

— Natalia Rose & Anita Briggs —

# MAXIMUM PURIFICATION



## GUIDEBOOK & RECIPES



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Welcome to our most comprehensive clearing program offered to date! The Maximum Purification course equally focuses on physical, emotional and spiritual clearing in a more potent and complete way than ever before. Through this process, we will remove all forms of accumulation that impede our lives and keep us from unleashing our greatest potential. We have much to share to lay the foundation for success with this endeavor. Grab a beautiful mug of your favorite herbal tea, get cozy and commit to reading this guidebook in its entirety – it is relevant and important pre-reading for all levels of cleansers. Thank you for joining us on this journey; we are honored you decided to take the leap with us!

## LAYING THE FOUNDATION

There are a few things you must know about what purification means in our context:

1. **Purification is not sanitization** but a prerequisite to the fullest expression of life.
2. **We cannot live fully if we are filled with impurities because impurities obstruct our being and encourage physical or psychic pathogens.** Obstructions in the form of waste matter or pathogens on any and all levels of

our being halt and derail our expression by making us depressed, addicted, and caught up in a loop of undermining default behaviors.

**3. Obstructions create resistance to life.** Life wishes to flow but reaches an impasse when it hits these obstructions. The key to a joyful, radiant life experience and physical experience is minimal to no resistance to life. However, the experience most people call “life” is rife with resistance; as the saying goes, in the problem we find the solution. By identifying resistance as the problem, we can set about removing the resistance. This is the journey of purification.

**4. Consider the concept of integrity. Integrity means that the system is in lock-step with its reason for being.** All is connected and because it is connected it works, flows, expresses per its design. Our design is extraordinary. Our expressions are love and creativity; operationally speaking, being in working order implies powerful well-being. Any impurities that interrupt the integrity of our design will derail and undermine our design.

When we are in integrity in our being, having purified those interruptions our skin tissue, organ fortitude, blood chemistry, skeleton and nervous system all reflect this integrity. Furthermore, when there is integrity there is continual regeneration, because life in

its natural state is regenerative.

**5. Finally, you must understand that purification is not an end unto itself. It is a *means* to an end which is a very different thing.** The end we refer to is limitless. Limitlessness occurs when we are one with the light of Source, when we can harness and direct that energy to create as we were designed to, unencumbered by the shackles of limitation. It is entirely possible. As masters of light and energy, form was not meant to be our liability, but instead, our playground. Moreover, in a purified and pristine state, form is much more fluidic than we know it to be in our state of resistance.

And perhaps more accurately, we might say that purification is a *means* to the endless infinite journey of evolution. There is no fixed end goal. The ‘means’ is the goal. The human body is marvel of divine engineering and stands at the pinnacle of creation. Only through purifying the density will we uncover the infinite power to shape our destiny that lies within.

Now that we have those basic understandings out of the way, the next step is to determine how to dissolve the resistance and welcome the unhindered ever new expressions or evolving life. This entails the very real event of bringing heaven to earth. That is what we are going to do in Maximum Purification. Heaven is the spirit of life, the benevolent, loving energy that precedes form and exists in infinite abundance. Earth is an experience of that heavenly energy in manifested form. Derailed earth or modern life is

the experience of Heaven hitting unnecessary resistance due to impurities that developed from derailed living on earth. Consider a rainforest in its unparalleled vitality. Life abounds, not impurity. Consider a landfill where the only things that move are impurities and nothing life-generating can survive.

We no longer need to collude with a model for living, thinking, consuming, dressing, relating and working that makes us more the landfill than the rainforest. We can become the rainforest, brimming with diversity, color, beauty, vitality, regeneration and bursting joy. We invite you to this life experience. It is yours for the taking. We simply dissolve the resistance on every level and adjust our choices to align with that which supports flow and no longer contributes additional resistance.

Even if you are an advanced cleanser on the physical or spiritual level, you are more than likely still working on your accumulation. You’ll find this accumulation throughout your being: in your gut, your organs, your skeletal system, your nervous system, your heart center, your head centers and in your sexuality. It’s remarkable the little nook and crannies where resistance can take up residence.

Not only is this resistance in myriad places, seen and unseen but it also takes multiple forms, some material like dense impacted waste matter, gas and pathogens and others invisible like thought forms, disruptive memories,

and energy patterns.

To remove accumulation and open our pathways up for life force energy to flow, we use a two-pronged strategy: 1. oxygenate and alkalize our system and 2. remove the waste we stir up in the process. We saturate as much as we can in oxygen-rich alkalinity and remove the accumulated obstruction while abstaining from or limiting anything that does not oxygenate or alkalize. Our cells are constantly renewing themselves! In a few weeks we can have skin, intestines and cells reflecting the qualities of the substances emphasized in this protocol.

The process at the emotional and mental/spiritual levels is much the same: 1- we open up the flows for refined light and frequency by stilling the mind of disruptive noisy chatter, dissolving the neediness of the heart, and clearing the addiction to tension and drama, and 2. we ruthlessly eliminate all that gets stirred up in the process and activate the body to hold an ever higher baseline frequency. The approach is holistic in that it comes at things from

all angles and covers all systems.

We might point out that it is only now possible to truly bring all these approaches together. We are in a major transition phase cosmically, where we are leaving behind the reality of growth by opposition, and moving to a new reality of growth by inspiration and resonant harmony.

## WHAT YOU CAN EXPECT FROM MAXIMUM PURIFICATION

You can expect to start bringing heaven to earth, that's the long and short of it. If you can imagine the state of resistance you have in your body right this minute and open up to the practices we offer here, you can trade that obstruction, resistance, waste matter, gas, rogue thought forms and energy patterns for Source energy. And the best part of all is that you'll be doing it in a way that is non-combative. You are going to learn how to do it with grace and ease. You are going to be transcending

*\* **Activations** are energetic transmission of light and frequency, which impact on the subtle etheric, emotional and mental/spiritual bodies and eventually impact on the physical. These are performed through remote healing sessions, by Anita and a team of healing practitioners, that are ongoing through the program. Each week, the activation work varies depending on the week's theme. Another source of activation comes from angelic elixirs that play in the audio meditations. These are frequency/sound elixirs that alter the DNA and cause you to have access to new insight and perception.*



it, not doing battle with it.

What you can expect when you trade resistance for flowing Source energy includes everything from bliss running through your system to alleviation of symptoms, weight loss, physical regeneration, ease of being, improved sleep, greater sense of being one with the universe rather than alone in a non-supportive world, living in your highest nature and so much more. You can expect to become the proverbial life-force brimming rainforest.

As you steep in new understanding of what is possible, what density and toxicity are, and how perception can turn toxic energy into life force for evolution, you will feel far more the cause of life than at its effect. You will understand that negative emotions are false and part of the illusion, and will increasingly glimpse the new reality of emotional refinement. You will dis-engage from drama as you perceive a reality beyond opposition and enmeshment.

Through the ongoing activation\* work that will take place over the 6 weeks, you can expect to feel subtle shifts in tension, tiredness, pain, mental cloudiness, emotional heaviness, etc. Through the breathing and yoga routine you will be transforming at deep and subtle levels, the changes of which you may only feel months from now. The degree of change depends on your starting point and on the effort you put in, but the tools you will receive are yours to work with beyond the program, and the activations will keep working in

you as well. Overall, you will have a new understanding of your body and being, you will understand how to activate the power of regeneration, and will understand manifestation in new way as well!

## AN ALL LEVELS PROGRAM

Whether you've been on a cleansing journey for a while or you are brand new to this concept, welcome! Everyone will get what he or she needs to reach new heights. See below for how we are defining different levels of cleansers. Paying careful attention to this will inform your dietetic protocol.

1. Were you raised on sugared cereals, "TV dinners," and fast food (regardless of your current age and lifestyle)?
2. Are you a smoker or have you smoked for over eight years?
3. Are meat, potatoes, white flour, animal fats, cooked oils, and white sugar a part of your normal eating pattern?
4. Do you have a history of drug use or have you taken birth control and/or other hormones, steroids, or undergone chemotherapy?
5. Do you have a history of IBS, constipation, colitis, or other bowel/digestive disorders?
6. Are you over forty years old?
7. Are you between 20 and 30 pounds overweight?



8. Are you more than 80 pounds overweight?
9. Do you suffer from asthma, bronchial infections, chronic colds and flus, or other mucosal conditions?
10. Do you have a sedentary lifestyle?
11. Are dairy products (cheese, milk, yogurt, cottage cheese, etc.) a mainstay of your diet?
12. Do you eat animal protein more than four times a week?
13. Do you eat soy products on a regular basis (soy milk, tofu, soy chips, soy meats, etc.)?
14. Do you consume more than three sodas (diet or otherwise) each week?
15. Do you suffer from liver disorder, acne, psoriasis, or other skin disorders?
16. Do you feel uplifted when you consume fruit?
17. Is your tissue quality doughy and/or do you bruise easily?
18. Do you suffer from recurrent UTIs?

### **CALCULATING YOUR CLEANSING LEVEL:**

For every “yes” answer, give yourself 2 points; for every “sometimes” answer, give yourself 1 point; for every “no” answer, give yourself zero points.

### **22+ POINTS: THE BEGINNER**

This is about discovery and preliminary exploration. You are either brand new or relatively new to physical

cleansing. You may have experimented with drinking raw vegetable juice and consuming more water-containing foods (raw fruits and vegetables) but still enjoy denser fare. You might also be seeking consistency, having found yourself in a pendulum-swinging pattern of cleansing and then falling off the wagon. In this stage, you will familiarize yourself with the principles behind detoxification and begin to apply them. Successful application always considers your starting place. You will take time to consider your history and current goals and lifestyle in order to determine your pace with these upgrades. This is not a race. There is no end point. Where you are now, is not where you will be in several months from now.

### **16-10 POINTS: THE INTERMEDIATE CLEANSER**

At this level, you deepen your knowledge and application, with a readiness to take your dietary protocol to the next level. You rely less on denser fare as juices and salads take a more predominant place in your daily intake, and you honor and respect the transition from beginner to the advanced stages. Here, you are at your comfort place in the middle of the two, still incorporating some of the transition items and doing so consciously, without overdoing it.

### **10-0 POINTS: THE ADVANCED CLEANSER**

You’ve been at this for a while. Juicing is sacred. Bowel cleansing is ritualized. You’ve been able to successfully eradicate many symptoms, and you find ease and comfort in the consistency of



how you nourish yourself with diet and healing rituals. Your diet is vegetable centric and mostly consists of raw vegetable juice, raw vegetable salads and minimal amounts of denser fare, such as cooked food, sprinkled in for satiety and variety. You are either following the Extremely Green Protocol or are ready to kick it up a notch to take your healing process a step further. You are ready to move beyond and master the concepts of cause and effect in the body. This knowledge and application brings forth self-mastery - an ability to guide yourself in knowing exactly what steps to take given any circumstances at hand. At this level, you step into full independence and know how to respond when blockages surface.

## MAXIMUM PURIFICATION UNDERSTANDINGS

Let's start by getting on the same page about the way the human body functions. Below you will find 11 insights that are designed to contextualize every practice that will be recommended to you. When you fully grasp these 11 insights, you will not only fully understand why the practices we recommend are so important but you will be able to start self-directing your choices, becoming independent of external health and wellness advice.

### INSIGHT #1

The human body is electromagnetic by nature, sustained by Source energy

(sometimes called, life-force, Qi, prana or primal fire). A healthy body conducts life-force abundantly through all its systems. A symptomatic, diseased body, by contrast, has developed blocks that prevent the conductivity of this life-force. The degree to which the life force is blocked and prevented from flowing optimally in the system is the degree to which the individual will experience symptoms.

*What this means in real terms is that you are more than just flesh and blood. Beneath your flesh and blood, at a subatomic level, is an electromagnetic network designed to conduct electromagnetic energy. When there are blockages in your body, the conductivity of that energy is prevented, giving you a lesser life experience.*

*The majority of your symptoms/illnesses are caused by obstruction from substances that your body could not properly assimilate or eliminate. These retained substances take up real-estate in your body, creating occlusions where there should be free flowing pathways in the cells and tissues as well as in the electromagnetic network (known in Chinese Medicine as the "meridians" and "nadis"). Your symptoms are the body's way of telling you that there is a blockage that needs to be cleared. In this way, you can consider the symptoms to be alarm bells alerting you to blockages that you can then undertake to clear. You're going to see how you can remove these blockages with your diet and several other useful healing tools. We will help you make the dietary adjustments and show you how to use the necessary*



*tools to remove these blockages.*

## **INSIGHT #2**

Like the cosmos, the body is a unified field that includes many sub-fields. You have an emotional/feeling body, a physical body, a mental body, a spiritual body, etc.). Each field affects the other in an interdependent relationship.

*What this means to you is that if you are not aligned well in one field -- say in your emotional field -- you will likely have a symptom in another field. For example, you might overeat out of emotional imbalance, resulting in unfavorable physical symptoms like excess weight or diabetes, heart disease or asthma. The good news for you is that as you rectify an imbalance in one field, you will find the corresponding fields will rebalance too! We will help you do this so you can enjoy balance in all your fields! And once in balance and inner harmony, potentials open for evolutionary leaps. We are not aiming for mere feel-good, but rather opening the door to boundless being!*

*Body, soul, and spirit, which are ‘tools’ of indwelling consciousness, are intended to operate harmoniously; when they do, they allow for evolution to take place. So long as they are antagonistic to one another, our evolution is at a standstill. Furthermore, illness is born from the soul and body not communicating. How do you know if they are antagonistic or harmonious? If you hold tension in the body or are not in ever greater vitality, if you eat what you*

*don’t want to (compulsion), if you have unresolved past wounds, tendencies to constricting emotions, are enmeshed in relationships, tied to identity and the external, in patterns of control, hold to belief systems and standards of morality outside of you to ‘shoulds’ – then they are antagonistic and you are caught on the hamster wheel of the old reality. When the three tools of consciousness harmonize, soul merges in body, and spirit joins soon after; and you move to accelerated evolution of boundless being. Your cells change shape and you hold far greater amounts of vibratory light and frequency. In tandem, your perception changes, and you will experience the true gift that life is.*

## **INSIGHT #3**

There is one distinct cause of physical pain (which also happens to be the cause of pain in all fields of your being): separation from the interconnected network of life. There are two causes of this separation 1) a blockage in an area of one or more of the fields preventing the conductivity of the energy that runs through the network of life, and 2) what we call “the broken threads.” The broken threads refer to the places between the individual and the interconnected network of life that have lost connection. Imagine scissors are taken to a network of threads. Snip snip snip – the integrity of the unit is lost. Broken threads and blockages are both the result “separation consciousness.” Separation consciousness is a way of perceiving whereby one believes that he is separate from

the larger expression of life and other living things and so it doesn't matter if blockages develop or if threads are snipped. One lives for one's self in separation consciousness. While this is the most common way of perceiving today, it is a **mis-perception**. We are no more separate from the living network than a cell in your body is separate from you, nor any less subject to the whole or dependent of the whole.

*What this means to you is that the common belief systems today that have us living in separation consciousness are complicit in your physical disintegration. Should you desire to see through the leans of unity consciousness instead, you will gain immediate knowledge of how living systems work, what distresses them and how they can rapidly heal.*

*As you learn about the function of each part within the whole and correct the imbalance through insight, new perception, and engaging the vast ecosystem as ally, you will understand just how perfectly you are made and that all that you need is latent within you. The perfection lies also in the fact that as you live from higher insight, the power trapped in density is then used to fuel higher power to heal and evolve. As you evolve in this manner, you help to reform all that is antagonistic to life – you show it how to be life-enhancing through your becoming fully life-enhancing to creation.*

#### **INSIGHT #4**

When our field is clear and consciously

operating within the larger unified-field-of-life, the body experiences a visceral vibration that feels like a blissful hum. In this state, also known as “nirvana,” your needs and desires are amply met by the bliss you experience within.

*What this means to you is once again the big S-word: SOVEREIGNTY! As you move toward real wellness, you can look forward to a decrease in the extent to which you desire things outside your being. Imagine not being compelled to consume, shop or seek out relationships as a way of appeasing yourself. The outside things will no longer have such a strong hold on you; you'll truly be in a “free-will” zone. Just because you might not feel that hum doesn't mean it's not an experience the human body was designed to have when operating at optimum wellness. The hum will come! We will help you bring it about!*

#### **INSIGHT #5**

The body has a distinct language: pleasure and pain. Pleasure tells us we are in flow. Pain is an alarm bell warning us that flow has been compromised.

Alarm bells (aka “symptoms”), are actually your friends as they indicate where change in your self-care is needed. Ignored alarm bells only sound off more loudly as opposition to life force in the body increases. By contrast, symptoms (or “alarm bells” if you prefer) reduce and are exchanged for feelings of pleasure when you are on the right track. The body always makes it known when



you are living in harmony with its laws and when you are not.

*What this means to you is that you can start to use your body's language to determine when you are serving the body and when you are doing it a disservice. Your body loves to communicate with you -- more than that it loves to be understood and responded to!*

*That said, the body has been stifled for so long that the communication is scrambled to some degree. That is why purification must take place. Unrelenting purification that gets you to a state where you can hear the cells' hum, where you can observe your thoughts as they form and understand whether they are inspired or come from obsolete programs, will restore communication and harmonious interaction of all aspects of being. The journey to that state is enjoyable because every step brings a new level of clarity.*

## **INSIGHT #6**

The body also communicates in the form of addiction. Addiction tells us something truly remarkable, namely where rogue entities are feeding and taking over. It is only possible to become addicted to acidic substances, not to alkaline substances. Pathogens need acidic substances to survive. Therefore, addiction warns us that we are moving out of our sovereignty and are instead empowering rogue life forms every time we partake in the substances we're addicted to.

