



Holistic Nutrition  
for the Whole You

# Food & Nutrient Report

With references, recipes, & more.



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## *Introduction....*

The following information may be the most important tools to independence in taking back control of your health and vitality. Please remember your health didn't get to it's current state overnight, so give yourself time to make each dietary and lifestyle change. I encourage you to select one or two areas to make changes in every two to four weeks. This places you in a position of control, not victim, and is followed with step by step successes on your journey to health. This is only the beginning, and each day is a chance to take back control.

During our visit we talked about specific information to help you with brain chemistry, hormone balance, gluten sensitivities, digestive health, inflammation and the addition of site specific supplements for quality of life and longevity. Some of the following information may not pertain to you, but is included as it may be of help to someone you love.

Each of us has the ability to intuitively eat - to select the correct portion size, nutrient content and even comfort quality of food, if we will allow our bodies to do so. Cravings are often the result of deficiencies - not in sugar or chocolate - but in trace minerals, low hormones or poor immune function; that allows opportunistic over growths of candida. We will talk more about this later.



We also talk about the importance of organic food choices, pure water and the elimination of refined food ingredients from your meal choices - especially those foods that are from genetically modified ingredients such as corn, soy and wheat.

Alcohol consumption can sabotage weight loss efforts due to how rapidly it is converted to sugar in the bloodstream. There are pros and cons to the imbibing of adult beverages. Research shows moderate amounts of alcohol with meals has cardiovascular and digestion benefits for many – but not all. The use of these drinks are deeply rooted in culinary culture, along with personal choice and should be used in a responsible manner.

### ***Now let's talk Hormones***

Hormones that drive brain function, the immune system, bone and heart health are easily affected by pollutants such as pesticides, plastics and food additives. These xenobiotics are hormone mimickers that drive cancer, along with a host of other health challenges. Cleaning the trash (so-to-speak) out of your food choices, and personal environment is central to good health.

While briefly on the topic of hormones – the only hormone supplementation I recommend is bio-identical's prescribed by knowledgeable practitioners. There are herbal and nutraceutical formulas that do not require prescriptions, however if you use these products it should be under supervision from a trained practitioner. Hormones are critical in the function of your brain, immune response, cardiovascular health and more. When hormone insufficiencies occur, research shows increases in cholesterol, blood pressure, diabetes, and depression to name just a few.



Your brain – regardless of being male or female, has more hormone receptors than any other location in your body. The depression, anxiety, lack of focus, fatigue, and motivation you experience, may have more to do with hormone imbalances than any other component.

Keep in mind hormones are not just about reproduction and sex. And there are a lot of hormones – here are the ones discussed the most: Estrogen, it is not one single hormone but three. Only one is a direct cancer causer, both men and women produce estrogens, other hormones are testosterone, cortisol, insulin, progesterone, thyroid T4 and T3; and the amount circulating in your body may be too high, low or just right for vitality and longevity.

To learn more on the many different hormones and to have your hormones checked I recommend ZRT Lab out of Beaverton Oregon ([zrtlab.com](http://zrtlab.com)). ZRT is a research facility and sets the gold standard on accurate, salivary and blood spot hormone testing. If you are paying out of pocket for these labs you can request them without a clinician's order.

## ***What is the deal with Wheat and Gluten?***

It is currently estimated that one third of the United States population has voluntarily gone gluten free, so let's start with a look at some gluten sensitivity symptoms. If you have more than 1/4 of the listed symptoms, you need to eliminate foods that contain gluten from your diet. Whether you have tested positive or not in the past, poor digestion leads to malnutrition, chronic health issues and brain chemistry imbalances.

The offending proteins found in wheat have toxic effects on the brain and body. Similar proteins are found in barley, spelt, triticale and rye. Oats lack these proteins, however they are commonly stored, shipped and handled with wheat. Gluten sensitivity or celiac disease (CD) is a lifelong illness. Celiac disease is regarded by most physicians in the United States as an uncommon disease. The information on Celiac Sprue suggests 1 in 350. However, when we look at the information for non-celiac gluten sensitivity (NCGS) we find the numbers of individuals are as high as 1 in 7 Americans of northern European descent can have gluten sensitivity. Many countries regard gluten sensitivity as common, particularly in several areas of Europe; including Ireland, northern Europe, and Italy. There is also a direct familial connection to gluten intolerances. If you have a parent with CD, there is a greater than ninety percent likelihood of two out of three children having CD or NCGS.

### **Celiac Disease Symptoms**

- Diarrhea, sometimes constipation, often both
- Abdominal pain, bloating and gas
- Nausea and vomiting
- Weight loss / Gain
- Chronic fatigue and weakness
- Iron deficiency with or without anemia
- Vitamin and mineral deficiencies
- Mouth Ulcers
- Vitamin D deficiency
- Bone / Joint pain
- Elevated Liver Enzymes/Fatty Liver Disease
- Osteoporosis
- Type 1 & 2 Diabetes
- Skin rashes
- Thyroid Illnesses
- Depression
- Dementia & Alzheimer's
- Multiple food sensitivities
- Easy bruising of the skin
- Dental enamel defects
- Concentration / learning difficulties
- Lupus
- Kidney disease



There is an increased rate of malignancies (cancer) associated with celiac disease. Increased rates return to normal levels after 5 years on a gluten-free diet. Recent data



have demonstrated, the earlier the diagnosis and the earlier a patient can commence a gluten-free diet, the fewer other autoimmune-type diseases the patient will acquire; such as thyroid illness, diabetes, osteoporosis and more.

