health Cookbook* with founder and president, Ed Bauman M.Ed., Ph.D. and developed many supplemental health and wellness programs produced by the school including *Nutrition Essentials for Everyone* as well as a series of culinary workshops for nutrition consultants. In addition to her work with Bauman College, Lizette coaches and guides students training to be Culinary Nutrition Experts at the Academy of Culinary Nutrition.

As a passionate chef and baker for more than 30 years, Lizette endeavors to share her knowledge of cooking healthfully with others. She developed a series of plant-rich cooking demos and classes for doctors in the Physicians Wellness program at Kaiser Permanente. The program was received with so much success that it is now available for the nursing and administrative staff. Lizette regularly offers healthy cooking demonstrations and classes to corporations, health and wellness organizations and private groups and has recently shifted to teaching all of her classes and workshops online through her business, **MarxCulinary.com**.



About the Photographer

Chris is a professional photographer specializing in food, portraits and travel photography. Photographing fresh foods artistically styled into tantalizing visuals is her art form and a challenge she loves.

She has worked as an editorial photographer capturing high-quality compelling imagery of food, cooking, and people used in cookbooks, magazines and websites in the San Francisco Bay Area for 30 years.

Her photos have been featured in many books including the *Flavors of Health Cookbook*, *Affordable Nutrition*, *Two Hearts, Four Hands*, *Eating for Health™*, *Spice for Life: Self-Healing Recipes, Remedies and Research* and the award-winning *New Mexico's Living Landscapes: A Roadside View*.

— Christine Bauman

ChristineBaumanPhotography.com



Infinite possibilities of Wild Alaska



Studio portrait of Jessica



Costa Rica hummingbird



India Hindu temple ceremony



Wild blueberry pie



Children of India