*What this means to you is that when*

*you consume things you're addicted to, you are feeding the rogue entities' pleasures even more than your own. You are giving the mold, bacteria, yeast and parasites what sustains them, not what sustains you. In fact the two are in utter opposition to one another. Once you see this it should be much easier to refrain from consuming those substances. When you realize you are giving the power to direct your consumption and over the wellbeing of your body to these rogue entities, you'll likely not be so quick to give into the sugary, starchy items, alcohol, coffee and other things pathogens love.*

*Any addiction is the result of self-abandonment; and where we self-abandon, we fall into 'illusion'. Illusion is the result of occlusions in our being that get invaded by 'shadows'. Pathogens are only possible where we are not 'presencing' ourselves fully--by 'presencing' is meant 1- facing how we have suppressed ourself, and 2- beginning to express into the occlusion, to fill out the places where we have become absent. Pathogens can be physical, emotional, as disruptive imprints from the past, or mental/spiritual, as destructive beliefs, repetitive, negative self-talk, or dogma that stifles our free expression.*

*Pathogens on ANY level cannot exist when we are fully presencing ourselves and cultivating a strong inner terrain steeped in the ascension attitudes of love, praise, and gratitude. Love is the power to heal; praise is the power to uplift to ever higher expression (rejuvenate); and gratitude is the power of acceptance in the moment that opens the*

*gates of abundant resources in the body. Love establishes the field and quality of life; praise draws in the inspiration that lifts us into ever higher evolution; and gratitude is outpouring presence that magnetizes to us greater 'quantity' of life. We are continually regenerated at all levels when we understand and live these three ascension attitudes in life.*

### **INSIGHT #7**

Pathogens in the forms of rogue bacteria, viruses, mold, fungus and parasites are on the rise in the modern body because of the increasingly acidic terrain created by modern foods, drugs, acidic water, acidic air and microwave radiation.

*What this means to you is that these rogue entities are destroying the integrity of your body and are the harbingers of cancer. The only way to reclaim our bodies from the claws of pathogenic demise is to alkalinize through life-generating substances, (especially juicing leafy greens and grasses, and oxygenation), to enable the terrain to rehabilitate and to eliminate pathogens that are not compliant with rehabilitation, using plant based remedies. Our recommendations will help you accomplish that!*

*In combination with powerful processes to establish the integrity or self-sovereignty of emotional and mental/spiritual levels, you will experience new levels of clarity and creative potential that you may not have thought possible. In fact, any approach to purification must be holistic, otherwise you will hit a ceiling*

*quickly when one aspect is out of step. When all levels are moving to ever higher vibratory levels, then a leap on one level benefits the others, and an upward spiralling momentum kicks in.*

### **INSIGHT #8**

Microwave radiation is assaulting our energy field, our brains and the integrity of our cells and tissues. This radiation is everywhere you find wireless service. It is also found in abundance around smart meters.

*What this means to you is that symptoms and diseases are increasing due to the way this radiation destroys the integrity of your cells, causing cancer, infertility (in both men and women), brain diseases, mood disorders and weakening eyesight among many other devastating physical effects. It's critical to do whatever you can to neutralize this radiation as much as possible by adopting the most life-generating diet lifestyle possible, including getting plenty of sleep in non-radiation areas and utilizing supplemental tools that prove helpful to decreasing the effects of radiation. It's important to register this key issue as we ponder our health today. It is more important than ever that we know how to offset this problem, neutralizing it with through potency of being that awakens from engaging the many tools of this program.*

*You will learn the first levels of powerful breathing techniques along with insights that eventually build up to the power to neutralize radiation and heavy*



*metal toxicity in the body and in your environment. And you will also receive support tools to neutralize radiation from foods. Nothing can harm the one who awakens to full power and presence, and all challenge that we face as environmental onslaught is catalyst to the master to wield greater creational power.*

### **INSIGHT #9**

Our bodies have unlimited potential for health and longevity when our cells, tissues and pathways are open and unencumbered by blockages.

*What this means to you is that if you undertake the health protocols in this program, specifically for diet and cleansing, you can start to remove the blockages that are limiting your well-being and prevent adding future accumulation. The more you can create an internal system free of blockages, the more you will experience this unlimited health potential first hand!*

*Purification allows the body to integrate and express the new templates that are possible at this time in evolution. We are moving to a new phase of creation beyond duality, wherein we may experience dramatic acceleration in many ways. You will learn several ways to tap into the unlimited potential, while you also receive ‘boosts’ by way of ‘activations’ throughout the programs. In simple terms, the resources used in playing the duality game in which we opposed life and tried to impose our will on it, can now be redirected in support of forward evolution that is super ac-*

*celerated. As you surrender to Higher Will, the regenerative power of this tremendous force of evolution will move you to ever higher vibratory levels.*

### **INSIGHT #10**

Our bodies are designed to flow. Our pathways, cells, tissues and even bones are meant to be in consistent conductivity. Furthermore, what we know as ‘physical’ is really more aptly termed ‘density’. True physical embodiment is a fluidic state that can shift according to indwelling consciousness. The seeming static nature of matter is due to our limited senses and their ‘fallen’ state that makes them unable to perceive all potential.

*What this means to you is that the more we do to support unlimited potential through conductivity, flexibility, and fluidity, such as remaining flexible and agile through yoga, dance and play, the more we will remain in the flow of abundant life. If this flow is not maintained, calcification will set in triggering the deterioration cycle. Open clear, flexible bodies support our highest functions as humans – while not a prerequisite in every single case, clean celled, prana-flowing bodies are overwhelmingly the precursor to perpetual joy, effortless love for all life and unbridled creative inspiration. So go out and play!*

*At the emotional level, calcification is expressed as the emotional debris in the meridian system that blocks the gates of abundance in the body and keeps us on the hamster wheel, reliving the past*

*in endless variations of the same old drama. At the mental level, it is made up of the rigid belief structures that imprison the Heart and stifle its Song. When Heart stops singing, the universe can't hear you and can't support your dreams. The Heart drives evolution, and determines the healing and harmonizing power of the inner terrain at all levels. It even has the power to transmute the vibration of the foods you ingest.*

*We are conditioned to believe in 'work before play', but unless we can find pleasure and enjoyment in all that we do, we remain unable to tap into genius and effortless solutions that can only come through the expansive pure emotions and desire to excel. 'Duty' binds the Heart and clogs flow. Through understanding the power of the rich emotions of the Heart, you will cultivate a fertile 'field of life' into which your dreams will manifest quickly. The physical benefits of cultivating the full Heart field are enormous and startling.*

*Let this program be one of playful and joyful exploring of the infinite potentials of being--release any sense of needing to improve or rein yourself in at the outset, and open to being amazed at the healing powers within as you ally with the One Life that sustains you.*

### **BONUS INSIGHT #11**

The body is foundational to our evolution. Why focus on the body? Why not on the soul or spirit level? We have done that the past, and have only moved things around at the same level of reality, or rather the same level of

illusion. We are called to bring heaven on earth, which means to embody our higher selves and open the body's faculties to behold the deeper levels of reality. The body is the vessel through which evolution transpires. We are at a time in evolution that is unprecedented--the changes in the cosmos are so monumental that the old ways have become completely obsolete. Time has changed, the building blocks of reality have changed, space is no longer fixed but much more of a fluid substance, and accelerated evolution is the highest potential for us at this point.

Always in evolution, we have two choices: cooperate or resist. When we cooperate, life feels graceful and pleasurable, whereas when we resist life is a series of challenges and hardships. Evolution is moving at such a fast pace now that resistance will be experienced much more acutely. Up to now we have tried to cope, to battle things external to us, to fix and change in order to control outcomes, etc. That no longer works and only exacerbates oppositional forces. Things will become more virulent, endless pathogens will appear, external control that erode our freedom will amp up, etc.--the resolution is to transcend that unreality, and in order to do that we must learn new ways of being that unleash the unlimited power within the body.

The great news is that there is so much support from the inner realms for us to make the leap, that we are truly blessed to be alive and able to participate in this great transition. We have been given all the tools to unlock the



body to be able to live at a higher order of reality where we truly are self-determined and self-sovereign.

You are a being as vast as the cosmos. This program is not to give you a new set of beliefs; rather it is to shed old obsolete programs of limitation and support the emergent power of the latent faculties in your body. In time, as you release the density and work with insights that expand your power to heal and shift, you will find you have an inner knowing, an acute inner GPS, and that is when life moves from merely responding to what shows up, to reshaping it through your consciousness that is wholly aligned with Infinite Intent. Purification begins in the body, because body is the vehicle of consciousness. A broken body compromises the level of embodied consciousness that is possible. A body where all system are in harmony acts as vibrational key to unlock the secrets of creation.

## DIETETIC PRINCIPLES

### **1. A VEGETABLE-CENTRIC APPROACH SERVES AS THE FOUNDATION FOR IDEAL HEALTH.**

Plant foods in their raw state carry with them life force and chlorophyll, which are the primordial nutrients that sustain and regenerate life in our bodies. Making raw vegetable juices and raw salads the focal points of your daily regimen will immediately translate into less resistance for you. These alkaline rich foods do not accumulate,

but instead awaken old waste and prepare it to leave the body. With dietary upgrades, you can relieve constipation, chronic & acute symptoms, achieve weight loss if needed, all the while benefiting every organ in the body. You will soon welcome in a feeling of lightness and a higher vibration pulsing throughout your body.

### **2. THE ENDOCRINE SYSTEM AND INTESTINES ARE THE INTERCONNECTED PIVOT POINTS THAT NEED TO BE HARMONIZED FOR US TO MAKE THE NECESSARY SHIFT TO IDEAL HEALTH AND STATE OF REGENERATION.**

Consider that the intestines comprise the intelligence of letting go of what is obsolete. You cannot move to higher ground without leaving behind the 'lower ground'. Each step of letting go creates a new 'baseline' of purity that the body can more easily maintain. The power of letting go is not just physical; as you let go of emotional and mental patterns that are obsolete, you will be vibing at a higher rate such that taking in substances that end up mostly as waste will no longer feel compatible to you. 'Letting go' determines the 'speed' of your evolution and move to higher ground.

The endocrine system is what determines which forces we are aligned with: death or regenerative forces. When we are fettered to external sources of sustenance, our body produces stress hormones that degenerate the system; when we are wholly plugged into internal sources, it produces the higher hormones to support continual regeneration and bound-

less evolution. While we still eat, our relationship to food becomes one of reciprocity, where we eat to engage the senses more deeply rather than to 'survive'. The entire ecosystem sustains us in life, and that only amplifies as we emit regenerative forces into it through our becoming a conduit of outpouring Source power. Much of the activation work will focus on clearing the obsolete as well as engaging the endocrine system to new levels of functioning to support the life of powerful and deliberate manifestation.

### **3. WELL-COMBINED MEALS ARE MORE EFFICIENTLY DIGESTED AND TAKE LESS TIME TO LEAVE THE BODY. (SEE THE CHART ON THE NEXT PAGE)**

In short, raw vegetables combine well with everything, and a raw salad will always precede cooked food. Beyond that, you'll keep starches, animal foods, and nuts/seeds separate from each other at each meal. While fruit is limited in this program, if it is included, it's best consumed alone, on an empty stomach, before other food is consumed during the day. The best place to add in some low-sugar fruit, should that be a part of your protocol, is at the first call of hunger after your green juice.

### **4. FOLLOWING LIGHT TO HEAVY PATTERNS OF EATING KEEPS FOOD MOVING THROUGH THE DIGESTIVE SYSTEM WITHOUT BACKUP.**

Everything we consume has a transit time, meaning a certain amount of time it takes to pass through the digestive tract. The goal is for food to move through the digestive system as ef-

ficiently as possible. We follow light to heavy eating so that faster moving foods don't get blocked by denser fare. See the pointers below for how to effectively incorporate this into your daily routine:

**a. Liquids before solids** - Green juice is consumed before solid food and if thirsty during the day, consume water before solid food (not during or after a meal). This ensures our body's natural digestive juices are not diluted by other liquids and therefore can function optimally to help the body break down what we consume.

**b. Raw food before cooked food** - Raw food moves through the body faster than anything cooked. It also neutralizes anything more acidic that we may consume. Start your meals with a raw salad or raw vegetables and then enjoy cooked components. Applied in the reverse would mean raw food, which moves faster, would get trapped by the slower moving cooked food, leading to accumulation and fermentation in the gut. This is avoided by consuming lighter, more water containing foods before denser fare.

**c. Animal foods, if included, are best at dinner** - Reserve animal food for your evening meal. Flesh foods (wild fish, raw goat/sheep cheese and organic free range eggs) have a place for the transitioning cleanser in this protocol. Because they take the longest to digest, it is most helpful to reserve them for dinner time when they will have the maximum transit time without interference from lighter fare.





NEUTRAL  
TO COMBINE

**raw leafy greens:** sprouts, romaine, spinach, arugula, kale, collards, herbs...

**non-starch vegetables:** tomatoes, cucumbers, zucchini, raw corn, cauliflower, carrots, beets...

**lemons & limes, dry herbs & spices, condiments, herbal teas, almond milk** <• more emphasized

**organic butter & cream, cold pressed oil, dark chocolate, wine** •> less emphasized

• consume alone or with raw leafy greens & always on an empty stomach •

<• consume within category or with neutrals •>

STARCHES & LEGUMES t: 3h	ANIMAL PROTEIN t: 4h	SEEDS, NUTS & DRIED FRUIT t: 3h	FRUIT t: 30min
<sup>2</sup> young coconut & avocado sprouted grains & legumes cooked potatoes: sweet, yams, Japanese, white.. cooked winter squash: kabocha, acorn, pumpkin.. cooked legumes: lentils.. cooked grains: millet, quinoa, buckwheat.. cooked corn (incl. popcorn) sprouted grain bread & whole grain baked goods	raw milk products: goat milk, goat kefir, goat & sheep cheese <sup>3</sup> pasteurized goat & sheep cheese raw cow cheese organic, free-range eggs wild or organic fish: halibut, sea bream, trout, salmon.. free range poultry small game: rabbit, venison.. free-range grass fed beef	<sup>1</sup> young coconut, banana & avocado (only combines with dried fruit and dates, not seeds or nuts because mixing fats is not recommended)s seeds: sesame, hemp, pumpkin, sunflower.. mature dried coconut dates & additive-free dried fruit: raisins, cranberries.. nuts: almonds, cashews, hazelnuts, pecans, brazil..	melons (always consume alone): watermelon, canary, cantaloupe.. citrus: oranges, nectarines, grapefruit.. apples & pears berries: raspberries, blueberries, strawberries.. stone fruit: apricots, plums, peaches, mangoes.. <sup>1</sup> bananas <sup>1</sup> avocado & young coconut

1. Bananas, avocados and young coconuts, although technically fruits, combine well in multiple categories because of their consistency.

2. Legumes are miscombined by nature but they combine well as starches which is why they are included in the starch category.

3. Goat and sheep milk products are recommended over cow dairy because they are made of smaller, more digestible protein molecules.

VERY ALKALINE & WATER CONTAINING

LESS ALKALINE

NEUTRAL

SLIGHTLY ACIDIC

MORE ACIDIC & DEHYDRATED

Natalia Rose – DetoxTheWorld.com

chart designed by: Ana Zaharia, Creative Director

**5. Green Juice, nature's best medicine, is at the foundation of a cleansing protocol.** The only real source of energy comes from foods that carry the sun's energy, and at the top of the list are chlorophyll rich green leaves and grasses, which are actually synthesized sunlight. Chlorophyll is energy produced by photosynthesis. It is nearly bio-identical to hemoglobin. When we drink this, that energy enters into us

to help perpetuate life in our body by renewing every cell it reaches. It also cleans the blood through its rich alkalinity and delivers the most absorbable form of minerals, requiring minimal digestion in its liquid form.

## Natalia's Top 10 Reasons to Drink Green Juice:

1. Greens are the quintessential pri-

mordial food -- when you juice greens you are drinking synthesized sunlight, the source of life in our cosmos.

2. Green juice magnetizes the old waste from deep in the cells and tissues for release, one of two essential steps for real detoxification.

3. The life-force of the plant is in the liquid. You cannot get the same result from powdered greens, no matter how nutrient packed they are.

4. One glass of green juice has the life force, enzymes, minerals, vitamins and amino acids of several pounds of greens.

5. There is no digestion needed -- the value and qualities of the green juice go straight to the cellular level like an intravenous injection.

6. Green juice helps to re-mineralize the teeth and bones, which we often forget are living tissue and can be strengthened given the chance.

7. Green juice will help neutralize acidic substances we consume or are exposed to in our environment.

8. If coated the following day in green juice, the alkaline substance will help prevent acidic foods from sticking in the intestinal tissue as it would do otherwise. This is why green juice is not optional if there is any acidity in the diet.

9. Green juice is the color of the heart chakra (LOVE) and carries the frequency of all that applies to every cell it reaches, elevating the body to a more

loving state with every sip. Engaging with the essence of the plant kingdom enlivens and refines our emotions.