### *GLUTEN-CONTAINING INGREDIENTS TO AVOID*

- Barley
  - Bulgur
  - Cereal binding
  - Couscous
  - Durum
  - Einkorn \*
  - Emmer \*
  - Filler
  - Farro \*
  - Graham flour
  - Kamut \*
  - Malt \*\*
  - Malt extract \*\*
  - Malt flavoring \*\*
  - Malt syrup \*\*
  - Oat bran \*\*\*
  - Oats \*\*\*
  - Oat syrup \*\*\*
  - Rye
  - Semolina
  - Spelt \*
  - Triticale
  - Wheat
  - Wheat bran
  - Wheat germ
  - Wheat starch
  - Hydrolyzed Plant or Vegetable Protein (HPP/HVP)
  - Seasonings
  - Flavorings
  - Soy sauce, Ketchup, Barbeque sauce
  - Turkeys may be injected w/ gluten for moistness or have gravy packets.
  - Commercial lunch meats
  - Starch
  - Modified Food Starch
  - Dextrin
  - Maltodextrin
  - Medications
- (Gluten and Lactose are the most common fillers for medications)**
- \* A type of Wheat*
- \*\* from Barley*
- \*\*\* Oats are commonly cross-contaminated with gluten from other grains.*

### ***Ok Now What Can I Eat?***

It is important for you to not skip meals and to eat two snacks a day, one between breakfast and lunch, the other between lunch and dinner. These snacks should always include a lean protein, good fat and carbohydrates, e.g. small apple, pear, peach or 1/2 cup grapes, 8 cherries with 1 string cheese, fruit or berry smoothie with protein powder and almonds, 1 hardboiled egg w/ small apple, hummus dip with vegetables, 4 oz wine with 2 oz, 50% reduced fat cheese.

Eliminating foods that are high in sugars, both those natural and artificial, have been shown to greatly improve overall health and reduce allergy symptoms, inflammation, liver toxicity and balance blood and brain chemistry. Many artificial sweeteners, dyes and flavorings have adverse effects on brain chemistry leading to increased mood instability. High sugar foods, including those that are turned into sugar during digestion, not only increase inflammation and depression but also interfere with brain and blood chemistry; they should be avoided. High sugar consumption frequently leads to inflammation disorders such as fibromyalgia, lupus, adrenal fatigue, poor thyroid function and arthritis.

Additionally, high sugar content meals and diets promote ADD/ADHD, bi-polar disorder, poor concentration, mood instability symptoms; and your risk of heart disease, diabetes, depression and candida infections increases. Candida is associated with many mood and brain imbalances as well as immune system dysfunctions. Individuals who crave high glycemic foods often have low grade Candida infections, especially if they have experienced frequent yeast / jock / athlete's foot infections or have been on repeat courses of antibiotics. These cravings are also associated with serotonin imbalances. It is highly recommended that you reduce your sugar consumption to no more than 1 tablespoon a day; honey, molasses, white sugar, raw sugar, **\*\*high fructose corn syrup (\*\*remove entirely from diet)**, raw or natural cane sugar, rice syrup and fruit juices all contain high levels of sugar and should be significantly reduced in your diet.

### ***Sugar By it's Many Names***

To check for added sugar, read the ingredient list. Here are 50 names for sugar you may find on your food and beverage labels.

Barley malt  
Beet sugar  
Brown sugar  
Buttered syrup  
Cane juice crystals  
Cane sugar  
Caramel  
Corn syrup

Corn syrup solids  
Confectioner's sugar  
Carob syrup  
Castor sugar  
Date sugar  
Demerara sugar  
Dextran  
Dextrose

Diastatic malt  
 Diatase  
 Ethyl maltol  
 Fructose  
 Fruit juice  
 Fruit juice concentrate  
 Galactose  
 Glucose  
 Glucose solids  
 Golden sugar  
 Golden syrup  
 Grape sugar  
 High-fructose corn syrup  
 Honey  
 Icing sugar  
 Invert sugar  
 Lactose

Malt Maltose  
 Malt syrup  
 Maple syrup  
 Molasses  
 Muscovado sugar  
 Panocha  
 Raw sugar  
 Refiner's syrup  
 Rice syrup  
 Sorbitol  
 Sorghum syrup  
 Sucrose  
 Sugar  
 Treacle  
 Turbinado sugar  
 Yellow sugar odextrin

### ***Fiber to Keep you moving.***

20-35 grams of fiber daily is considered moderate intake, high fiber intake is 100+ grams daily. Fiber is necessary for colon health, normal blood pressure, toxin removal, healthy blood sugars and cancer prevention. For those with IBS, Crohn's or bouts of nervous diarrhea, a high fiber diet helps to maintain bowel health and acts as a preventive measure. For those with liver and kidney disease it is a major avenue for the elimination of harmful toxins. Increased fiber is also beneficial for those wishing to control weight gain or who take anti-inflammatory / pain medications. Research strongly supports the use of mushroom products for those concerned about cancer, however, if you know or think you have allergies to mushrooms, it is advised you not use them in medicinal or culinary forms.