10. Green juice contains organic water, one of the purest sources of water we have in today's world where so much of our water supply has been contaminated.

**Bonus:** *Wheatgrass contains 12 amino acids, including all 8 essential amino acids (ones that we don't make but have to take in) making it a complete protein source.*

## **6. AWAKEN + RELEASE ARE THE TWO NECESSARY STEPS OF DETOXIFICATION.**

Cleansing is the event that occurs when accumulated waste and pathogens fully exit the body. This happens when copious amounts of waste leave the body primarily through the bowel. The dietary protocol you will follow "awakens" this accumulated matter but that is only one of a two-step process. The waste must leave through normal bowel movements, enemas and colonics. Bowel cleansing is the second part of the process that ensures detoxification.

There is no set answer to frequency of bowel cleansing as this is dependent on the individual's diet, bowel strength, and comfort level. Tune into how you are feeling, notice the feeling of lightness after a treatment, and when that starts to diminish and/or if you start to feel symptomatic, your body is ready for another treatment. The cleaner, meaning the more alkaline your diet, the more you will awaken in the body

and the more often you'll likely need treatments. If you don't (or can't) get enough treatments to keep up, you will likely experience common symptoms of over cleansing (fatigue, skin outbreaks, weakness, bloating, etc.), and in this case, it's important to temper the process with cooked foods and some of the safer, denser and more acidic options in the protocol. You will receive many recommendations and recipes for adopting your dietary intake based on your circumstances.

## INTAKE GUIDELINES

### FOODS TO FOCUS ON:

- Raw, organic vegetable juice
- Raw Vegetables
- Cooked Low Starch Vegetables
- Lemons & Limes
- Fresh Herbs

### OK DAILY:

- Young Coconut
- Avocado
- Nut/seed butter dressings
- Baked Squashes and Sweet Potatoes
- Organic Eggs\*
- Raw goat and sheep cheese and yogurt\*
- Wild Fish\*

*\*Note: These animal products are acidic but useful in their highest quality as*

*transition tools for many, if not over-eaten*

### AVOID:

- Fruit
- Grains
- Soy & All Soy Products
- Vinegar
- Alcohol
- Sugars and Sweeteners (including natural sweeteners)
- Caffeine
- All Oils
- Chicken & Turkey
- Red Meat

### OCCASIONAL EXCEPTIONS:

- Low sugar fruits (berries, green apples, grapefruits)
- Quinoa, millet, buckwheat, spelt
- Nama shoyu

### BEGINNER CLEANSER'S DAILY INTAKE

**Your focus:** Integrate the highest integrity foods that keep you joyful and balanced. Make it vegetable centric (the salad is the centerpiece of the meal) and mostly vegan, reserving flesh foods for dinner time as needed. Follow proper food combining and light-to-heavy patterns of consumption.

Water

**Green Juice** - 16-24 ounces

**Mid Morning:** Low Sugar Fruit, Raw Vegetables or a Blended Shake



or Soup

**Lunch:** Avocado or Nut/Seed Salad + cooked vegetables if you opt for the avocado salad. Cooked vegetables don't follow nuts/seeds.

**Afternoon Snack:** If needing something to bridge lunch and dinner, choose from one of the following options: Medley of raw vegetables and tahini OR avocado based dip, raw olives, blended raw or cooked soup

**Dinner:** Salad + cooked vegetables + flesh (fish, eggs or cheese) OR starch (starchy vegetable or clean grain dish)

### Optional challenges for taking it further:

Juice until dinner for a 24 hour fast 1-2x/week

Partake in a 36 hour fast 1x/week

### INTERMEDIATE / ADVANCED CLEANSER'S DAILY INTAKE (EXTREMELY GREEN DETOX – WINTER EDITION)

**Your focus:** Focus on the “hog wild” and “ok daily foods,” keeping it mostly alkaline with the inclusion of some cooked vegetables at dinner for warmth and comfort especially during colder months. You'll benefit from delaying your intake in the day for a few hours but never push beyond the point of comfort. At the first call for nourishment, sip on water and follow the protocol as laid out from there. There is a reason why this is for the advanced

cleanser. Your body is ready for this upgrade if you've been at this work for a while and should not be adopted if you are newer to detoxification.

Water

**Wheatgrass** - 2-4 oz. a few times/week

**Green Juice** - 32 oz.

**Afternoon Snack:** raw vegetables and dip as needed

**Dinner:** Salad + cooked vegetables when desired

*\*The amount of cooked food included will vary depending on your comfort levels.*

### Optional challenge for taking it further:

36-48 hour fast 1x/week

### SUPPLEMENTAL SUPPORT:

Certain supplements are particularly helpful as extra tools to cleanse the system. A high quality probiotic can help restore good flora in the gut. We also recommend nascent iodine to help balance the thyroid and anti-yeast fighting tools like the Scram Supplements, oil of oregano and grapefruit seed extract. The rule of thumb is to always take these on an empty stomach. Leave an hour or so between probiotics and other supplements. You might not be including them all, nor do you need to follow this to a tee everyday. The foundational dietary protocol and tools (bowel cleansing, sauna, movement,

and meditation) we use to help the body release are most important. These added tools can serve as extra credit in the context of a cleansing program.

## **A DAY IN THE LIFE: MAXIMUM PURIFICATION ROUTINES & HABITS**

What you will find in this program is an equal focus on physical/emotional/spiritual realms. To get the most out of the process, we encourage you to put equal priority on all 3 categories. Following the diet and setting yourself up with consistent rituals, including the time when you will commit to the exercises from Anita, will assist you in this endeavor.

**A note on meal times:** Whenever you take anything in, whether that's a glass of water, juice, snack or meal, it is important to be completely present to the moment. A pre-consumption ritual is helpful to get grounded and ensure that what you take in is ingested with loving energy. Doing so actually assists the body with digestion. This is why we never eat while multi-tasking, stressed, angry or sad. Instead, commit to some symbolic gesture or ritual so your body knows it's about to take in substances. Some examples include lighting candles, going for a walk outside, taking a quick shower or bath, playing soothing music, and visualizing where your food comes from while expressing gratitude for it before you take a bite.

### **DRY FASTING:**

*For advanced cleansers only.*

While you don't want to push this aspect of the protocol beyond the point of comfort, you do want to give the body a break from any intake upon waking to help create space for healing. This is a good time to tune in and really listen to your body. Over time you will find you need less than you thought.

### **DRY BRUSHING:**

It's always helpful to dry brush for a few days in a row, take a break, and then incorporate it again. Five minutes will help tighten the skin and eliminate cellulite in the context of this entire protocol. It's also a great wake-up for the lymphatic system. Enjoy the buzz your cells feel afterwards.

### **SUN, AIR & MOVEMENT:**

Ideally you'll get in some daily movement outside in the sunshine. Bring on the vitamin D in the early hours, breathe in fresh air, and do something your body loves: walking, biking, yoga on the lawn or in the park, rebounding. In the cooler months, bundle up and get outside!

### **BOWEL CLEANSING:**

Though this might not be a daily practice, bowel cleansing should always be on an empty stomach, even if you've booked a session for later in the afternoon or evening. An inversion (your own pose or laying on a body slant or inversion board) beforehand is great preparation for increased efficiency of the treatment.

**SWEAT:**

The sauna helps to move toxins through the largest eliminative organ, your skin. Time in the infrared sauna is optimal after a colonic or enema. You'll sweat more efficiently after cleaning out house, and your body will better tolerate the heat. If you're new to sweating, start with 15 minutes, take breaks as needed, and work your way up to 30-45 minutes. Enjoy a nice shower post sweat to wash off the toxins eliminated through the skin.

**MEDITATION:**

Just as you will be conscientiously purifying physical body, so too you will take care of emotional and mental/spiritual levels, which interpenetrate the physical to the level of the DNA and sub-atomic particles. You will be given exercise to properly nourish as well as to detox on all levels, including the physical. Minimum recommendation is as follows:

**1. Daily "power pauses" to:**

- 1- still mind, refine, emotions, and open up the creational/purifying center of the 'gut'
- 2- release tension that reveals where you hold onto density
- 3- eliminate negativity as it arises through simple purification processes and/or acupressure/affirmation
- 4- practice the ascension attitudes that accelerate purification and evolution.

**2. Daily ritual to bless food**, purify, and increase nutritional frequency; Eating for maximum enjoyment.

**3. Breathing routine** ("Seven Breaths of Eternal Life") to clear and ground the pranic tube, or the yoga "I AM the Lucid Dreamer" to clear imprints of trauma for all time and open up the gates of dreaming (manifestation). Routines will vary through the program, and you are encouraged to do them 3-5 times per week.

**4. Support exercises** to be done as needed: to clear the meridians of emotional debris and old obsolete memories, clear the tension in joints, clear past stories from the body and face, rejuvenation, activation audios for fatigue, adrenal support, thyroid support, full body purification, bring mindfulness to what you emanate, and more. Each week, new audios will be available as they pertain to the focus of the week.

**5. Contemplations** will be given for you to do as you have time. Perception or insight unwinds density, and releasing density purifies and evolves the body.

**SUPPLEMENTS:**

If choosing to incorporate some of the supplements listed previously, you'll work them into your daily routine on an empty stomach and follow the recommended dosages indicated on the bottle. If probiotics are part of the protocol for you, remember to space them out from the others.



## **A NOTE ABOUT WATER**

THE FRESH ENERGY COOKBOOK

*Human beings are meant to drink living water, which comes from living Earth. That's why the best water comes from natural springs. However, in the modern world, most people are unaware of how to access fresh spring water. Do your best to source spring water in glass bottles instead of plastic bottles, which suffocate the life force from the water and leach toxins into it. Filtering, ionizing, charging, or distilling your tap water can improve its quality. In NYC, the best we've found is Mountain Valley Spring water, which is bottled in a glass container from a natural spring. You can also locate a spring near you via [www.findaspring.com](http://www.findaspring.com) and bottle your own water.*

### **LIGHT-TO-HEAVY INTAKE:**

Fresh Spring or Filtered Water

Raw, organic green juice

*Grapefruit seed extract drops can be taken on your tongue, added to your water, juice or over your salad.*

Lunch Salad, Blended Soup, Shake or Juice, as desired.

Dinner Salad followed by well-combined cooked component as desired

Detox friendly dessert, if desired.

### **BRIDGING THE MORNING OR AFTERNOON:**

A beginner who has not gotten used to juicing until lunch or someone who is attempting to juice until dinner for the first time can try any one of the following to bridge their juice and lunch meal (or juice and dinner meal as the case may be):

Sliced organic sweet potatoes/yams

A variety of crudité's (carrots, celery, yams, bell peppers, cucumbers, jicama, etc. with a tahini dip or guacamole if needed)

A blended raw shake, soup or salad per recipes included at the end, a warm/hot pure vegetable soup, or baked root vegetables

### **PRE-DINNER RITUAL:**

Work in a routine to clear your mind so that you prepare your meal in a peaceful state. Some recommendations include a hot bath, walk, light yoga, deep breathing or meditation. Choose something that feels deeply nourishing and enjoyable. By the time you consume the beautiful cleansing meal, you'll take in loving energy that will ensure better digestion. You'll also be equipped to stop when you've had enough.

Take a second batch of supplements as needed, per the directions on the bottle.

### **DINNER:**

Enjoy a well-combined vegetable centric meal in the most loving and peaceful environment possible.

### **Dessert Options (if desired):**

Young coconut milk (pure, raw, organic) in various forms;

Mature coconut pieces (fresh, organic);

70% or higher dark chocolate, 1 ounce;

Raw yam slices;

Cooked beet wedges;

Pudding or Raw Ice Cream made with approved ingredients, per the recipe section.

### **POST-DINNER RITUAL & SLEEP:**

If you find yourself with cravings after dinner, work in a new ritual to break the habit. Go for a walk outside, light candles, pick up a good book, or spend uninterrupted time with loved ones. Allow yourself to unwind during this time in the evening to best prepare for deep sleep, which is an essential component for cleansing and healing. A pre-bedtime meditation is also helpful to clear the mind for dreaming.

### **MEDITATION:**

1- You will continue with the purifying/ blessing rituals for the evening meal.

2- Nightly preparation in order to continue purifying/healing/regenerating

in sleep.

3- Contemplation on principles of mastery and regeneration (optional and as inspired).

4- Evening meditation with one of the audios for that week, the breathing/ yoga routine, and or contemplations. The time you spend is entirely up to you, but an hour in the evening-five days per week is certainly encouraged.

## **TIPS FOR NAVIGATING CHALLENGES**

You may find yourself in challenging circumstances as you go about life while following the cleansing protocol. Fret not! You don't have to stop your life so you can cleanse. In fact, soon you will realize that life will start unfolding more harmoniously because you are clearing your inner pathways. In the meantime, we have included tips for navigating common situations with ease and grace and keep you progressing on your detox journey:

### **RESTAURANTS:**

*"Is it possible to stick to the program when I dine out?" The answer is YES!*

1. **Research** the restaurant ahead of time, if possible, and decide what food combining category you want to stick to. This way, you can bring any extra fixings the restaurant may not have. Keeping your meal properly combined is going to ensure you stay on track!

**2. Come prepared.** Your purse can house some essential detox goodies that will make this experience much more enjoyable and detox friendly:

Lemon, for dressing your salad

72% or higher dark chocolate bar, for dessert

Stevia, for sweetening your salad or herbal tea for dessert

Baby carrots or sweet potato slices, can be helpful for munching while you wait, instead of eating bread

Avocado or sliced goat cheddar, in case the place you are dining at doesn't offer these essential salad components

Extra greens, packed in a ziplock

**2. Order a double salad,** or plan to add your own extra greens to the mix, and ask for dressing on the side. Depending on the restaurant profile, you may be able to get cleaner dressings, but asking (or bringing) lemon halves will always be your cleanest option. This is still the main component of your meal, so you want to enjoy it properly. Some great salad options you can often find when eating out, are:

Beets & goat cheese salad – ask for extra greens

Garden salad – double order please! & dressing on the side

Mediterranean: Greek salad, often dressed with lemon & olive oil – ask for just lemon

Mexican: Mixed greens – no dressing, with a side of guacamole and salsa

Japanese: Mixed greens – topped with seaweed salad

**3. Scan the “Sides” menu.** You can often create your own detox meal at restaurants by picking out your favorite vegetable sides. Always opt for steamed, baked or grilled over sauteed, and of course say no to deep fried. If you do have to get sauteed vegetables, ask that they use butter if possible, and if not, minimal oil. Some great, easy to find options are:

Steamed broccoli & spinach, with a side of marinara

Baked winter squash

Baked, or lightly sauteed brussel sprouts

Baked beets

Grilled asparagus

4. Simply prepared fish is easy to come by at most restaurants, and is a great option for you most of the time if you are a beginner cleanser, and on occasion if you are intermediate/ advanced. Pair it with steamed, non-starchy vegetables, and you're set! Always look out for wild caught, as this is the preferred option. If you cannot get it and you have to make due with less ideal options make sure to be in gratitude for the food you are able to get, making the most out of the options you do have.

*\* Bringing gratitude & love to your meal will raise its vibration, thereby making it far more harmonious for your body to take in.*

## **SOCIAL SCENARIOS:**



*I have several social engagements and worry about temptations around me. How can I best prepare for them?*

If you are going to be a guest in somebody's home, you can always offer to bring a dish to share with everyone. In this case, your dish will likely be a beautiful leafy green salad (with "enhancements" of your choosing) that you will be able to enjoy as your main meal, or that you will be able to combine with something detox friendly in your host's home, such as winter squash or fish. Also, be considerate of your host, and let them know ahead of time of your vegetable centric diet, so they can plan accordingly.

You may also want to bring your own treats, such as dark chocolate or a raw pudding, to keep from digging into the tiramisu with everybody else. It is best to avoid wine for best results, but if you chose to indulge in a glass be sure to flood your body with 2X the alkaline juices the next day.

### **GREEN JUICE:**

*The logistics around getting my juice everyday are overwhelming.*

There are many time saving options for juice drinkers these days. If you are fortunate enough to have a juice bar nearby, you never even have to own a juicer. Cold-pressed juices are also available for delivery nationwide from a few different companies, as well. Among our favorites are: Juice Press, The Pressed Juicery & Organic Avenue.

Whether you make your own juice at

home, or purchase it, you also have the option of freezing your juice in individual servings and stock up. While it is ideal to consume your juice within 15 minutes of when it is made, the enzymatic integrity is preserved quite well with freezing, rather than refrigeration. You can freeze in plastic bottles, or ever freezer bags, and take out your portion to defrost in the fridge the night before you want to consume it.

If you have to make your juice in the morning, and take it with you to work, do not worry. Don't force yourself to drink it before you are ready. You can preserve the juice by filling your bottle to the brim, to prevent oxidation, and making sure it stays cool up until you take it out to drink it.

### **FAMILIES:**

*I am the only one in my family committed to this dietary protocol, yet I prepare food for everyone else. I am lost on how to please everyone efficiently.*

If your husband and kids still want burgers, mac 'n cheese, lasagna, or whatever you usually make for them, just make yourself a big salad and let them eat what they usually eat. You could make a giant lunch salad, which will be enough for two meals so you don't have to make it again at dinner. A baked sweet potato takes virtually no effort at all.

The best approach would be to upgrade your family's dinners gradually so that you make a great big raw salad (put out a regular dressing for them if that

helps) and fresh fish and vegetables. If they insist on mixing their starches and fleshies, then make a few baked potatoes or some rice or pasta for them. Again, that's not a big effort. Try to find dishes that work for you that they like. Everyone usually likes well-prepared fish, butternut squash or sweet potatoes with butter and sea salt, or pasta made from quinoa or spelt. (Try Vita Spelt brand pastas, which are very good—they even make spelt lasagna noodles.) Don't forget your arsenal of goods that make everything taste great: natural butter, cheddar style raw goat cheese, high-quality marinara sauce, stevia, sea salt, natural spices, and natural ketchup and mustard (Annie's brand is great—kids love it). This is not as big of a problem as you might think. Make plenty for the group, and then just combine accordingly for yourself. Your family's palate will change gradually, making it easier and easier all the time to find dinners that make everyone happy!

## TIME:

*I am a busy \_\_\_\_\_ (fill in the blank).  
How can I organize my day to fit everything in?*

**1. Plan ahead!** If the weekend is the only time you have to spend in the kitchen, then use this time to prepare ingredients so that meal making during the week only consists of throwing everything into a bowl, juicer, or blender and consuming it:

Buy a 5oz. box of greens for every

meal of the upcoming week;

Chop other ingredients such as tomatoes, celery & cabbage and place them in individual containers. Julienned carrots and beets will also keep well for a few days if stored in sealed containers. You may also want to shred your raw goat cheddar ahead of time.

Shopping for vegetables that will keep well all week is important as well. Winter squash, sweet potatoes, broccoli, carrots and cabbage all keep well for longer periods.

Prepare large batches of vegetable soups to fill out your meals, if you are incorporating cooked food.

Prepare bigger batches of your favorite dressing, or juice enough lemons to dress salads for 3-4 days.

Replace your lunchtime salad and snack with a blended shake or soup from our included recipes.

**2. Prioritize.** Determine what you are going to keep part of your sacred daily routine, and what you may only do on the weekends. If you do not have time to sweat daily, that's ok! Daily juice is non negotiable, so figure out what the best way for you to get it daily is. See tip on Green Juice on previous page. Perhaps there are other less important activities that are also taking up time that could use a little creative problem solving.

**3. Identify programs** you may have around time, and being busy, and allow yourself to move past them. You may want to do one of Anita's clearing exercises on this. What would you

like to have time for? If you want to be able to fit everything in, envision what that might look like. Do not allow time to enslave you. If there are things that could be done by somebody else, allow the space for help to come from unexpected places. Stay open! Visualize what an ideal schedule might look like for yourself and allow things that don't fit into it to be resolved by a higher force than that of the ever scheming mind.

### TRAVEL:

*What should I do when I'm on the road for work or go away on vacation?*

1. Do the best you can in the situation you are in. You may have to compromise; just make the highest choice for yourself you can under the circumstances. If you can't get juice one day, have herbal tea with lemon, followed by a salad instead. If you can't get a good salad, eat the cleanest cooked vegetables you can get. If the choice is white rice or fish, have the fish. If the choice is steak or a baked potato, have the potato (even topped with a little butter). Eat mindfully, even if it's not perfect and resist the urge to overeat and throw all your hard work away.

*\* One "off" meal here and there, surrounded by deep greens juiced and chewed will still bring tremendous results.*

2. As soon as you are able, douse your systems with green juice and sprouts and you will neutralize your compromises. Keep moving forward. Don't

look back and dwell in any way on the adjustments you had to make. Be proud of yourself for navigating it as well as you did under the circumstances.

3. Travel with as much as you can to ensure you won't have too many of these compromised days. Take frozen wheatgrass, frozen juices and dehydrated seaweed salads you can reconstitute. Do some recon work before hand to find organic markets for produce once you get where you are going. I always ask hotels to put a refrigerator in my room so I can fill it with my produce goodies!

### MEDITATIONS:

*How do I keep up??*

While you may be challenged in keeping to a meditation routine, pick your favorite (shorter) audio meditations and contemplations and have them easily accessible--some are 10-15 minutes and can be done very easily even in transit. The power pause exercises are quick and easy, and can also be done no matter where you are. While you cannot do the full process to raise the vibration of your food, give it a blessing of love, praise and gratitude, and as much as possible, eat in quiet and mindfulness, feeling the food activating body with all of your senses. You are creating your reality and evolving or devolving in every experience--the challenge of travel or holidays is no different, and you can bring mindfulness wherever you are. That said, enjoyment is key, and do what feels light and



inspiring in that regard. There are no rules and it is entirely self-inspired! If you want to keep up a routine, there are ways and there is enough material to choose from for flexibility.

## SUGGESTED MATERIALS FOR REVIEW BEFORE JANUARY 11

### Book:

Mutant Message from Down Under  
by Marlo Morgan

### Videos:

1. <http://www.youtube.com/watch?v=gvwHHMEDdT0>
2. <http://www.youtube.com/watch?v=zQucWXWxp3k>
3. <http://www.ayoye.co/une-tribune-amazone-voient-pour-la-premiere-fois-des-images-de-notre-monde/>

### Materials from Anita:

<http://innermasterytools.com/maximum-purification-program-introductory-notes-and-audios-december-25th/>

*We're going back to a place of empowerment, where we consciously decide what goes into our bodies. We needn't be at the mercy of large-scale manufacturers and mass-produced packaged products. We can restore body and soul to a harmonious state of purity and simplicity. We can reconnect with our food. When we prepare our meals from scratch, it's impossible to eat mindlessly; we appreciate every ingredient, every source, every cleansing bite. These basic recipes nourish us on a much deeper level, by offering more nuanced flavor with less salt and fat and leaving us more satisfied. — Natalia Rose, the Fresh Energy Cookbook*

# RECIPES

Below you will find a bounty of sumptuous recipes, some simple, some more complex. If time permits, allow yourself to experiment and find your favorites. If you are short on time, we have denoted ♥ our favorite quick & easy recipes that will be sure to satisfy and allow you to go about your day without spending much time in the kitchen. You will also find *Beginner Only* recipes denoted as such, with an asterisks \*.

## JUICES & ELIXIRS

### GREEN LEMONADE ♥

*Makes 1 - 2 servings*

- 1 head romaine lettuce
- 1 head celery
- 1 cucumber
- 5 to 6 stalks kale (any type)
- 1-2 whole organic lemons (with or without peel)
- 1 handful fresh herbs, such as mint, cilantro & parsley (optional)
- 1 ½" fresh ginger knob (optional)
- 1 -2 green apples for sweetness\*

Process the vegetables through the juicer by admitting one vegetable at a time through the mouth of the juicer.

### SEÑOR VERDE

THE FRESH ENERGY COOKBOOK

*This is a refreshing twist on the old standby, with a Mexican flair. If you can't take the heat, omit the jalapeño.*

- 1 head romaine lettuce
- 5 stalks celery
- 2 medium cucumbers
- 1 green bell pepper, cored
- ½ Bunch fresh cilantro
- 1-2 limes, halved
- 1 jalapeño (remove seeds as desired to reduce heat)

Put all the ingredients through a high-speed juicer one at a time and serve.

### BUNNY MILK

THE FRESH ENERGY COOKBOOK

*The secret to this recipe is balancing greens with carrots. The carrots should comprise one-half of the juice; the other half should be three-quarter romaine and one-quarter spinach. Bunny Milk is a juice but has the density and creaminess of milk. This one will get you hopping!*

- 1 head romaine lettuce
- 2 handfuls of spinach
- 6 medium carrots





Put all the ingredients through a high-speed juicer one at a time and enjoy.

### THAI BASIL LIMEADE

THE FRESH ENERGY COOKBOOK

*Makes About 1 ½ Quarts*

- 6 cups pure water
- ½ cup fresh lime juice
- 1 lime, thinly sliced
- 2–3 stalks fresh Thai basil
- 2–3 stalks fresh mint
- Stevia to taste

Mix all the ingredients together in a large glass pitcher. Serve chilled or over ice as desired.

### THE GREAT ELIMINATOR

*Makes 2 - 3 Cups*

- 1 medium or large beet
- 1 cucumber
- ½ to 1 head romaine lettuce
- 10 medium-sized carrots
- 1 inch fresh ginger (optional)

Put each ingredient one at a time through the mouth of a high-powered juicer. Pour the juice into a large glass and enjoy!

## SMOOTHIES & SHAKES

*All blended recipes make 1–2 servings. The main tool you will need here is a high speed blender. If you have a less powerful blender, you will likely have to blend in steps, adding the greens and liquid first to make sure everything is liquified.*

### MY NAME IS MUD ✱

THE FRESH ENERGY COOKBOOK

*Raw, avocado-based*

- 1 box alfalfa sprouts
- 1 cup frozen blueberries
- ½ ripe avocado
- 2 tablespoons cocoa powder
- 2 tablespoons carob powder
- 1–2 cups coconut water (preferably raw, organic young coconut water)
- Stevia to taste

### GREEN MACHINE ✱

THE FRESH ENERGY COOKBOOK

*Raw, avocado-based*

- 1 (5-ounce) box organic baby spinach
- ½ ripe avocado
- 1 ripe banana
- 1 tray of ice cubes
- 1–2 cups pure water
- Stevia to taste





Optional: Sprinkle dried shredded coconut on top.

juice of 1 lemon  
1 cup ice (optional)

Enjoy topped with shredded coconut.

### KEY LIME PIE SMOOTHIE ♥

ANA ZAHARIA

*Raw, young coconut based*

1/2 cucumber  
meat and water of 1 young coconut  
2 handfuls baby kale or baby spinach  
stevia to taste  
juice and zest of 1 lime

### GREEN FRAPPE

ANA ZAHARIA

*Raw, young coconut-based*

1/2 cup young coconut meat 1/4  
vanilla bean  
3 handfuls baby spinach  
1/2 cup coconut water  
1 cup pure water

2 cups ice, or more  
1/2 tbsp green stevia powder or  
Stevita to taste

Blend all together until a creamy consistency is achieved. Add more ice if you desire.

### **PUMPKIN PIE IN A BOWL ♥**

*Raw, avocado-based // Makes 4 - 5 Cups*

*This is among the recipes that I'm most excited to share with you. Why? Because this utterly delicious soup provides tons of live enzymes in an incredibly digestible form. Neither my clients nor I can get enough of it. It's all raw, and it supports weight loss and vitality, so enjoy as much of it as you like as part of a meal or as a snack. I found that it's best to double the recipe when I plan on having more than one or two guests. It may look like a lot, but this soup is so good that you might eat most of it before your guests even arrive!*

32 pounds fresh carrot juice  
1 cup raw sweet potato, peeled and cubed  
1/2 avocado, pitted  
1/2 teaspoon pumpkin pie spice

Place all of the ingredients in a high-speed blender and blend until smooth. Enjoy right away or store in an air-tight container and enjoy within 36 hours.

## **RAW SOUPS**

### **RAW HARVEST BUTTERNUT AND COCONUT SOUP**

**RAW FOOD DETOX DIET**

*Raw, young coconut based // Makes 4 servings*

Meat of 2 young coconuts  
1 1/2 cups coconut water  
1 cup butternut or pumpkin cubes (about 1-inch cubes)  
1 pinch nutmeg, cinnamon, or pumpkin pie spice

Combine all the ingredients in a blender and blend on high until smooth. Enjoy!

### **MIDAS TOUCH**

**THE FRESH ENERGY COOKBOOK**

*Raw, avocado based*

1 cup raw cubed acorn or butternut squash  
2 cups carrot juice  
1/2 ripe avocado  
Dash of nutmeg  
Stevia to taste

### **TOMATO GAZPACHO**

*Neutral // Makes 4 servings*

5 large tomatoes, quartered  
1/2 cucumber, peeled, seeded, and  
chopped  
1/2 red bell pepper, chopped  
2 cloves garlic  
Himalayan sea salt to taste  
1 teaspoon cayenne pepper  
2-3 sun dried tomatoes (optional)  
1 tbsp. olive oil (optional)

Place all the ingredients in a food processor and blend until finely puréed. Depending on the size of your processor, you may have to do this in two or more steps.

## ITALIAN PIZZA SOUP

ANA ZAHARIA

*Raw, neutral // Makes 1 serving*

3 ripe vine tomatoes  
1/2 peeled zucchini, other 1/2 re-  
served  
1 small beet  
1 clove garlic  
1 scallion  
handful basil  
1 tbsp tahini  
1 tbsp Caesarina dressing (optional)  
2 tbsp Nama shoyu



italian pizza soup

### **Tip for Blending:**

*Since the blending process heats up the precious ingredients of dressings and raw soups, adding a few ice cubes to the blender before blending helps to preserve the mixture's freshness and integrity. This is especially important for ingredients that are better served cool, such as that beautiful raw tahini!*

1/3 cup water  
juice of 1 lemon  
pizza seasoning  
4 ice cubes

per as desired.

Pulse all ingredients except second 1/2 zucchini until chunky consistency. Add the other half of the zucchini, cubed, and pulse to achieve elbow pasta consistency. Allow flavors and texture to develop for 15-30 minutes in the fridge and enjoy. Inspired by the pizza guy in my building

### **RAW CREAM OF CELERY SOUP**

*Avocado based // Makes 2 - 3 servings*

4 stalks celery, chopped  
2 cups fresh celery juice  
Juice of ½ large lemon  
1 avocado, pitted, peeled, and diced  
1 teaspoon fresh thyme leaves  
Salt and pepper to taste

Blend all the ingredients together in a blender until smooth. Add salt and pep-

## **DRESSINGS & SAUCES**

### **RAW VEGAN GOAT CHEESE HERB DRESSING ♥**

ANA ZAHARIA

*Nut/seed based // Makes about 2 cups*

1 cup raw cashews  
juice of 2-3 lemons  
2 cloves garlic  
1/2 shallot  
thyme, basil, mint, parsley & oregano in liberal amounts  
sea salt  
1/4 cup pure water  
1 zucchini (optional to make it go a longer way..)

Blend until chunky smooth and serve on arugula salad with cherry tomatoes & Botijas



## CAEZARINA DRESSING

ANA ZAHARIA

*Nut/seed based // Makes about 2 cups*

- 3 celery ribs
- 4 tbsp raw almond butter
- 2 garlic cloves
- 1 shallot
- 1 tbsp dulse flakes
- Juice of 2 lemons
- Sea salt to taste
- A mix of fresh oregano, thyme & mint to taste
- 1/2 cup water
- 2 ice cubes

Delicious with arugula, kale and mixed greens. You can top it off with some heirloom tomatoes and botija olives. For extra indulgence add macadamia nuts and sunflower seeds on top or crumble on some extra nori.

## AMAZING RAW "PEANUT" SAUCE \*

THE RAW FOOD DETOX DIET

*Nut/seed based // Makes about 2 cups*

- 1 cup raw almond butter
- 2 tablespoons fresh ginger, whole or chopped 1/2 cup coconut water (to thin)
- 4 tablespoon fresh lemon juice
- 4 teaspoon sesame oil (optional)
- 2 to 3 cloves garlic

1/2 serrano or jalapeño chile

Himalayan salt to taste

Blend all ingredients at high speed until smooth. This makes an unbelievable dipping sauce for carrots or other vegetables, and it tastes amazing as a salad dressing or a sauce over young coconut noodles!

## KALAMATA OLIVE AND SUN DRIED TOMATO TAPENADE

MARLENA TORRES

*Neutral // Makes about 2 cups*

1 cup of kalamata olives, drained and rinsed

1 cup of sun dried tomatoes, soaked until soft

Put all of the ingredients in a food processor and process until it is at the desired consistency. This is such a simple recipe that you should feel free to add more olives or more tomatoes depending on how you like it best! Spoon onto an endive and enjoy!

## ASIAN ALMOND DRESSING ♥

NATALIA ROSE

*Nut/seed based // Makes about 2 cups*

- juice of 2 lemons
- 4 heaping tablespoons of almond butter



a little nama shoyu  
 3 cloves garlic  
 4 cubes of ginger  
 1 teaspoon green stevia fresh  
 cilantro, basil, mint

Blend all together until smooth with enough water to achieve desired consistency.

## GUACAMOLE

*Avocado based // Makes about 2 cups*

3 Hass avocados, chopped  
 Juice of 2 limes  
 1/4 cup finely chopped red onion  
 5 plum or vine-ripe tomatoes, chopped (or 1 cup grape tomatoes, sliced in half)  
 1/2 cup red or yellow peppers, diced  
 1/2 bunch fresh cilantro, chopped  
 Himalayan salt to taste

Mix all ingredients in a salad bowl.

## GREEN GODDESSES

DORIS CHOI

*Avocado based // Makes about 2 cups*

juice of 1-2 lemons  
handful fresh basil & parsley  
2 scallions  
2 cloves garlic  
2 avocados  
1/4-1/2 cup green juice

Blend all together until a semi chunky dressing is achieved.

## SUN-DRIED TOMATO HUMMUS ♥

ANA ZAHARIA

*Nut/seed based // Makes about 2 cups*

1 summer yellow squash or peeled zucchini  
juice of a lemon  
2 tablespoons tahini  
7 sun-dried tomatoes, soaked if hard  
1/4 tablespoon salt  
1/2 teaspoon cumin  
1/2 teaspoon turmeric  
1/2 teaspoon paprika  
a couple sprigs fresh mint  
water, if needed to facilitate blending

## RAW MARINARA SAUCE

NATALIA ROSE

*Neutral // Makes about 2 cups*

pint of cherry tomatoes  
10 soaked sun-dried tomatoes  
about 1 cup basil  
about 1/4 cup sun-dried tomato  
soaking water  
2-3 cloves garlic  
1/3 red bell pepper  
2 chunks ginger  
about 1 teaspoon fresh oregano  
about 1 teaspoon fresh thyme  
about 1 teaspoon fresh rosemary  
couple of ice cubes  
big squeeze of lemon  
A few Kalamata olives, optional

Blend and pour over a bed of zucchini, carrot, and summer squash noodles (or a big bowl of greens, of course!) Don't skimp on the herbs – that's what makes it special!