### Fiber Intake 20 grams or Higher Daily

1 cup cooked black beans = 19.4 grams	1 med apple = 3.7 grams
3/4 cup lightly cooked broccoli = 7.0 grams	2/3 cup applesauce = 3.6 grams
1/2 cup cooked spinach = 7.0 grams	1 large artichoke = 3.5 grams
1 cup red lentils = 6.4 grams	1 slice Ezekiel bread = 3.5 grams
1 med yam cooked = 6.8 grams	2/3 cup canned sauerkraut = 3.1 grams
3/4 cup <i>Heritage</i> heirloom whole grains organic cereal = 6 grams	5-6 dates = 3 grams
1 cup whole grain spaghetti = 5.6 grams	1/4 cup whole grain brown rice = 3 grams
1 tsp psyllium seed = 5 grams	1 whole avocado = 2.8 grams
1/4 cup uncooked Quinoa = 5 grams	2 Brazil nuts = 2.5 grams
1 Tbsp golden flax seed meal = 5 grams	1/2 cup sliced beets = 2.5 grams
1 Cliff bar = 5 grams	1/4 cup sliced almonds = 2.4 grams
1/2 cup raspberries = 4.6 grams	1 med peach = 2.3 grams
1/2 cup raw blackberries = 4.4 grams	1/2 cup cooked asparagus = 1.7 grams
1/2 cup cooked greens = 4.0 grams	1/2 cup cooked onion = 1.5 grams

### A Word About Fat

Healthy fats are your friend and help digestion, hormone function, joint lubrication, immune responses, healthy skin and cancer prevention, elimination, blood sugar stability, healthy nerve formation / regeneration and regenerate elasticity of tissues and collagen formation. Total fat consumption should be limited to 30% of your daily intake. Saturated fats from meats and dairy foods should be kept to 10 -15% of your total daily intake; the remainder should be made up of monounsaturated, Omega-3 rich and polyunsaturated fats. Cold water fish such as Alaskan sockeye salmon, mackerel, sable fish and sardines are the richest Omega-3 foods available.

Adults who consume a diet rich in olive oil may reduce their risk of stroke by 41% compared to those who never consume it, according to a new study published online in the journal *Neurology* 2011.

Good fats are found in nuts, seeds, olives, coconut, avocados and cold water fish like salmon and trout (be mindful of mercury contamination in fish). Mercury contamination has been linked to multiple sclerosis (MS), hormone imbalances, immune dysfunction, digestive illnesses and birth defects. Avoid tuna (albacore is OK in limited amounts), red snapper and Atlantic salmon. Fat is especially important for the regulation of bowel movement, cell formation, brain function, hormone regulation, healthy skin, nervous system function, inflammation reduction, liver metabolism, healthy hair/nails and weight loss. 30% intake of healthy fats daily is



recommended.

### ***Starches & Dairy***

The use of red potatoes, whole grain cereals and breads (Ezekiel 4:9 from "Food for Life"), and whole grain pastas (quinoa, amaranth or brown rice) in moderate quantities, on occasion, is recommended as they are higher in fiber and nutrients. Durum wheat pastas increase blood sugars and inflammatory responses of tissue and joints. **Wheat based foods in general are not recommended for individuals with increased cardiac risk factors, thyroid disease and Type II diabetes.**

Dairy foods, on the whole, increase blood sugars, blood pressure, adrenal fatigue, inflammation, allergy symptoms, earwax build-up and constipation. Food sensitivities are often manifested in mood swings, behavioral and emotional ups and downs, skin eruptions, rashes and oily skin. The use of cultured dairy products 1-2 times a week, such as Kefir, low fat cottage cheese and yogurt (Mountain High and Nancy's are available at Fred Meyer, Safeway or natural food markets) are recommended since they contain beneficial intestinal flora and do not contain high glycemic sweeteners, artificial dyes and flavors. **For those with Gluten sensitivity raw goat milk and cheese is recommended as goat milk has been found to be very healing to the gut lining.**

**Dairy foods in general are not recommended for individuals with increased cardiac risk factors. Any foods containing carrageenan are not recommended for those with Crohn's, Celiac, IBS and Ulcerative Colitis disease.**

### ***Vegetables and Fruits***

Fruits are more bio-available if eaten in the morning, producing energy and elimination. Focus on the low and moderate glycemic fruits such as berries, grapefruit, pears, apples,



peaches and cherries. They are lower in sugar content, rich in phyto-nutrients, help stabilize erratic blood sugars and insulin resistance, fight cancer, reduce inflammation, and are rich in antioxidants. The best types of fruit to eat for liver and kidney health are berries of all kinds.

The natural biological properties of quercetin, a compound found in tea, fruits and vegetables, boosts cardiovascular health by reducing

inflammation and atherosclerosis. The powerful antioxidant and anti-inflammatory activity, as well as the ability to boost the immune system and increase mitochondria (the powerhouse of the cell) in muscles and the brain is great news for those who often think that they're too tired to exercise. Quercetin may be important in relieving the fatigue that keeps people sedentary.

Vegetables are best utilized by the body in the afternoons and evenings. They have a calming effect on your system and are generally lower in sugar content, they help induce restful sleep. Eating more fruits and vegetables, especially those that are dark

green, yellow, orange, purple and red, is recommended. Buy organic and seasonal as much as possible and use a fruit and vegetable wash to reduce harmful pesticides, fungicides and herbicides.

Remember that **some** vegetables are the most nutritious when they are cooked; such as winter squash, yams, carrots and the cruciferous family. All the cruciferous vegetables such as cabbage, broccoli, cauliflower, Brussels sprout, mustard greens, radishes, spinach, kale, kohlrabi and turnips, should be steamed or lightly cooked (soybeans also) as this prevents damage to the thyroid, improves digestion and increases the enzymes that prevent cancer.