## RAW TAHINI DRESSING ♥

*Nut/seed based // Makes about 4 cups*

1 cup raw tahini  
1/4 teaspoon cumin  
1/2 teaspoon coriander  
1 clove garlic  
juice of 1 lemon

juice of 1 lime  
2 tbsp. Nama Shoyu (optional)  
stevia to taste (optional)  
1/2 cup water

Blend all ingredients except water in a blender until smooth. This mixture thickens in the refrigerator. Add the water to dilute before serving.

### **JAPANESE GINGER/CARROT DRESSING ♥**

*Neutral*

1/2 cup cherry tomatoes  
2 peeled carrots, chopped  
3 garlic cloves  
1/2" ginger knob  
juice of 1 lime  
juice of 1 lemon  
1 tbsp. Nama Shoyu (should be omitted for an extra clean salad)

### **CREAMY HERB LIVE YOGURT DRESSING \***

*Flesh Based // Makes about 1 1/2 Cups*

1 cup raw goat milk yogurt  
3 tablespoons raw honey or agave nectar (or 2 packets NuNaturals brand Stevia)

1 teaspoon chopped rosemary  
1 teaspoon chopped chives  
1/4 cup fresh lemon juice

Blend all ingredients until smooth.  
Keeps in the refrigerator for 3 to 5 days.

### **TOMATO YUZU DIP** **THE FRESH ENERGY COOKBOOK**

*Neutral*

1 cup cherry tomatoes  
1 knob ginger, chopped  
2 tablespoons yuzu lime juice, or equal parts lemon, lime, and grapefruit juice  
3-5 drops liquid stevia to taste  
Salt and pepper to taste

Combine all the ingredients in a high speed blender.

### **RAW COCONUT CURRY SAUCE** **ANA ZAHARIA**

*Nut/Seed Based // Makes about 1 cup*

2 carrots, chopped  
1/2 bell-pepper (any color but green), chopped  
2 scallions, chopped  
1/4 cup raw almond butter  
2 tbsp shredded coconut



2 tbsp young coconut water  
1/2" ginger knob  
juice of 2 limes  
1 tbsp curry powder (Frontier  
makes a few different ones - pick  
your favorite)  
1 tsp paprika  
Himalayan salt

Blend together until smooth. Use as a  
dipping sauce, a dressing for a mas-  
saged kale salad or curry kelp noodles!

## BASIC TOMATO SAUCE

THE FRESH ENERGY COOKBOOK

*Neutral // Makes about 4 Cups*

*Adding carrots sweetens the sauce, so  
you can skip the sugar that is found in  
most tomato sauce recipes.*

2 tablespoons extra-virgin olive oil  
4 garlic cloves, minced  
Pinch of crushed red pepper (op-  
tional)  
1 medium yellow onion, diced  
1 medium carrot, diced  
1 (28-ounce) can peeled whole to-  
matos  
1 tablespoon dried oregano  
2 bay leaves  
Salt and pepper to taste

Heat the oil in a large saucepan. Add  
the garlic and the crushed red pepper

and sauté for 1 minute until the oil  
is fragrant. Add the onion and carrot  
and cook until the vegetables are soft  
(about 8 minutes). Add the tomatoes  
and dried herbs and bring to a boil,  
stirring often. Lower the heat and sim-  
mer for 20 minutes. Break up the toma-  
toes with a fork or masher and simmer  
for an additional 10 minutes. Season  
with salt and pepper as desired.

## SALADS

### FAIRY GARDEN SALAD

ANA ZAHARIA

*Avocado Based // Serves 2*

For the Dressing:

1 box cherry tomatoes  
2 cloves fresh garlic  
1 small handful basil  
3 sun dried unsulphured tomatoes  
(preferably soaked for 15 min.)  
juice of 1 lemon (optional)  
sea salt to taste

Blend into a chunky smooth consisten-  
cy. Dress over:

1 head of purple cabbage, chopped  
5 oz. baby spinach  
2 carrots, julienned  
2 Persian cucumbers, sliced

puttanesca kale salad



Top with:

2 avocados

### **PUTTANESCA KALE SALAD**

ANA ZAHARIA

*Raw, avocado based // Makes 1 serving*

1 bunch kale, de-stemmed  
2 tablespoons salt  
1 avocado (2 if you have a large appetite), cubed  
sprig of mint (optional), finely chopped  
1-2 sprigs of basil, finely chopped

4 sun-dried tomatoes, chopped  
small handful of pitted Botija olives, full or cut into thirds  
a few fresh cherry tomatoes, halved (optional)  
pinch of sea salt  
juice of 1-2 lemons

Sprinkle kale with 2 tablespoons salt. Start massaging and sending the kale love! Continue until the kale is soft and bright green. Rinse off the salt and squeeze out the excess water. Massage kale with all other ingredients. Sprinkle a handful of sunflower sprouts on top. Enjoy in a loving, peaceful state of mind!

*Each of following Raw Regeneration Bowls is a totally satisfying life-force-rich meal in a bowl. And, if I do say so myself, each one is an intuitive masterpiece of maximum flavor and vitality!*

### **RAW REGENERATION BOWL #1: THE AMAZING MARINARA CELL-CLEANSE**

NATALIA ROSE

*Nut/Seed Based // Makes 2 Servings*

For the salad base:

1 medium zucchini, peeled into ribbons with a vegetable peeler  
1 medium summer squash, peeled into ribbons with a vegetable peeler  
1 large carrot, peeled into ribbons with a vegetable peeler  
4 ounces organic baby romaine lettuce

For the marinara:

5 Roma or vine-ripened tomatoes  
5 unsulphured sun-dried tomatoes, soaked in 1 cup of purified water for 10 minutes  
1 tablespoon fresh oregano  
1/4 cup packed fresh basil  
1 tablespoon fresh rosemary  
1 heaping tablespoon fresh ginger, diced  
2 cloves fresh garlic  
2 tablespoons cold-pressed olive oil

1 teaspoon Nama Shoyu or Tamari soy sauce  
1 teaspoon Himalayan salt (or to taste)

Combine all the salad base ingredients in a large bowl. Place all the marinara ingredients in a high-speed blender and blend until smooth. Pour the blended marinara mixture over the vegetables in the bowl. Toss, serve, and dig in!

### **RAW REGENERATION BOWL #2: WILD HERB, SPROUT, & DANDELION POWER WITH TAHINI DRESSING ♥**

*Nut/Seed Based // Makes 1 Serving*

For the salad base:

1 cup organic sunflower sprouts  
1/2 cup packed dandelion greens  
4 ounces baby romaine or baby mixed lettuces  
2 tablespoons fresh parsley  
2 tablespoons fresh basil

For the dressing:

1 cup raw tahini  
1/4 cup fresh lemon juice  
1 clove garlic  
1 tablespoon ginger, diced  
1–2 teaspoons Nama Shoyu or Tamari soy sauce  
Stevia to taste

Place all the salad base ingredients in a bowl. Blend all dressing ingredients in a high- speed blender and pour on top of the salad. Toss and enjoy—creamy and scrumptious!

### **RAW REGENERATION BOWL #3: CARROT-GINGER LIVE FOREVER**

*Nut/Seed Based // Makes 1 Serving*

- 4 ounces baby romaine lettuce
- 1 cup grape tomatoes, halved
- 1 cup sunflower sprouts (substitute alfalfa sprouts if necessary)
- 1 ripe Hass avocado, sliced
- 1/2 bulb fennel (optional)

For the dressing:

- 10 ounces fresh carrot juice
- 3 tablespoons fresh lemon juice
- 2 cloves garlic
- 2 heaping tablespoons fresh ginger
- Stevia to taste
- Himalayan salt to taste

Combine the lettuce, tomatoes, sprouts, avocado, and fennel (if using) in a bowl. In a high- speed blender, blend the carrot juice, lemon juice, garlic, and ginger until smooth. Pour the mixture over the vegetables. Sprinkle on some sea salt and/or stevia as desired, toss, and serve.



japanese dinner entree salad



## SUSHI BOWL ♥

ANA ZAHARIA

*Avocado Based // Makes 2 Servings*

2 5 oz. boxes of spring mix, or baby spinach  
2 avocados, cubed  
1 carrot, grated  
1/2 cup jicama, grated (optional for rice texture)  
3 nori sheets, cut into strips (using scissors)  
1" ginger chunk, grated  
1 garlic clove, grated  
juice of 2 limes  
juice of 1 lemon  
1 tbsp Nama Shoyu ( can be omitted for an extra clean salad)

Toss all together thoroughly, allow the flavors to develop for 5-10 min. & enjoy! For a super simple salad, the greens, nori and avocado can also be dressed with the blended dressing from the Japanese Dinner Entree Salad.

## JAPANESE DINNER ENTREE SALAD

ANA ZAHARIA

*Avocado Based // Makes 2 - 3 Servings*

For the (oil-free) dressing, blend (pulsing a few times):

1/2 cup cherry tomatoes

3 peeled carrots, chopped  
3 garlic cloves  
1/2" ginger knob  
juice of 1 lime  
juice of 1 lemon  
1 tbsp. Nama Shoyu (should be omitted for an extra clean salad)

For the salad, toss:

1 box organic spring greens  
1 heart romaine, chopped  
2 avocados, cubed  
1 cucumber, semi peeled, sliced  
1/2 cup hijiki seaweed, soaked for 15 min. and rinsed 1 sheet of nori, torn  
4 celery ribs, chopped  
1 cup roughly cut asparagus, cooled and steamed  
1 cup cubed zucchini, steamed and cooled  
dressing

## RAW SUNFLOWER SEED "TUNA" NICOISE SALAD

DORIS CHOI

*Nut/seed based*

1 cup soaked sunflower seeds, rinsed and drained  
6 sun dried tomatoes, re hydrated for at least 20 minutes and chopped  
1/4 cup chopped olives

1 garlic clove, minced  
 1 small handful parsley, chopped  
 1 pinch of minced rosemary  
 1 pinch crushed red pepper flakes  
 1 tbsp dijon mustard or powder  
 zest and juice of 1 lemon  
 1 cup diced cucumber  
 1 cup cherry tomatoes, halved  
 1 handful haricot vert, sliced on diagonal  
 2 to 3 scallions, chopped  
 1 plateful of baby arugula

In a food processor, add the first 9 ingredients and pulse until roughly combined. Do not over do it; you want a coarse texture. In a large platter, plate the arugula and add the cucumbers, tomatoes, haricot vert and scallions. Top with the sunflower mixture. Serve with extra lemon wedges on the side.

## SHREDDED GREEK SALAD

THE FRESH ENERGY COOKBOOK

*Flesh based // Makes 2 - 4 servings*

*The combination of julienned cucumbers, light, feathery dill, and thinly sliced scallions, all tossed in a mammoth bowl of finely shredded young romaine with crumbled raw goat feta, lemon, and extra-virgin olive oil, makes this an elegant Greek salad.*

1 romaine heart, finely shredded into ½-inch-thick slices

1 seedless cucumber, julienned  
 2 scallions, thinly sliced (including green parts)  
 2 tablespoons finely chopped dill  
 3 tablespoons fresh lemon juice  
 4 ounces crumbled goat feta  
 Salt and pepper to taste

In a large bowl, toss all the ingredients together. Season with salt and pepper as desired.

## AMBROSIA

RAW FOOD LIFE FORCE ENERGY

*Nut/Seed Based / Makes 4 to 6 Servings*

1 bell pepper, thinly sliced  
 1 large carrot, sliced into matchstick pieces  
 1 zucchini, sliced into matchstick pieces or thinly sliced with a carrot peeler  
 1 large beet, cut into matchstick pieces  
 1/2 cup chopped walnuts  
 1 cup jicama, sliced into matchstick pieces  
 2 tablespoons fresh ginger, diced  
 2 cloves garlic, diced  
 1/2 jalapeño or serrano chili, diced  
 1/2 cup sliced sunchoke (Jerusalem artichokes; matchstick pieces)  
 1/4 cup packed fresh mint  
 1/2 cup packed fresh basil

*nutty tuna salad*



1/2 bunch packed fresh cilantro

Mix all ingredients in a large bowl. Toss well and serve topped with lemon & lime juice, olive oil & Himalayan salt.

## **NUTTY TUNA SALAD**

**ANA ZAHARIA**

*Nut/Seed Based // Makes 1 big serving*

3 handfuls mixed baby greens 2  
celery sticks chopped  
1 finely grated carrot  
1-2 tbs dulse flakes  
1 tsp hemp seeds

1 tbsp raw sunflower seeds (soaked for 1 hour, if possible)

5 sugar plum tomatoes cut in half

For the dressing:

2 tbsp. raw almond butter  
1 tbsp. young coconut water (fresh)  
1/2 lemon juiced  
1 lime juiced  
1 tsp. Nama Shoyu (omit for the cleanest salad)  
Himalayan salt and pepper to taste

Mix the dressing in a small bowl or cup until the almond butter completely incor-

porates into the dressing. Toss all together with the veggies and seeds, and enjoy as is or with a couple of raw crackers.

## FOUNTAIN OF FLAVOR SALAD

*Neutral // Makes 4 Servings*

*Clove and cinnamon add wonderful elements of surprise to a dish. This salad warms your senses and triggers further creativity in the kitchen by mixing warm and tangy with a touch of Indian spice.*

- 1 cup cherry tomatoes, sliced in half
- 1 teaspoon cinnamon
- 1 teaspoon ground cloves
- 1 clove garlic, chopped
- 3 cups romaine lettuce, chopped
- 1<sup>1/2</sup> teaspoons fresh oregano, chopped
- 1<sup>1/2</sup> teaspoons fresh thyme, chopped
- 1/4 cup cold-pressed olive oil
- 4 raw olives, chopped
- Himalayan salt and freshly ground pepper to taste

Add all of the ingredients into a mixing bowl. Toss well and enjoy! This is a neutral dish, so you can combine it with anything.

## EXTREMELY GREEN SALAD SENSATION

ANA ZAHARIA

*Raw, avocado based // Makes 2 servings*

- 1 box of super greens or baby kale
- 1 avocado, cubed
- juice of 1 lemon
- juice of 1 lime
- handful of cilantro, chopped
- small handful of mint, chopped
- 2 tbsp Botija olives
- Himalayan salt
- 2 beets, baked at 300 for 3 hours, or 400 for 1 hour, cubed or raw, grated (optional)

Toss all of the ingredients together thoroughly & enjoy!

## SUDDENLY ST. TROPEZ

DETOX FOR WOMEN

*Flesh category // Serves 2 - 4*

*You'll love the way the Stevia, and grated goat cheese come together so decadently while the greens and tomatoes keep the whole dish tasting fresh from the garden. The beets offer a colorful twist, reminiscent of the great beet and goat cheese salads at the best French bistros. For a simpler dish, try this recipe without the optional herbs and onion. For a showpiece, add everything.*

- 1/4 to 1/2 pounds mesclun or baby romaine lettuce
- 1 cup grape tomatoes, halved
- 1 medium beet, peeled and finely julienned into spaghetti-like strips
- 3 ounces Alta Dena raw cheddar-



style goat cheese, grated  
juice of 2-3 lemons  
stevia to taste (optional)  
mix of fresh marjoram, thyme &  
basil herbs

## **SANDWICH SALAD \***

### **DETOX FOR WOMEN**

*Raw, avocado-based // Serves 2*

*This salad has all the fixings of a vegetable sandwich in salad form. I came up with this recipe when I caught the fresh scent of the sprout and vegetable sandwich that my husband was eating one day. I realized the blissful fragrance had nothing to do with the bread and everything to do with the onions, parsley, and Dijon!*

¼ cup alfalfa sprouts  
1 red or orange bell pepper, juli-  
enned  
¼ medium cucumber, thinly sliced  
½ avocado, sliced  
1 tbsp. finely chopped parsley  
1 tbsp. finely chopped cilantro  
1 tbsp. Dijon mustard  
Spike seasoning to taste (a must-  
have, all-purpose herbal seasoning,  
which is available at any health  
food store)

Mix together all of the ingredients in a salad bowl and serve.

## **COOKED SOUPS & STEWS**

### **ALL-PURPOSE VEGETABLE STOCK**

#### **FRESH ENERGY COOKBOOK**

*Neutral // Makes about 2 Quarts*

*If you sauté the aromatics beforehand, especially mushrooms and stems, the stock will be richer and more robust and better suited for heartier recipes.*

1 large white or yellow onion,  
quartered  
2 medium carrots, roughly  
chopped  
2 celery stalks, roughly chopped  
5 garlic cloves  
2 bay leaves Handful of herbs  
(parsley, dill, thyme, chives, orega-  
no, etc.)  
4 cups any vegetable trimmings  
(parsnip, corncobs, zucchini, toma-  
toes, mushrooms, scallions, etc.)  
3 quarts water

Toss all ingredients in a large stock pot and cover with water. Bring to a boil, then simmer for 1 hour, until vegetables are soft. Strain through a sieve (pressing the vegetables down will extract more liquid and flavor but may muddy the stock). Refrigerate and use for up to 3 or 4 days, or freeze in a sealed container for longer storage.