Eat your raw foods first, then cooked foods for better digestion. Add vinegar to your vegetables to lower blood pressure and blood sugars. Always take your digestive or inflammation *enzymes* before eating for best results. *Probiotics* follow your meal for intestinal health and balance.

***Focusing on foods, with a relatively low glycemic index of 55 or less, and not overeating, is the most productive way to reduce insulin resistance, inflammation, chronic degenerative diseases and lower total body fat.***

Dried dates	103	Pineapple	59
Glucose	100	Basmati BR	58
Potato, baked	98	PowerBar Chocolate	58
French bread	95	Pita	57
Carrots, cooked	92	Wild rice	57
White Rice, instant	87	Potatoes, new red	56
Cornflakes	84	Oatmeal, old-fashioned	55
Rice Krispies	82	Popcorn, air popped	55
Doughnut	76	Sweet Corn	54
Cheerios	75	Buckwheat	54
Honey	74	Banana	52
Raisin Bran	73	Pea, green	48
Bread, white	72	Grapefruit juice, unsweetened	48
Bagels	72	Carrots, raw	47
Watermelon	72	Bread, whole grain pumpernickel	46
Melba toast	70	Orange	44
Potato, mashed	70	Soy milk	44
Bread, wheat	69	All bran cereal	43
Cranberry juice	68	Bread, dark whole grain rye	42
Table sugar	65	Pinto beans	42
Cantaloupe	65	Peaches	42
Beets	64	Whole grain pasta	41
Raisins	64	Plum	39
Bran muffin	60	Apples	38

Tomato juice, unsweetened	38	Fructose	23
Tomatoes	38	Non-starchy vegetables	
Pear	38	<b><u>Lower than 20</u></b>	
Yams	37	Arugula, Asparagus,	
Garbanzo	36	Lettuce, Chard, Broccoli,	
Yogurt, plain low-fat	33	Avocado, Cucumber,	
Fettuccine	32	Cauliflower, Kale, Celery,	
Skim milk	32	All seed sprouts,	
Organic strawberries	32	Brussels sprouts, Zucchini,	
Beans	31	Scallions, Purple cabbage,	
Kidney beans	29	Mushrooms, Onions, Garlic	
Whole grain spaghetti, protein enriched	27	Blackberries	
Red lentils	26	Blueberries	
Grapefruit	25	Raspberries	
Barley, Pearl	25	Soybeans	18
Cherries	24	Agave nectar 1tbs	11

A glass of wine with dinner just might help fight tooth decay and gum disease. When researchers isolated certain compounds from wine, the antibacterial effects of the compounds killed nearly 100 percent of bacteria that cause dental problems and sore throat. Even though these compounds had less antibacterial punch when consumed in white wine, the research showed that both red and white wines were effective in eliminating bacteria. **The Catch:** The acids in wine temporarily soften the enamel that protects your teeth, wait at least 20 minutes before brushing your teeth.

Highly acidic foods include bananas, tomatoes, melons, asparagus, broccoli, peas, avocados, cauliflower, crabmeat, eggs, lobster, black olives, peanut butter, brown rice, and tofu.



### ***Why Water?***

Increase water consumption to half your body weight in ounces (e.g. 120 divided by 2 = 60 oz). ***Please remember that other liquids do not take the place of water.*** The elimination of all carbonated beverages is recommended as they hinder the digestive process, add useless calories, interfere with leptin (*a protein produced by fatty tissue and believed to regulate fat storage in the body*) uptake, increase water retention and are high in phosphates that leach calcium from your bones.

The use of decaffeinated green tea or Rooibos red tea (Tea and Chi—[www.teaandchi.com](http://www.teaandchi.com)) in the afternoon hours is highly beneficial as it is lower in caffeine

and loaded with antioxidants and phyto-nutrients. Remember that caffeine over-stimulates the adrenal glands, increases insulin resistance, is harmful to stress hormones and the thyroid gland, increases PMS/PTSD/Anxiety symptoms and inhibits healthy liver and kidney function. Black teas consumed in moderation have added health benefits.

### ***Movement and Lighting***



Exercise, even in small amounts, stimulates hormones that are natural pain killers and mood enhancers. Exercise in the morning hours burns twice as many calories as later in the day. Light to moderate weight lifting 2-3 times a week helps to increase bone density and muscle stability. Chi gong exercises and upper body weights can be done while sitting in a chair. Research has found that moderate exercise can actively increase bone density by 11-15% even after bone loss has occurred.

Full spectrum incandescent lighting is highly recommended as it reduces stress to the adrenal and hypothalamus glands. When these glands are constantly over-stimulated pain levels go up as well as stress, anxiety and immune functions go down; opening you up to more infections and lost days of work. There are theories that fluorescent lighting may be one on the leading causes of vitamin D deficiencies.

### ***How Do You Sleep?***

It is important to get rest each night; naps should be avoided as they disrupt healthy sleep patterns that allow the body to regenerate. Seven to eight hours of sleep is best. Research has shown that less than seven hours of sleep or more than eight can increase weight, reduce immune function and shorten life expectancy. If you snore or wake up fatigued you are ***not*** getting adequate sleep and may need to consult a sleep lab to insure you do not have sleep apnea and potential heart damage.

The human body has several defense systems, including antioxidant defenses, which protect it from free-radical damage. However, our internal antioxidant defense systems can be overwhelmed when the production of free radicals increases rapidly by high exposure to pollutants, the sun's radiation and excessive exercise. The most prominent dietary antioxidants are vitamins C, E, and the carotenoids, lycopene, anthocyanins, lutein and zeaxanthin. Vitamin C protects molecules in the body, including proteins, fats, carbohydrates, DNA and RNA, from free-radical damage, and it may also help regenerate other antioxidants, such as vitamin E.