## KOREAN SEAWEED SOUP WITH MUSHROOMS

DORIS CHOI

*Neutral // Makes about 6 - 8 cups*

- 1 tbs oil of choice
- 2 cups sliced shiitake or cremini mushrooms
- 1 small onion, sliced
- 2 cloves garlic, minced
- 1 ounce of dried seaweed, rehydrated
- 2 to 3 tbs soy sauce or Tamari
- 1 tbs toasted sesame oil

- 1 scallion, chopped
- sea salt and black pepper to taste

Saute the mushroom, onions and garlic in oil. Add a tablespoon of water as needed to keep the pan hot so you don't have to add more oil. Water saute for at least 8 minutes until the mushrooms are browned and the onions are transparent. Add the rehydrated seaweed and soy-sauce and enough water to cover by at least 1 inch; approximately 6 to 8 cups. Simmer for 20 minutes. Turn off the heat and add the sesame oil. Garnish with chopped scallions.

## THAI SOUP & SALAD ♥

*thai soup & salad*



## ANA ZAHARIA

*Starch based // Makes 2 - 4 servings*

1 yellow onion, roughly sliced  
2 cloves garlic, minced  
1 ½" ginger knob, minced  
3" lemongrass (fresh or dried)  
2 bay leaves  
2 tbsp coconut oil  
1 sweet potato, with skin, cut into 1" cubes  
1 head broccoli, cut into bite-size florets  
3 carrots  
4 cups organic vegetable broth  
1 tbsp Thai Seasoning by Frontier brand  
1/2 head lacinato kale, chopped into 1/4" strips  
1 romaine heart, chopped into 1/2" strips  
2 avocados, cubed  
fresh cilantro, chopped

In a large pot, over medium heat, sauté the first 6 ingredients together for about 5 minutes, adding water as needed to keep the mixture from sticking. Once the onion is clear, you can add all of the other ingredients except for the last 4. You may want to add extra water to cover the vegetables, but don't drown them because you want the soup to be on the thick side. Simmer everything together for about 30 minutes, then turn off the burner. Remove the

lemongrass and bay leaves.

Take an immersion blender, and roughly blend the soup inside the pot. It should be fairly chunky. Alternatively, you could blend half in your standing blender, and add it back to the pot. Allow the soup to cool for 5-10 minutes, and fold in your kale and romaine. Serve in individual bowls, topped with avocado cubes and fresh cilantro. Enjoy!!

## FESTIVE CHUNKY SOUP

ANA ZAHARIA

*Starch based // Makes 2 - 4 servings*

1 small butternut, peeled, cut, seeded & cubed  
3 large carrots, sliced 1/2"  
2 broccoli head florets  
3 garlic cloves, minced  
1" ginger, minced  
6 thyme sprigs  
Nutmeg  
Cinnamon  
Sea salt  
2 cups veggie broth  
Enough water to cover the root veggies

Cut all of the ingredients to size. Heat a medium pan with 1 tbsp coconut oil, and add ginger, garlic and thyme. Sauté for 2 minutes, then add the rest of the ingredients, omitting the broccoli. Add

enough water, after adding the veggie broth, to just barely cover your root veggies. Then, add the broccoli florets, and allow them to steam at the top of the stew. Cover the pot with a lid, and allow to cook about 12 minutes on medium heat.

Remove the broccoli, and pour the rest of the soup in your blender. Emulsify the soup, adjusting the salt and spices if need be. Add the broccoli and pulse a few times to create a chunky consistency. Enjoy!

## THAI CARROT SOUP

### DETOX FOR WOMEN

*Neutral // Makes 4 servings*

15 carrots, cut into 1 to 2-inch slices  
32 ounces Pacific vegetable broth  
2 tablespoons lemon grass  
1 small Spanish onion, chopped  
3 tablespoons curry (or to taste)  
3 tablespoons Spike  
1 tablespoon minced ginger  
2 to 3 cloves garlic  
Fresh cilantro

Place the carrots, broth, lemongrass, and onion into a soup pot. Bring to a boil and simmer until the carrots are medium-soft (you should be able to pierce with a fork). Let it cool. Put small batches (about 2 cups at a time) of the mixture into your blender and purée. Once it's all puréed, add the cur-

ry, Spike, ginger, and garlic until it suits your taste. Serve with fresh cilantro.

## RAW SNACKS & ENTREES

### AVOCADO WRAP ♥

#### DETOX FOR WOMEN

*Avocado based // Makes 4 small wraps*

4 large leaves purple or white cabbage  
2 tablespoons Dijon mustard  
1 medium, ripe avocado  
1 medium tomato, chopped  
¼ cup chopped cilantro

Place all ingredients in the cabbage leaves and enjoy like wraps! This wrap is great with raw goat cheddar as well, instead of the avocado.

### TUNA SALAD

#### THE FRESH ENERGY COOKBOOK

*Nut/Seed Based // Makes About 1 Cup*

1 cup sunflower seeds (soaked for at least 4 hours) handful of celery (chopped)  
1 grated carrot  
1/4-1/3 red onion  
handful parsley  
juice of 1 lemon



2 cloves garlic

Pulse together until it looks like tuna!

## RAW TERIYAKI “STIR-FRY”

*Neutral // MAKES 2 SERVINGS*

2 medium carrots, julienned  
2 medium portobello mushrooms, sliced  
¼ cup diced sweet onions  
1 medium red bell pepper, julienned  
¼ cup soy sauce or Nama Shoyu  
¼ cup pure grade B maple syrup  
1 tablespoon diced fresh ginger  
1 tablespoon diced fresh garlic  
1 cup cauliflower or jicama rice

In a mixing bowl, mix all of the ingredients together and let marinate for at least 2 hours before serving, or let the mixture marinate for up to 48 hours for maximum flavor. Serve over the “sushi rice.”

## COLLARD WRAPS WITH RAW MUSHROOM PATE

DORIS CHOI

8 oz. fresh shiitake mushrooms, stems trimmed, chopped

8 oz. crimini mushrooms, stems trimmed, chopped

1 tbsp. extra virgin olive oil (optional)

2 tbsp. Nama shoyu plus 2 tbsp. water

2 tbsp. lemon juice or raw apple cider

1 to 2 cloves garlic, minced

1 pinch crushed red pepper flakes  
small handful parsley

5 sprigs thyme, stems removed

1 medium carrot, shredded

collard leaves, thick stems cut away and blanched if desired

In a bowl, combine all the ingredients (except carrot) and let it marinate for at least 20 minutes to an hour. Put in a food processor and pulse several times, keeping it slightly coarse.

To make wraps, add a tbsp. of shredded carrot to the middle of the leaf and add a dollop of mushroom pate. Fold the bottom half upwards and then the sides inwards. Fold the top over the bottom to create a wrap.

## RAW SUNFLOWER FALAFEL

DORIS CHOI

1 cup sunflower seeds, soaked in water for at least one hour

2 tbs raw tahini

3 tbs fresh lemon juice or raw



apple cider vinegar  
2 garlic cloves  
1/4 cup chopped cilantro  
1/4 cup chopped mint  
1 tbs cumin  
1/2 tsp cayenne pepper  
salt & pepper to taste

Rinse sunflower seeds and drain. Put all the ingredients in a food processor and blend. Form into small balls and place in a dehydrator on high for the first hour. Lower temperature to 110 ° and dehydrate for another two hours or more until the outside is dry to the touch. If you don't have a dehydrator you can put in the oven at the lowest

temperature, keeping the door slightly ajar (put a wedge of tinfoil to keep it from closing) and bake for 30 minutes or so.

#### **SMOKED PAPRIKA TAHINI SAUCE**

1/4 cup raw tahini  
1/4 cup fresh carrot juice or water,  
as needed  
2 garlic cloves  
juice of 1 lemon  
1 tsp smoked paprika  
salt and pepper to taste

Place all ingredients in a blender, add carrot juice or water as need for desired consistency.

### CHOPPED ISRAELI SALAD

2 plum or vine ripe tomatoes, chopped  
1 small cucumber, small diced  
1/2 red onion, small diced  
1 handful parsley, finely chopped  
5 radishes, small diced  
juice of 1 to 2 lemons  
2 tbs extra virgin olive oil  
salt and pepper to taste

Combine all ingredients in a bowl.

Serve the falafel balls over the salad, with the tahini sauce on top. Enjoy!

### SIMPLE RAW SUSHI

THE RAW FOOD DETOX DIET

*Neutral // Makes 8 rolls*

4 sheets nori seaweed  
4 romaine leaves  
1 cup alfalfa sprouts  
1 cucumber, julienned  
1 carrot, shredded or julienned  
1 avocado (optional)

Place the nori sheet in front of you. Lay

one leaf of romaine lettuce horizontally on top of the nori on the side closest to you. Lay the sprouts, cucumber pieces, and carrot pieces horizontally following the line of the romaine leaf. Carefully roll the nori around the vegetables, pulling it gently toward you as you roll it to make it nice and tight. Then, moisten the end of the nori farthest from you with some water and seal it like an envelope. Slice the roll with a sharp knife down the middle. Dip in the Raw Caesar Dressing, or any other detox dressing that you prefer. Add avocado to make it more filling.

### RAW RATATOUILLE

THE FRESH ENERGY COOKBOOK

*Neutral*

1 cup grape or cherry tomatoes, halved  
1 medium zucchini, sliced into half-moons  
1 medium yellow squash, sliced into half-moons  
1 red bell pepper, thinly sliced  
1 medium carrot, thinly sliced  
1/2 small red onion, thinly sliced  
1 tablespoon kosher salt  
1 garlic clove, minced  
1 tablespoon tomato paste  
1 lemon, juice and zest

Handful of chopped parsley Handful of chopped basil Place all the vegetables

and the onion in a colander fitted over a bowl. Sprinkle salt over them and let marinate for at least 1 hour until the vegetables are slightly soft and the tomatoes release moisture. You can also marinate them overnight in the refrigerator. Rinse the vegetables under cold water to remove excess salt if necessary. Whisk in the garlic, tomato paste, lemon juice, and zest to the salted water collected in the bottom of the bowl. Toss with the vegetables and top with the fresh herbs.

## RAW PAD THAI

### DETOX FOR WOMEN

*Makes 4 servings*

3 cups shredded purple cabbage  
2 large carrots, julienned  
1 bunch cilantro, chopped finely  
1 large zucchini, julienned  
Meat of 3 young coconuts, sliced into long, thin strips like noodles  
1 cup of Amazing Raw "Peanut" Sauce  
1/2 cup chopped raw cashews

Mix the cabbage, carrots, cilantro, zucchini, and coconut strips in a large bowl and toss. Serve this mixture topped with 2 to 3 tablespoons of the sauce and a sprinkling of cashews.

## COOKED VEGETABLES

*The cooked component of your meals can be as simple as a baked sweet potato or winter squash, or a handful of baked beets. Make your meals as simple as possible - this will not only save you time and energy, but it will also keep digestion seamless.*

### BAKED SWEET POTATO ♥

*Starch based // serves 1*

1 - 2 yams or sweet potatoes

Preheat the oven to 400. Pierce the potatoes with a knife in a few spots, and place them on a parchment lined cookie sheet, in the oven. Allow them to bake 1 to 1.5 hours, until they are soft, and juicy!

Serve with a little coconut oil or butter, and sea salt. Ultimate comfort!

### BRAISED KABOCHA SQUASH WITH SHIITAKE MUSHROOMS

DORIS CHOI

1 tbs coconut oil or butter  
1 tbs minced ginger  
1 tbs minced garlic  
1/2 cup diced celery  
1/2 cup diced onions





- 1/2 cup diced carrot
- 1 cup sliced shiitake mushrooms
- 1/4 cup soy sauce or Tamari
- 2 tbs toasted sesame oil
- 1/2 Kabocha, seeded and cut into large wedges
- 1 scallion, chopped

In a large pan, heat oil and add ginger, garlic, celery, onions & carrots, Saute for 8 minutes or until onions are translucent. Add shiitake mushrooms and saute for five more minutes. Add soy sauce, sesame oil and 1 cup of water. Bring to a simmer and then add Kabocha squash. Cover and let simmer for ten minutes or until squash is cooked

through. Transfer to a dish and garnish with scallions.

## HIJIKI AND VEGETABLE STEAM FRY

DORIS CHOI

*Neutral*

- 1/2 cup hijiki, soaked and drained
- 1 cup carrots, shredded
- 1 cup red cabbage, shredded
- 1 cup shiitake mushrooms, thin sliced

½ cup onions, diced  
 1 tsp garlic, minced  
 1 tsp ginger, minced  
 2 tbsp. nama shoyu , soy sauce, or tamari  
 1 tsp toasted sesame oil  
 1 scallion, sliced thinly

To steam fry, have a cup of water handy because you will be adding it a couple of tablespoons at a time. Get your pan pretty hot so the water simmers when the water hits it the surface. Start off with ¼ cup water and add the ginger and the garlic. Let it reduce down by half and then add the mushrooms and onions. Always keep a tablespoon of water going, adding as you go along. When the onion starts to become translucent (2 to 3 min.) add the hijiki. Steam fry another 2 minutes and add cabbage and carrots. Let it steam up together another minute or so and then add the Nama shoyu. Turn off the heat and add the sesame oil. Garnish with scallions.

## **BELUGA LENTIL SALAD \***

THE FRESH ENERGY COOKBOOK

Starch // Serves 2

*The trick is to cook these little black beauties until slightly al dente so they retain their shape and texture.*

1 cup cooked beluga lentils  
 2 medium beets, roasted and finely

diced  
 1 cup chopped herbs (for example, parsley, mint, and basil)  
 ½ medium red onion, finely diced  
 3 tablespoons fresh lemon juice  
 Salt and pepper to taste  
 5 ounces baby arugula or baby spinach

Combine all the ingredients except the salad greens in a bowl. Divide the salad greens on serving plates and top with the lentil and beet salad.

Legumes are both a starch and a protein and are difficult for the body to break down. However, lentils are the smallest of the legumes and can be safely eaten with any raw or cooked vegetables.

## **CARROT GINGER PUREE**

THE FRESH ENERGY COOKBOOK

Neutral // Makes 4 servings

*I love this warm, savory puree over steamed quinoa, millet, or buckwheat noodles, with a medley of steamed vegetables such as broccoli, kale, and cabbage.*

2 large carrots, scrubbed and chopped into 1-inch pieces  
 1 small onion, chopped  
 1 knob ginger, thinly sliced  
 1 garlic clove, halved  
 5 sprigs thyme

1 bay leaf  
4 cups water  
Salt and pepper

Place all the ingredients in a medium-size pot and bring to a boil. Lower the heat and simmer until the carrots are fully cooked (about 30 minutes). Remove the thyme sprigs and bay leaf and place the rest of the ingredients in a blender with 1 cup of the cooking liquid. Puree until smooth. Season with salt and pepper as desired.

## FISH & EGGS

### SALMON SALAD

*Flesh based // Makes 2 servings*

1 (6-8 ounce) salmon fillet  
Kosher salt and pepper to taste  
1 cup finely diced celery  
½ cup finely diced red onion  
¼ cup chopped parsley  
2 tablespoons chopped dill or tarragon  
1 tablespoon Dijon mustard  
1 lemon, zest and juice  
8 ounces mesclun, arugula, or baby spinach

Preheat the oven to 400°F. Season the salmon with salt and pepper and bake for 10 minutes until the flesh is firm and opaque. Let it cool for 5 minutes

*fish in parchment*



and then flake into large bite-size pieces with a fork. Combine the salmon with the rest of the ingredients (except the salad greens) in a bowl and mix well to an even consistency. Divide the salad greens on serving plates and top with the salmon salad.

## **SIMPLE SPIKED SNAPPER**

*Flesh // Makes 2 servings*

2 half-pound red snapper fillets, rinsed  
2 tablespoons fresh-squeezed lemon juice  
1 tablespoon organic butter  
1 clove garlic, diced  
Spike seasoning to taste

Preheat oven to 450° F. Place the fish in a baking dish, add the lemon juice, dab the fillets with butter, add the garlic, and sprinkle on the Spike seasoning to taste. Bake covered for approximately 25 minutes or until the fish begins to flake.

## **FISH WITH JULIENNED VEGETABLES IN PARCHMENT**

THE FRESH ENERGY COOKBOOK

*Flesh based // Makes 2 servings*

*Using parchment paper is a great way to keep foods from sticking to the pan in the oven without using oil. Cooking in parchment packets seals in flavors and*

*allows a dish to steam, creating its own juices.*

2 (6-ounce) skinless red snapper fillets  
Sea salt and pepper  
½ bunch asparagus, trimmed and sliced diagonally in half  
1 small zucchini, julienned  
½ red, orange, or yellow bell pepper, cored and julienned  
1 tablespoon thyme leaves  
1 tablespoon chopped parsley  
1 lemon, thinly sliced  
1 tablespoon extra-virgin olive oil

Preheat the oven to 400°F. Season the fillets on each side with salt and pepper. Cut out two 1½-foot pieces of parchment paper. Place a fillet lengthwise on each piece of parchment and add the vegetables, herbs, and sliced lemons. Drizzle oil over all. To seal the parchment packets, bring the opposite ends together and fold several times to close. Fold in the edges and wrap with butcher twine like a present. Bake for 15 minutes or more, depending on the thickness of the fish (about 10 minutes per inch).

## **KITCHEN SINK FRITTATA ♥**

THE FRESH ENERGY COOKBOOK

*Flesh based // Makes 2 - 4 servings*



*This frittata is more vegetable than egg and is a great way to use leftover vegetables. From start to finish, it takes less than 10 minutes to make. The possible variations are endless, but here is the basic recipe.*

2-3 eggs, lightly beaten  
2 cups chopped vegetables or fresh greens (raw, steamed, or cooked)  
1-2 tablespoons fresh chopped herbs (basil, parsley, mint, cilantro, dill, oregano, thyme, etc.)  
2-3 ounces cheese (feta, goat, pecorino, etc.)

To make a quick frittata, whip up the eggs and add them to the vegetables. Add the fresh herbs and grated cheese to boost the flavor. Throw it all in a pan with metal handles, cover, and let it cook over medium heat on the stove top for about 5 minutes. Then stick it under a broiler to finish until the eggs are set, not runny (5–7 minutes).

## **BAKED EGGS IN TOMATO SAUCE**

ADAPTED FROM THE FRESH  
ENERGY COOKBOOK

*Flesh Based // Makes 2 servings*

2 cups Tomato Sauce  
½ cup water  
4 organic free-range eggs  
Handful of chopped cilantro

Combine the sauce and the water in a medium-size saucepan and bring to a simmer. Add the eggs and cover with a lid. Lower the heat and to allow the eggs to cook in the sauce (4-5 minutes). Serve with chopped cilantro.

## **CLEAN GRAINS &**

### **ALTERNATIVES**

Grains in any form should be avoided, for the most part. If you are a beginner cleanser though, high-quality grains such as millet, quinoa, amaranth, buckwheat & spelt are good options and can have a place in your diet as long as you eat them in moderation. Plant-based foods are still at the center of our lifestyle, so we have included neutrally combining, low-starch vegetable-based grain alternatives so you can see for yourself that grains are not even necessary!

**\* To make light and fluffy grains to accompany a stir-fry or your favorite salad or vegetable dish, or even to enjoy as a hot cereal, follow these steps:**

1. In a pot, combine 1 part grain to 2 parts water or vegetable stock and bring to a boil on your stove top. Turn down the heat to a simmer and cover. Let simmer until the water is almost gone (about 15–20 minutes, depending on the grain).
2. Remove from heat and let stand for 5 minutes or until the last bit of liquid is

absorbed. Lightly fluff with a fork and serve hot, or let cool and then chill for a cold grain salad.

*Doris Choi - The Fresh Energy Cookbook: Detox Recipes to Supercharge Your Life*

## CAULIFLOWER "RICE"

THE FRESH ENERGY COOKBOOK

Neutral // Makes 3 - 4 Cups

*Great for making vegetable stir fries and serving as a "traditional" side dish with fish.*

1 head cauliflower

Remove all the leaves from the cauliflower head and trim the tough woody part of the stem. Roughly chop the cauliflower into 1-inch pieces. Pulse the cauliflower florets in a food processor until it resembles short-grain rice (at least 6 - 8 pulses). Do not over pulse or the cauliflower will become too mushy. Alternatively, use a box grater for a similar effect, using the largest hole for shredding. The cauliflower rice can be made in advance and refrigerated in an airtight container for several days, and can be served raw or cooked. Use broccoli instead of cauliflower for a variation of this recipe.

**NOTE:** Cruciferous vegetables such as

cauliflower bread pizza



*cauliflower and broccoli release a sulfuric odor when opened after storing. Do not be alarmed! The smell dissipates and will not affect the taste.*

## CAULIFLOWER “BREAD”

THE FRESH ENERGY COOKBOOK

*This recipe is a versatile base for sandwiches and hors d'oeuvres and is also the recipe I use for Cauliflower Pizza crust. Use broccoli instead of cauliflower when making the “rice” for a variation of this recipe.*

4 cups Cauliflower “Rice” (see previous page), steamed and excess moisture removed using a cheesecloth

½ cup goat cheese or goat feta cheese

1 egg, lightly beaten

1 teaspoon dried oregano or za’atar

Pinch of paprika (optional)

Preheat the oven to 400°F and line a baking sheet with parchment paper. Combine all the ingredients in a large bowl and transfer the mixture to the baking sheet. Shape the mixture into a flat circle, keeping it 1/3-inch thick. Bake for 25–30 minutes until the “dough” feels firm. To make flatbread, follow the above instructions but spread the mixture slightly thinner (¼ inch) and shape into a rectangle. Sprinkle extra za’atar and paprika on top before baking.

## ZUCCHINI PASTA

THE FRESH ENERGY COOKBOOK

Neural // Serves 2

3 medium zucchini

If you want beautifully curled “spaghetti,” you will have to invest in a spiralizer, but making zucchini pasta this way is so much fun. Just use the spiralizer as directed by the manufacturer. You can also use a julienne blade to make long julienned strands similar to thin spaghetti or angel hair pasta.

Raw zucchini has a neutral taste and really picks up on all the sauces just like regular spaghetti. You can also cook the “spaghetti” by adding it to the cooked sauce at the last minute. You can peel the green outer skin if desired to mimic real spaghetti, but I like the look and nutritional value of zucchini with the skin intact.

## DESSERTS

### COCONUT PUDDING ♥

ANA ZAHARIA

Young coconut based // serves 2

¾ cup young coconut meat

½ cup coconut water

¼ vanilla bean scraped

a few generous shakes of apple pie spice (or cinnamon)

1 cup ice  
pinch of sea salt  
1tsp. Better Organic Stevia powder  
by Now (optional - it has 1 ingredi-  
ent only: pure stevia extract)

Blend and taste the love!

## DOUBLE COCONUT PARFAIT

ANA ZAHARIA

*Young coconut based // Serves 2*

meat of 1 young coconut  
enough coconut water to keep the  
blender moving  
1/4 vanilla bean (scraped)  
dried coconut flakes  
88% dark chocolate shavings

Blend together the coconut meat, wa-  
ter, and vanilla. Serve in a beautiful  
glass topped with coconut flakes and  
chocolate shavings.

## DOUBLE COCONUT LEMON CUP

ANA ZAHARIA

*Young coconut based // Makes 4 - 6 servings*

1 packet exotic superfoods young  
coconut meat (~2 cups)  
1 cup young coconut water  
2 tbsp coconut butter

Juice and zest of 2-3 lemons  
1 tbsp Better Now organic stevia  
(or Stevita drops)  
1/2 vanilla bean, scraped  
Dark chocolate shavings for  
serving

Blend until smooth. Serve chilled.

## FROZEN "PEANUT BUTTER" CUP \*

THE FRESH ENERGY COOKBOOK

*Nut/seed based*

1 ripe frozen banana  
4 tablespoons raw sesame tahini  
2 tablespoons carob powder  
1-2 cups unsweetened almond  
milk (preferably raw homemade  
almond milk)

**Optional:** Sprinkle dried shredded co-  
conut on top.

## CHOCOLATE "COOKIES"

AUDREY BENEVEDES

*Neutral*

1 ounce of 88% chocolate  
handful raw yam slices  
sea salt

Melt the dark chocolate onto the raw







yams, and top with sea salt! So simple!

## CHOCOLATE COCONUT PUDDING

DORIS CHOI

*Neutral*

3 cups coconut milk  
½ cup cocoa powder  
¼ cup agave nectar and stevia as desired  
2 tablespoons agar-agar  
1 tablespoon vanilla extract

Agar-agar is a vegetarian gelatin substitute derived from seaweed. It is sold both in flake and powder varieties, and can be used as a thickening agent for vegan and/or dairy-free recipes. In a sauce pot, combine all the ingredients and bring to a boil, whisking occasionally so there are no lumps. Lower the heat and simmer for at least 10 to 15 minutes to let the agar-agar dissolve completely and thicken properly.

Transfer the mixture to a serving bowl or individual ramekins and let cool to room temperature. It will set at room temperature unlike animal based gelatin. Refrigerate and serve cold.

## ALMOND DOFU

DORIS CHOI

*Neutral*

4 cups unsweetened almond milk  
4 tablespoons of agar agar flakes  
2 tablespoons of almond extract  
Sweetener of choice (I used 1 whole dropperful of vanilla stevia)

Simmer all of the above for at least 5 minutes to dissolve flakes. Once it is fully incorporated you can let it rest and it will thicken at room temperature or you can throw it in the fridge to expedite it. I pour my mixture into individual ramekins for portion control.

### TIP FOR PUDDINGS ALL WEEK LONG:

DORIS CHOI

*You can also keep a stash of the liquid (4 Cups) and agar (4 tablespoons) ratio on hand, already simmered for 5 minutes. Throw it in an ice cube tray in freezer and use a couple of cubes of this gelatin per pudding. Just add in your main flavor ingredient (try fruits like bananas too) and your sweetener of choice. Experiment with extracts. This is a perfect vessel for it.*

## SPELT COOKIES \*

ANA ZAHARIA

*Starch based // Makes about 24*

Dry ingredients:

1 cup sprouted spelt flour  
1/2 tsp aluminum-free baking powder

1/2 tsp baking soda  
4 packets stevia  
pinch of sea salt

Wet ingredients:

4 tbsp coconut oil  
1/2 cup agave  
1 organic pasture raised egg (not a perfect combination with the flour, but it's negligible in such small amounts)  
1/2 tbsp vanilla extract

Pre-heat the oven to 350. In a large bowl, mix the dry ingredients by hand. In a medium bowl, whisk the wet ingredients until emulsified. Slowly add the wet ingredients to the dry while using the whisk to incorporate the two. Once you have well incorporated batter, you may want to fold in some chocolate chips. Let the mixture sit for 10 minutes while it thickens. Line your baking tray, and scoop the batter into cookies. Bake for 15 minutes, and then allow the cookies to cool for at least 10 minutes before serving.

## BEGINNER CLEANSER SHOPPING LIST

### REFRIGERATOR

*Produce should always be the main focus!*

**Greens for salads:** romaine lettuce, baby lettuces, spinach, arugula, etc. (We like the organic 16oz. & 5oz. boxed kind)

**Greens for juicing:** kale, romaine, collard, spinach, romaine

**Veggies for juicing:** cucumber, celery, carrots, beets

**Veggies for munching:** carrots, tomatoes, cabbage, cucumbers, bell-peppers...

**Veggies for cooking:** broccoli, carrots, zucchini, asparagus, brussels sprouts, beets, etc. based on seasonal availability

**Fresh herbs** and ginger, for salads, juicing and cooking

Young Thai coconuts (for smoothies, raw desserts and shakes)

Raw goat cheese (brands: Alta Dena or Shiloh Farms)

Organic butter

Organic eggs from pasture raised hens

Fresh wild fish (salmon, snapper, cod, trout, halibut)

Kelp noodles (great pasta alternative)

Almond milk (Pacific brand, no sugar added, is great)

Berries for when fruit is desired

Fresh olives (such as Botija, Castelvetrano or Kalamata)

### FREEZER

Laloo's goat's milk ice cream

Frozen blueberries, or other berry blends for shakes

Exotic Superfoods Young Coconut Meat

Sprouted grain bread (Alvarado's Bakery or Ezekiel)

Frozen green juices

### COUNTER TOP

Lemons & limes

Avocados

Starchy vegetables: sweet potatoes and yams (great for snacking on raw, as well as baked), pumpkins, acorn squash, butternut, Kabocha squash

Spaghetti squash (low starch – great pasta replacer that can be combined with a little raw goat cheddar)

Bananas & green apples (avoid fruit as much as possible in order to starve the yeast)

### CUPBOARD

Dark chocolate (brands: Rapunzel, Dagoba, Green & Black's, Endangered Species). Look for 68% or higher cocoa

Stevia (brands: Stevita or NuNaturals)

Herbal teas (brands: Yogi Tea, Traditional Medicinals, Tazo, Celestial Tidings)



Marinara sauce (suggested brands: Seeds of Change, Muir Glen, and Paesana) 3 grams of fat or less

Nama Shoyu (raw soy sauce or tamari)

Sea vegetables (wakame flakes, dulse, hijiki, nori sheets)

Organic Dijon mustard (suggested brands: Annie's and Westbrae)

Raw almond butter and Tahini (Artisana, Tree of Life..) for dressings, snacks and desserts

Dried herbs and seasonings (Frontier brand - herbs de provence, pizza seasoning, pumpkin pie spice, garlic, onion, sea salt, pepper, cinnamon, nutmeg, ginger, curry powder)

Millet & quinoa, if grains are still desired

Soba (buckwheat) noodles or spelt pasta (if wanting to still incorporate pasta on occasion)

**CUPBOARD SNACKS:** *Health-food stores carry a higher grade version of all the mainstream snacks!*

### **Starchy Snacks:**

Crackers: Suzie's Spelt cakes & Ak-Mak Crackers,

Chips: Guiltless Gourmet Tortilla Chips, Terra Vegetable Chips, Garden of Eden tortilla chips;

Cookies: Kashi Cookies & Kollar Cookies;

### **Raw Nut/Seed Snacks:**

Dates & other non-sulphured fruit

Larabars (nut/dried fruit bars)

- great for after a raw nut/seed based salad or as a snack after a banana or a few carrots)

Raw nuts and seeds (sprouted is better) for salad toppings & raw desserts

Desserts: CocoRoons & Mary's Miracle Tarts.

Lydia's Grainless Cereal (made of nuts, seeds and dried fruit), great with almond milk

As always, it is best to enjoy these in the company of water containing foods.

### **HANDBAG**

NuNaturals or Stevita Stevia liquid vials

Dark chocolate bars

Lemon and/or avocado and/or goat cheese (in case you're going somewhere questionable for a meal)

Baby carrots

### **OFFICE**

Lemons & Limes

Avocado

Packaged baby romaine lettuce or spinach

Favorite dressings or dips which make for great easy salads such as guacamole, or fresh salsa

Dark chocolate

Stevia

Carrots or other vegetables for munching

## INTERMEDIATE / ADVANCED CLEANSER SHOPPING LIST

### REFRIGERATOR

Produce should be the main focus

**Greens for salads:** romaine lettuce, baby lettuces, spinach, arugula, etc. ( We like the organic 16oz. & 5oz. boxed kind)

**Greens for juicing:** kale, romaine, collard, spinach, romaine

**Veggies for juicing:** cucumber, celery,

**Veggies for munching:** carrots, tomatoes, cabbage, cucumbers, bell-peppers...

**Veggies for cooking & raw preparations:** broccoli, carrots, zucchini, asparagus, brussels sprouts, beets, etc. based on seasonal availability

**Fresh herbs and ginger,** for salads, juicing and cooking

Young Thai coconuts (for smoothies, raw desserts and shakes)

Raw goat cheese – only if you really want to include it on occasion, with dinner (brands: Alta Dena or Shiloh Farms)

Organic butter

Kelp noodles (great pasta alternative)

Almond milk (Pacific brand, no sugar added, is great)

Fresh olives (such as Botija, Castelvetro or Kalamata)

### FREEZER

Exotic Superfoods Young Coconut Meat & Water

Frozen green juices

### COUNTER TOP

Starchy vegetables: sweet potatoes and yams (great for snacking on raw, as well as baked), pumpkins, acorn squash, butternut, Kabocha squash

Spaghetti squash (low starch – great pasta replacer that can be combined with a little raw goat cheddar)

Avocados

Lemons & limes

### CUPBOARD

Dark chocolate (brands: Rapunzel, Dagoba, Green & Black's, Endangered Species). Look for 68% or higher cocoa

Stevia (brands: Stevita or NuNaturals)

Herbal teas (brands: Yogi Tea, Traditional Medicinals, Tazo, Celestial Tidings)

Marinara sauce (suggested brands: Seeds of Change, Muir Glen, and Paesana) 3 grams of fat or less

Nama Shoyu (raw soy sauce or tamari)

Sea vegetables (wakame flakes, dulse, hijiki, nori sheets)

Raw almond butter and Tahini (Ar-

tisana, Tree of Life..) for dressings, snacks and desserts

Dried herbs and seasonings (Frontier brand - herbs de provence, pizza seasoning, pumpkin pie spice, garlic, onion, sea salt, pepper, cinnamon, nutmeg, ginger, curry powder)

guacamole, or fresh salsa

Dark chocolate

Stevia

Carrots or other vegetables for munching

#### CUPBOARD SNACKS

##### Starchy:

Crackers: Suzie's Spelt cakes & AkMak Crackers

Chips: Guiltless Gourmet Tortilla Chips

##### Raw Nut/Seed:

Raw nuts and seeds (sprouted is best) for salad toppings

#### HANDBAG

Stevita Stevia liquid vials

88% Dark chocolate bar

Lemon and/or avocado and/or goat cheese (in case you're going somewhere questionable for a meal)