**EAT FOR THYROID HEALTH** include in your diet apricots, dates, egg yolks, molasses, parsley, red potatoes, prunes, raw seeds, whole grains, wild game meats, beefalo, free range beef, chicken and turkey and iodine rich sea vegetables. Research also supports the addition of 1/4-1/2 tsp of unrefined, Celtic sea salt used in warm water upon rising for thyroid, adrenal health and liver detoxification. Eating a low calorie diet (1000 or less for women 1100 or less for men) signals the cells of the body to de-activate the thyroid hormones.

### ***Clarification on Healthy Protein Needs***

#### **To determine how much protein you personally need requires a little math**

A female with low to moderate activity level weighing 135 pounds, requires between 86 and 143 grams of protein daily for normal blood sugar and metabolic function. If she is very active her protein requirements increase.

1.5 grams (gr) of protein are required to make 1 pound of muscle.

The formula – divide body weight by .4536, divide answer by 2. This number will equal the number of grams per day of protein needed for health.  $(135 / .4536 = 297 / 2 = 149 \text{ gr} / 3 \text{ (number of average meals daily)} = 49 \text{ gr approximate total protein per meal} = \text{approx. } 3 \text{ oz (1 oz} = 28.34 \text{ gr)}$

### **How Much Protein**

Try to eat 3 - 4 oz of lean protein with each meal; a balance of low and moderate glycemic carbohydrates and good fats are necessary for hormone balance, blood sugar and brain chemistry stabilization. One-half of a boneless, skinless chicken breast = about 5 ounces. Whey protein is an acceptable solution for vegetarians but soy is not recommended.

Food sources highest in protein are veal, lamb, pork, beef, chicken, turkey, tuna (limit to 4 oz weekly due to mercury contamination), salmon, halibut. Protein helps protect against muscle wasting and stabilizes blood sugars.

It was once believed that the biological function of various dietary proteins was dependent entirely upon the percentage of individual amino acids contained within each type of protein. Currently it has been shown that each form of dietary protein, in addition to conferring the benefits of its amino acids composition, also provides a unique set of functional properties that are separate and distinct from the amino acid profile that it contains.

## Chicken

Chicken breast - 3.5 oz = 30 grams protein

Chicken thigh – 10 grams protein (for average size)

Drumstick – 11 grams protein

Wing – 6 grams protein

Chicken meat, cooked, 4 oz – 35 grams protein

## Fish

Most fish fillets or steaks contain about 22 grams of protein.

3½ oz (100 grams) of cooked fish.

## Pork

Pork chop, average - 22 grams protein

Pork loin or tenderloin, 4 oz – 29 grams protein

Ham, 3 oz serving – 19 grams protein

Ground pork, 1 oz raw - 5 grams; 3 oz cooked – 22 grams

Bacon, 1 slice – 3 grams protein

Canadian-style bacon (back bacon), slice – 5 – 6 grams protein



## Eggs and Dairy

1 Egg, large - 6 grams protein

Milk, 1 cup - 8 grams protein

Cottage cheese, ½ cup - 15 grams

Yogurt, 1 cup – usually 8 -12 grams protein, check label

Soft cheeses (Mozzarella, Brie, Camembert) – 6 grams per oz

Medium cheeses (Cheddar, Swiss) – 7 or 8 grams per oz

Hard cheeses (Parmesan) – 10 grams per oz

## Beans (including soy)

1 cup + 2 Tbsp lentils = approx 3 oz of protein

1 ½ cup Black beans = approx 3 oz protein

1 ½ cup Chickpeas (garbanzo) beans = approx 3 oz protein

Tofu, ½ cup = 20 grams protein

Tofu, 1 oz, = 2.3 grams protein

Soy milk, 1 cup = 6 -10 grams protein

Most beans (black, pinto, lentils, etc) contain approx 7-



10 grams protein per half cup of cooked beans

Soybeans,  $\frac{1}{2}$  cup cooked = 14 grams protein

Split peas,  $\frac{1}{2}$  cup cooked = 8 grams protein

#### Nuts and Seeds

Peanut butter - 2 Tablespoons = 8 grams protein

Almonds,  $\frac{1}{4}$  cup = 8 grams protein

DO NOT COPY

What 20 grams of protein looks like on your plate – more food than you want to eat.

(to see more photos go to [fitnessstreats.com](http://fitnessstreats.com))



5 egg whites



313 grams Chick  
peas or Garbanzo beans



3 whole eggs



667 grams cooked  
Mushrooms



15 med Prawns



138 grams Quorn  
meat substitute



143 grams Codfish



105 grams Salmon

## *Name That Chemical— And You Thought it was a Food...*

When additives are derived from plant sources, they can be harmful also. “Stay away from anything that is an unnatural and highly concentrated chemical from a plant that should be consumed in its full spectrum bioavailable nutrient complexity. That’s the way nature delivers food – as a nutrient complex not as one isolated nutrient”, says Mike Adams from 'Hungry For Change'. Typically food additives are difficult to identify, they are hidden under a variety of names and printed in a small font.

1. Aspartame, (E951) more popularly known as Nutrasweet and Equal, is often found in foods labeled "diet" or "sugar free." Aspartame is a neurotoxin and carcinogen. Known to erode intelligence and affect short-term memory, the components of this toxic sweetener may lead to a wide variety of ailments including brain tumor, lymphoma, diabetes, multiple sclerosis, Parkinson's, Alzheimer's, fibromyalgia, chronic fatigue syndrome, emotional disorders like depression, and anxiety, dizziness, headaches, nausea, mental confusion, migraines and seizures.

2. Monosodium Glutamate (MSG / E621) MSG is an amino acid used as a flavor enhancer in soups, salad dressings, chips, frozen entrees, and restaurant foods. MSG is known as an excitotoxin, a substance that overexcites cells to the point of damage or death. Studies show regular consumption of MSG may result in depression, disorientation, eye damage, fatigue, headaches, and obesity. MSG effects the neurological pathways of the brain and disengage the "I'm full" function which explains national weight gain. Found in: Chinese food (Chinese Restaurant Syndrome ) snacks, chips, cookies, dips, canned meats, boxed foods like macaroni and cheese, seasonings, canned soup products, frozen dinners, lunch meats. This may also be found under “natural flavorings.”

3. Common Food Dyes Blue #1 and Blue #2 (E133) - Banned in Norway, Finland and France. May cause chromosomal damage. Found in: candy, cereal, soft drinks, sports drinks and pet foods.

Red dye # 3 (also Red #40) (E124) - Banned in 1990 after 8 years of debate from use in many foods and cosmetics. This dye continues to be on the market until supplies run out! Has been proven to cause thyroid cancer and chromosomal damage in laboratory animals and may also interfere with brain-nerve transmission. Found in: fruit cocktail, maraschino cherries, cherry pie mix, ice cream, candy, bakery products.

Yellow #6 (E110) and Yellow Tartrazine (E102) - Banned in Norway and Sweden. Increases the number of kidney and adrenal gland tumors in laboratory animals and may cause chromosomal damage. Found in: American cheese, macaroni and cheese, candy and carbonated beverages, lemonade.





### ***Reading Resources***

*The following books and websites are recommended, they also provide a selection of recipes and shopping lists to help you get control of your dietary needs.*

*All of the books listed can be purchased from the book-store on my website located at [www.yourwholenutrition.com](http://www.yourwholenutrition.com).*

\*\*\*\* Wheat Belly by William Davis, MD

\*\*\*\* The Gluten-Free Bible by Jax Peters Lowell ISBN# 13:978-0-8050-7746-9

\*\* Gluten-Free Diet , Comprehensive Resource Guide - By Shelley Case RD ISBN 1-894022-79-3

\*\* The Gluten Connection, By Shari Lieberman, PhD, CNS, FACN ISBN 978-1-59486-387-5

\*\* The Gluten Free Kitchen, By Roben Ryberg, ISBN 0-7615-2272-7

\*\* The Gluten-Free Gourmet - Cooks Fast & Healthy, By Bette Hagman, ISBN 0-8050-652-3

\*\* The Complete Food Allergy Cookbook, By Marilyn Gioannini, ISBN 0-7615-0961-5

\*\*\*\* The Formula by Gene and Joyce Daoust

\*\*\*\* The Fat Flush Diet by Ann Louise Gittelman

\*\*\*\* Adrenal Fatigue by James Wilson ISBN# 1-890572-15-2

\*\*\*\* The Schwarzbain Principle 1 & 2 by Diana Schwarzbain M.D. - Health Communications, Inc

\*\*\* The Glucose Revolution by Jeannie Brand-Miller, Ph.D. - Marlowe & Comp.

\*\*\* Living the GI diet, by Rick Gallop -Workman publishing

\*\*\*\* The Anxiety Food Solution by Trudy Scott, CN ISBN# 978-1-57224-926-4

## ***Recommendations for Dietary Supplements***

1. High Quality Digestive Enzymes 1-2 with meals (Please Note: it is VERY important to not take enzymes with prescription medications. Enzymes will increase the potency of certain medications. While they are very important for brain health, make sure your Health Care Provider monitors your medication levels closely.) Enzymes are the cornerstone for health. Our trace minerals are the foundation in which enzymes are the transporters needed for utilization of nutrients by every cell. Enzymes are involved with every metabolic function in the body. No Enzymes, No Life. It has been estimated that the human body contains at least 50,000 different enzymes that orchestrate the countless biochemical reactions that control all life functions. Our bodies are born with a limited supply of enzymes. Every time we become ill, injured, stressed, eat, move, produce hormones, think, breath, we use up enzymes. After a while chronic illness becomes a permanent part of our lives. When eating raw foods we receive the enzymes to digest and use that food only, not add to our depleted reserves. Digestive enzymes is a broad term for the many enzymes that catalyze the splitting (hydrolysis) of large molecules ingested from foods.

Enzymes also play an essential role in inflammation and other functions of the immune system. Proteolytic enzymes, such as bromelain, papain, pancreatin, trypsin, chymotrypsin, serrapeptase, and rutin are essential regulators and modulators of the inflammatory response. When immune complexes occur in excess they are a principal cause of certain kidney diseases, nerve inflammations, and a number of rheumatologic diseases, including rheumatoid arthritis. Proteolytic enzymes modulate the inflammatory process by a variety of mechanisms, including reducing the swelling of mucous membranes, decreasing capillary permeability, and dissolving blood clot-forming fibrin deposits and microthrombi.