Baby carrots or sliced sweet potatoes

#### OFFICE

Lemons & Limes

Avocado

Packaged baby romaine lettuce or spinach

Favorite dressings or dips which make for great easy salads such as

# HIERARCHY OF VIBRATIONAL NUTRITION



## FREQUENCY RANGES OF BASIC FOODS

*\*measured by the Tainio Technology Frequency Monitoring Device*

## THE HIERARCHY OF FOODS

*harmony, ease of digestion, alkalinity & vibrational values*

		HIGHEST HARMONIOUSLY VIBRATING SUBSTANCES	
FRESH FRUITS (organic and picked when ripe)	80 MHz	SUNLIGHT	
RAW GREEN VEGETABLES (organic)	65-72 MHz	FRESH AIR & PURE, CLEAN WATER	
		FRESHLY EXTRACTED JUICES <i>made from the highest quality vegetables</i>	
		SUN-RIPENED FRESH FRUIT <i>preferably, but not exclusively, organic</i>	
		RAW GREEN VEGETABLE LIFE <i>including sea vegetation</i>	
		RAW VEGETABLES <i>of all kinds, grown in nutritionally balanced soil</i>	
		MEDIUM HARMONIOUSLY VIBRATING SUBSTANCES	
FISH (wild)	50-55 MHz	COOKED VEGETABLES <i>including root vegetables</i>	
WINE	40-50 MHz	RAW ORGANIC NUTS AND SEEDS	
FISH (farmed)	40-45 MHz	RAW ORGANIC GOAT OR SHEEP DAIRY PRODUCTS	
CHICKEN (organic, free range)	40-45 MHz	RAW SPROUTED GRAINS	
BEEF (organic, grass fed)	40-45 MHz	ORGANIC DRIED FRUITS, <i>unsweetened</i>	
SPROUTED GRAINS	35-45 MHz	NATURAL SWEETENERS ( <i>Raw honey, Stevia, pure maple syrup, agave nectar, raw cane sugar</i> )	
		** LOW HARMONIOUSLY VIBRATING SUBSTANCES	
CHICKEN (caged)	20-25 MHz	COOKED SPROUTED GRAIN PRODUCTS	
PORK, BEEF (mainstream)	15-20 MHz	COOKED GRAINS	
RAW NON-GREEN VEGGIES, <i>including root vegetables (organic)</i>	13-21 MHz	OTHER RAW, ORGANIC DAIRY PRODUCTS <i>i.e. raw cow &amp; buffalo dairy</i>	
COOKED VEGGIES ( <i>inorganic boiled vegetables</i> <i>are at the lower end of the vibration spectrum;</i> <i>organic steamed vegetables are at the higher end</i> )	7-25 MHz	FREE-RANGE EGGS	
		ORGANIC, WILD FISH <i>from clean water (very hard to find)</i>	
SPROUTED GRAIN BREAD	10-15 MHz	RAW OILS <i>cold or stone-pressed</i>	
CHEESEBURGER	5-10 MHz	*** INTERIM FOODS	
NUTS (raw)	5-7 MHz	WHOLE GRAIN PRODUCTS	
NUTS (roasted, processed)	1-2 MHz	ORGANIC BUTTER AND CREAM ( <i>always choose butter over margarine or cooked oils; organic butter and cream are harmless in small amounts</i> )	
		ORGANIC NON-RAW CHEESES	
		FREE-RANGE GRASS-FED MEATS	
		WINE ( <i>fine in moderate amounts, 1-2 glasses/day, but not beneficial</i> )	
		**** INHARMONIOUSLY VIBRATING FOODS AND ELEMENTS	
		ORDINARY PASTEURIZED COW MILK, YOGURT, AND CHEESE	
		INFANT FORMULAS	
		CIGARETTES	
		HARD LIQUOR	
		PROCESSED FOODS AND SYNTHETIC INGREDIENTS	
		MAINSTREAM ANIMAL FLESHES ( <i>fish is the least detrimental flesh, followed by game, lamb, chicken, cow meat, and pork</i> )	
		PHARMACEUTICAL DRUGS	
		TECHNOLOGICAL RADIATION	
		X-RAY RADIATION	

80

60

MEGAHERTZ (MHz)

20

1

- \* Currently the most accurate tool for measuring food frequencies – does not distinguish between harmonious and inharmonious vibrations.
- \*\* Perfectly acceptable through various stages of transition and helpful for many as staples even for the long term.
- \*\*\* Don't have the ideal harmonious vibrations or levels of Life Force Energy, but can be helpful as one transitions from a common diet into this eating lifestyle.
- \*\*\*\* These have the most deleterious effects on the human physical/energy body.

*The device on the left does not distinguish between harmonious and inharmonious vibrations – This is why animal fleshs can register higher than sprouted grains and cooked vegetables.*



## **SPECIFIC ILLNESSES: CAUSES & RECOMMENDATIONS**

(EXCERPTED FROM DETOX FOR WOMEN)

### **OSTEOPOROSIS**

#### **THE COMMON PERSPECTIVE:**

Osteoporosis results from inadequate calcium intake/absorption. That's what the dairy and supplement industries would like you to think!

#### **A DIFFERENT PERSPECTIVE:**

It is the acidic Western diet that creates bone loss, not the lack of intake of milk or calcium tablets. Calcium deficiencies that lead to bone loss and ultimately osteoporosis are the result of calcium being leached from the bones by acidic waste matter. The acid waste seeks out alkaline minerals in the body, finds calcium in the bones, and draws it right out—thereby weakening the bone's structure. The same thing happens to the teeth, which are also made of bone.

Up until recently Western women were the only group suffering from bone density loss. Today the "Western diet" has saturated the globe so women everywhere are at risk. Formerly, non-Western women were virtually immune to osteoporosis because of their relatively natural, alkaline, pasteurized-cow-dairy-free diets. The only approach that will protect a woman and reverse bone loss is reverting to a highly alkaline diet with lots of leafy green vegetable juice, which contains the most highly absorbable form of calcium with magnesium. Any leafy greens will do: romaine, collards, kale,

spinach, etc. Carrots are also high in calcium and magnesium, and will taste great in juice.

Do not be fooled by supplements or dairy products promising to support bone density. The problem originates from compromising the bone's natural mineral balance and structure due to acidic diet and clogged pathways. It cannot be corrected by patchwork supplementation any more than an iron structure of a building that's been depleted of its iron stores can be corrected by tossing powdered iron on top of it. The bone has to be rebuilt from within, which can only be done with new cells that will spring up in the right environment provided by a clean, alkaline-rich diet.

### **POLYCYSTIC OVARIAN SYNDROME (PCOS)**

#### **THE COMMON PERSPECTIVE:**

Polycystic Ovarian Syndrome (PCOS) can be corrected by adjusting hormone levels in women. I get about ten emails a month from women diagnosed with PCOS, which is generally experienced as cyst on the ovaries. It is now the most common female endocrine condition (affecting 5 to 10 percent of women of childbearing age) and doctors are now linking it to infertility. The medical community is having trouble explaining the root cause of this disorder and mainly blames it on insulin resistance, testosterone, and obesity.

#### **A DIFFERENT PERSPECTIVE:**

When the intestine is full due to unfit

foods, chronic constipation, and the vicious cycle of putrefaction, the cecum (lower-right part of the colon) and sigmoid (lower-left part of the colon) press into the right and left ovaries respectively. This causes all manner of ovarian trouble.

Also, cysts and tumors develop around an organ as the body's way of preventing poisons from entering the organ. It's no surprise this condition is being linked to infertility; women who are highly constipated and have this type of pressure against their reproductive organs are naturally not going to be very fertile. This is a common sense situation that women need to really pay attention to.

We often try to defy nature to get what we want by ignoring the signposts along the way. If you have been diagnosed with PCOS or been told you are infertile, I highly recommend taking a year to cleanse your system to the best of your ability, and then try again. Chances are your system will be much more receptive to reproduction, and at the very least you will be in much better condition for anything else you choose to bring into your life.

## **MENSTRUATION & MENOPAUSE**

### **THE COMMON PERSPECTIVE:**

It's normal for women to have uncomfortable menstruation and menopausal experiences.

### **A DIFFERENT PERSPECTIVE:**

Periods that are painful, excessively long in duration, give off a pungent odor, or make you unable to function

normally are all signs of a toxic woman.

Do you know why women were not invited into the sweat lodges in native Indian tradition? It was not because the men were chauvinistic or wanted to keep their "boys club" segregated. It was because the sweat lodge was developed to provide men with the equivalent effect of the monthly cleansing that women enjoyed from menstruation—the release of the toxicity of a moon-cycle's worth of accumulation from substances that needed to be discarded. The unfertilized egg absorbs the toxicity a woman is exposed to that month. Menstruation releases all that the egg absorbs in a month, explaining why women feel their worst just prior to this release.

When exposed to more poison than natural, the blood will smell bad, increase in abundance and duration, and cause painful cramps. This is not the normal state of menstruation at all. It is another one of the body's warning signs that things just are not right in this woman's world in terms of diet, environment, and emotional stability. Once corrections to the lifestyle are made, periods will become much lighter, shorter, and generally less eventful.

Likewise, the symptoms of menopause are a distinctly Western phenomenon. It's the body's effort to cleanse prior to the next stage of life, and release anything that needs to be "burned off" before the next great threshold is crossed and the initiation to wisdom is made. A clean-celled woman with

little physical or emotional “rubbish” to discard will have a relatively uneventful physical transition, and most likely an inspiring emotional and mental one as she moves into this profound stage of leadership.

In terms of caring for the menstruating body, women need to start to pay attention to the links between their birth control and sanitation habits, and their physical imbalances and infertility issues. Regular use of tampons may be convenient in the short term but are a big mistake as they oppose the natural flow of the body. We never want to jam things into organs—much less those that require a flow in the opposite direction. Tampons fight the flow creating reverse pressure, which, among other things, creates ovarian cysts and probably uterine fibroids. Tampons, even some of the ones at the health food stores, are loaded with chemicals that are highly carcinogenic, and as the chemicals leach into the body, the potential for bladder and cervical cancer and cervical issues skyrocket! The discrepancy between the incidences of female cancers before and after the invention of tampon is dramatic. Granted, if you need to use one now and then—say for a day at the beach—that won’t cause harm. Look for Natren, which is a toxin-free brand. But be attentive to how often you use them!

## CANCER

### THE COMMON PERSPECTIVE:

Cancer prevention entails regular mammograms after 40 and colonosco-

pies after 50.

### A DIFFERENT PERSPECTIVE:

Tumors are the body’s way of cleverly keeping poisons out of the organs. Whenever there are growths on the organs it is a sign that the body is working to keep the poisons away, despite the fact that they are close enough to threaten the organs. Once a tumor is filled with poison it becomes malignant. At that point an organ is in danger of becoming as sick as the tumor, which is why it is cut out either fully or in part at this stage (one or both breasts, ovaries, lungs, etc.).

Finding “the cure for cancer” is considered to be the great and noble quest of modern science; there are fundraisers, ribbons, walk/runs, and billions of dollars spent in research. But could the “cure” be in our lifestyles? Could the cause be unfit substances that saturate the body with poisons over time, reaching critical mass in the form of malignant tumors?

If the medical profession advocated a diet-lifestyle from birth that prevented the tissues of the body from absorbing material that could infest human tissue and allow cancers to develop to begin with, there would be no need for a cure because there would be no cancer!

The reason mammograms and colonoscopies are celebrated is because they can detect the build-up of the decades-worth of poisoning before it ravages the organ. But by the time a woman reaches 40, the waste, bacteria, and yeast have permeated the tissues so deeply that precursors to cancer like tu-

mors, cysts, or even cancer itself should not be a surprise at all but an expectation.

## **BLADDER INFECTIONS**

### **THE COMMON PERSPECTIVE:**

Bladder infections are due to bacteria getting into the urethra mainly through dehydration, contaminate bathwater, or sexual intercourse.

### **A DIFFERENT PERSPECTIVE:**

It's true that bacteria entering the vagina can be the straw that breaks the camel's back resulting in a bladder infection. But a clean, alkaline body can be exposed to all of these things (on the same day) and not wind up with a bladder infection because the true cause of bladder infections is an acidic internal environment where such bacteria can take hold. Create a high alkaline reserve in your body by taking in a diet of at least 80 percent alkaline-forming foods, keep your pathways clear of excess waste matter, and even women most prone to urinary tract infection can avoid ever having another bladder infection. Remember, the body can cope with a little unfavorable bacteria if the alkaline reserve is high. You can think of your alkaline reserve as the power behind your immune system.

## **THYROID IMBALANCES**

### **THE COMMON PERSPECTIVE:**

Thyroid imbalances like hypothyroidism are due to a slowing metabolism.

### **A DIFFERENT PERSPECTIVE:**

The thyroid, which is a major gland in the endocrine system, is linked to all the other glands in the endocrine system of which there are seven: the pineal, pituitary, thymus, thyroid, pancreas, gonads (ovaries in women, testes in men), and the adrenal glands. The modern lifestyle wreaks havoc on these powerful but delicate glands that secrete precious hormones in a very precise balance into the bloodstream. Modern stress overtakes the adrenals, which secrete the "fight or flight" hormone adrenalin, beginning the process of sabotaging all the glands. The thyroid naturally gets overworked, becomes enlarged, and is then deemed "underactive"—just as we are when we are overworked for too long and puffy from abuse.

The metabolism, which is often said to slow when the thyroid is low-functioning, is not synonymous with the thyroid at all. In fact there is no such thing as "a metabolism." The metabolism is not a location in the body that a doctor could point to. Instead, metabolism is an event that occurs at the cellular level. Metabolization is the process of breaking down and eliminating foreign substances like food, pollution, etc. When the body is clear of excess waste residue and the cells are clean, metabolism is high-functioning.

## **BODY ODOR**

### **THE COMMON PERSPECTIVE:**

Bad breath in the morning is nor-



mal; body odor is a human thing—it's natural. Why else would everyone use deodorant?

#### A DIFFERENT PERSPECTIVE:

The stench that comes off the human body is like the waste bin with last week's food sitting in it creating noxious gas. Bacteria run up and down the length of the digestive tract and are the reason that people have bad breath. What you see on the tongue in the morning is a mucus coating from detoxification (fasting from dinner to morning), giving the body a moment to pass some poisons through the tissue while not taking in food. Body odor is also due to the lymph and skin releasing waste.

The armpits are a major lymphatic waste drop zone where millions of bacteria get pushed through as the lymph excretes waste. In this moist environment these little life-forms multiply and grow in size. They should be cleaned out with the alkalinity of soap. Putting chemicals into your major lymph drainage area to stop the flow of perspiration that carries waste out is equal to constipating it. Shoving chemicals into that region creates a double offense.

The lymph becomes overburdened when the body is overrun with waste, and then is further paralyzed by the clogging of the breast and armpit region from chemicals that jam-up the lymph-waste traffic. This traffic jam creates lumps and bumps around the armpits and breasts, which can go from benign to malignant if they collect too

much poison for too long (imagine using chemicals to prevent or cover up perspiration since puberty). It is critical to keep that region, as well as the groin region (the other biggest lymphatic hub), free-flowing if we are keep our female organs and glands healthy and secreting ideal amounts of hormones keeping us content and fertile.

## INFERTILITY

#### THE COMMON PERSPECTIVE:

The infertility epidemic is the result of women waiting longer to have kids.

#### A DIFFERENT PERSPECTIVE:

Reproduction is the privilege of a healthy organism. You don't see infertile soil springing up orchards. Where the soil is fertile, such as in a rainforest, a farmer is not even needed. In infertile ground, the best farmer cannot bring forth life. In the "in-between" soil a good farmer can use his arsenal of know-how, as long as the elements conspire to help with the right amounts of rain and shine to bring forth a harvest, just as someone who makes the effort to clean the system will have a better chance at conception.

There is a reason fertility is greatly on the wane. It's not because women are having children older—that's mostly a big city trend. Young 20-and early 30-somethings are beseeching fertility specialists in droves as well. It is because the modern diet-lifestyle has taken fertile internal terrain and exposed it to enough unnatural sub-

stances to initiate a dramatic climate change—rendering an otherwise fertile woman’s rain forest a desert. Somewhere in between is where women are finding themselves today and in a couple of generations the desert will be the norm. Those whose lineage has been least compromised by modern living will be the most fertile group, and vice versa.

Infertility is another one of those alarm bells that sound when the body is trying to be heard over the buzzing of conveniences and addictions. The pain of infertility is one of the biggest calls-for-change pains that could be inflicted. The question is, are we going to heed the alarm and see how our ways of living are so obviously not only making us fat, sick, and uncomfortable but showing us our own threat of extinction and make the necessary changes—or are we just going to go on partying aboard the Titanic?

Men are no more exempt from this phenomenon than women. The male infertility issue can be seen as the literal seed in the agricultural analogy. The seed of course must be rich in life force to generate life. The health of the male is in his sperm, so if his sperm is depleted and lifeless, that is a reflection of his state of health.

By the same logic, erectile dysfunction (ED) is the result of inadequate Life Force Energy. It is inextricably linked to depression, anxiety, circulation, smoking, and general aging in the modern lifestyle. ED reveals a man’s inner chi levels. The way Life Force Energy is

circulating in his other organs is the way it will circulate in that organ. It is a direct reflection that could help lead a man to make the effort to start healing internally when he experiences this natural warning sign.

If you take the average man, feed him beer, burgers, donuts, protein powders, sports drinks, and stress and place him behind a desk for a couple of decades or more, his tissues are going to be laden with waste. This waste and stress both diminish his inherent Life Force Energy and they tamper with his endocrine system, where the testes secrete testosterone and produce sperm. Modern living throws the endocrine system out of balance in both men and women.

In short, modern human fertility (and virility) mirrors the state of life-generating potential in our body. If it is a struggle to reproduce, that is because we are too toxic to be reproducing. If we do not face this and correct it, we will only become more unfit to reproduce. We hold the weapon for our own extinction.