By reducing the viscosity (thickness) of the blood, enzymes improve circulation. This consequently increases the supply of oxygen and nutrients to, and the transport of harmful waste products away from traumatized tissue. Proteolytic enzymes also help break down plasma proteins and cellular debris at the site of an injury into smaller fragments. This greatly facilitates their passage through the lymphatic system, resulting in more rapid resolution of swelling, with the consequent relief of pain and discomfort. Italian researchers have shown that the ability of proteolytic enzymes to reduce inflammation is equal to or superior to four powerful steroidal and non-steroidal anti-inflammatory drugs: Phenylbutazone, Hydrocortisone, Indomethacin, and Acetylsalicylic Acid.

Although individual proteolytic enzymes are useful, the extraordinary combination of these enzymes yields a combination greater than its sum. Systemic multi-enzyme therapy has proved helpful in cases of arthritis and

related diseases, offering a wide range of benefits relative to anti-inflammatory, vasculo-protective, and immuno-modulatory effects.

2. Vitamin D3 5000 iu daily - Low levels of vitamin D (levels below 36) may increase the risk of death from all causes by 26 %, suggests a study with 13,000 initially healthy men and women. Current studies show everyone is low and billions in medical costs could be saved by individuals taking a minimum of 2000 iu's daily. Vitamin D very closely resembles an estrogen molecule in the brain and is the center of many studies on depression and dementias. The most effective way to attain optimum levels is through injection. Only D3 should be taken orally; this form has no known toxicity and is safe for all ages. Vegetarians are at additional risk as are the elderly and those of northern European descent.

Optimal vitamin D levels are between 65 and 85. In adults, vitamin D deficiency may precipitate or exacerbate osteopenia, osteoporosis, muscle weakness, fractures, common cancers, autoimmune diseases, infectious diseases and cardiovascular diseases. Vitamin D3 may help to prevent osteoporosis (by activating Osteoblasts). Vitamin D3 enhances the effectiveness of Ipriflavone when Ipriflavone is used to stimulate bone formation and to treat osteoporosis. Vitamin D3 is also critical for hormone, heart, brain and nerve system functions. It has been shown to reduce pain and strengthen muscles of the hip, knee and spine.

\*\*\*There are only a few food sources of vitamin D. Good sources of vitamin D: Fish, liver, and egg yolk are the only foods that naturally contain vitamin D.

3. Vitamin C non-ascorbic acid - 2 times daily. Ester C will cause the least gastric upset and is the best choice for heart health. Increased vitamin C will protect your eyes, nerves and major organs. Vitamin C is a water soluble nutrient that must be added daily. Humans, chimpanzees and guinea pigs are the only mammals that do not naturally produce their own vitamin C.
4. Nordic Naturals Omega 3 or PurEFA Eskimo oil (made from mercury free fish oil) 2000-3000 mg daily. This product is designed to lower blood platelet stickiness and will also help in the areas of heart health, thyroid function, nerve health, eye health, brain chemistry, skin health, bowel function and blood sugar stabilization. Essential Fatty Acids (EFA's) are deficient in almost 90% of the population due to modern eating habits. EFA's are found in avocados, nuts, seeds, olives and cold water fish. EPA/DHA is heavily used by your brain. Flax oil, by comparison, may be poorly converted by your body as only 20%, with some individuals, is converted to EPA/DHA. For high cholesterol, hormone issues and mood disorders such as depression, straight EPA/DHA is recommended for those who are not allergic to fish or who are not vegetarian.

**KEEP in Refrigerator for Freshness**

5. B Complex 2 daily. B Complex is specially crafted to provide a balanced spectrum of all the essential B vitamins and their inherent co-factors as found in food. Promoting energy and the health of the nervous system, B vitamins are an integral component to a whole food diet. This nutrient mix also provides folate, the biologically active form of this nutrient that inherently exists in whole food, as well as nutrient-rich organic spinach for its synergistic co-nutrients and chlorophyll. Further enhancing this formula is an immune blend, and plant-sourced enzymes. Derived from 100% whole food, B Complex provides a balanced ratio of B vitamins in their most bioavailable food form.
6. Flora 50-14 INNATE Probiotic Once daily after food. Beneficial bacteria are a group of (primitive) microorganisms that lack a distinct nuclear membrane and have a cell wall of unique composition. Beneficial bacteria reside in the intestines and may manufacture some vitamins including: biotin - choline - folic acid - inositol - para aminobenzoic acid (PABA) - vitamin B2 - vitamin B5 - vitamin B6 - vitamin K. Various species of beneficial bacteria (as well as various species of potentially detrimental bacteria) populate the colon. The total number of species of bacteria in the colon is approximately 400. It is estimated that bacteria account for 30% to 50% of the volume of the contents of the colon. In the colon, beneficial bacteria ferment insoluble fiber, starch and undigested carbohydrates. The short-chain saturated fatty acids produced by this fermentation are the principal source of energy for the epithelial cells (skin cells) of the colon.
7. Renewal Greens from INNATE 1 x daily. Maximum foods is a cornerstone whole food formula crafted from select whole food concentrates to provide a comprehensive spectrum of essential nutrients and other vital food constituents necessary for optimal health. Complete with a complex of mixed vegetarian carotenoids, this combination of daily nutrients is packed with the phytochemistry of a broad range of organic fruits and vegetables. This formula delivers superior support for the human physiology by providing not only essential nutrients and macronutrients, but also the complex, synergistic compounds inherent in whole foods, as well as a therapeutic mushroom blend providing the well-documented support of organic reishi, cordyceps sinensis and shiitake. Rich in protective compounds to provide a comprehensive spectrum of essential nutrients and other vital food constituents necessary for optimal health, Maximum foods provides 100% whole food vitamins and minerals for the ultimate nutrient-dense foundational formula.
8. Vemma Essential Minerals (formerly New Vision) 1 oz per 100 lbs daily. Ionic minerals provide over 65 major and trace minerals necessary for cellular health and cancer prevention. Minerals are the foundation of all the biochemical reactions within the body. They are necessary for life; when they are depleted cellular breakdown occurs and the onset of age-related degenerative diseases. Minerals like zinc and selenium are necessary for improved immune function,

skin formation, digestive tract lining, hormone utilization, and cancer prevention. Rare trace minerals found in parts per million are equally important to cellular health, bone health and balanced brain chemistry.

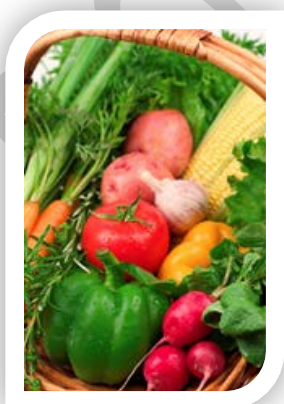
9. Stevia plus for all your sweetener needs. Stevia helps to heal the pancreas and liver— not over burden it. This is a plant from South America that is safe to use for all your sweetener needs. Stevia is safe to cook with and comes in liquid, powder or packets. Stevia is available in the health food section of your market or co-op.

As time goes by your supplement needs will change. The ones listed here are the basics that you can order through my website, over the phone or in person at the Roseburg office location. This report does not include information on bio-identical hormones, appetite/fiber aides, targeted minerals or supplements for pain, cancer care or brain function; in addition to medicinal herbs for allergies, hormone balance and immune support.

*These nutraceuticals are subject to change and will be recommended in person, based on your healthcare specialist's recommendations.*

#### ***Approved Nutraceutical Company's***

Biogenesis, DaVinci Labs, Designs for Health, Complimentary Prescription through VRP, Innate Response, Integrative Therapeutics, NW Biotics



Remember that none of the recommendations in this guide will help you reach your goal if they are not part of your daily routine.



## ***Kitchen Gizmo's & Gadgets Confusion—Keep it Simple***

### ***1. Clean Out Your Kitchen***

All of us can find items tucked away in kitchen drawers and cabinets—utensils, gadgets and electric gizmos that we seldom if ever use. Some of these were spontaneous purchases from TV infomercials, others gifts from friends or family. This is the most important room in your home to clear out the clutter and simplify. If your kitchen is packed full of stuff where do you prepare and cook? Large and small meals alike do not require a lot of equipment for simple meals that taste good. Oftentimes a meal for 4 can be made with one pan, a wooden spoon, sharp knife and a cutting board.

### ***Cooking Pans***

"Better things for better living -- through chemistry." From the 1940s to the 1980s, E.I. DuPont de Nemours and Co. wooed customers with that slogan, one of the most memorable in American advertising. But today, two groups of DuPont products developed during that era -- fluorotelomers and fluoropolymers -- are showing how chemical-dependent "better living" can come at a high price.

"The federal government announced in 2006, enough health concerns have been raised to virtually eliminate continued exposure to the key chemical used to make Teflon." Evidence is piling up that emissions from the production of synthetic compounds in non-stick cookware, cleaning products, and a host of other common products may cause cancer and chronic health problems.

DuPont and other companies use these synthetic compounds to make an extraordinarily wide range of products, including nonstick cookware (e.g., Teflon), grease-resistant food packaging (e.g., microwave popcorn and pizza boxes), stain-resistant fabrics and carpets (e.g., Stainmaster), shampoos, conditioners, cleaning products, electronic components, paints, firefighting foams, and a host of other artifacts of modern life.

Toxic fumes from the Teflon chemicals released from pots and pans at high temperatures may kill pet birds and cause people to develop flu-like symptoms (called "Teflon Flu" or, as scientists describe it, "Polymer fume fever"). Some early studies have suggested that higher PFOA blood levels in humans may be linked with higher-than-normal cholesterol levels, thyroid disease, and reduced fertility.

In two to five minutes on a conventional stove top, cookware coated with Teflon and other non-stick surfaces can exceed temperatures at which the coating breaks apart and emits toxic particles and gases.

PFOA stands as a health concern because it can remain in the environment and in the human body for long periods of time. It seems to be present at very low levels in just about everyone's

blood. Studies have found exposure to PFOA increases the risk of certain tumors of the liver, testicles, mammary glands, and pancreas.

Keep in mind a class of molecules that did not exist on the planet before the 20th century is now here to stay.



### ***What are My choices?***

1. Stainless steel is a terrific alternative to a non-stick cooking surface. Most chefs agree that stainless steel browns foods better than non-stick surfaces.

2. Cast iron remains a great alternative to non-stick cooking surfaces. Lodge, America's oldest family-owned cookware manufacturer refers to its cookware as "natural non-stick." Cast iron is extremely durable and can be pre-heated to temperatures that will brown meat and will withstand oven temperatures well above what is considered safe for non-stick pans. NEVER RUN CAST-IRON through the dishwasher! Always apply a light coat of olive oil to cooking surface to maintain non-stick surface after washing and for storage. If your pan develops some rust, use a paper towel and wipe the "inside only" of the pan down with oil, the towel will lift off the rust and you are good to go. I use cast-iron that is three generations old daily, the pans work just as well now as when they were bought at the turn of the century. Now that is VALUE!

3. Glass pans and baking dishes conduct heat efficiently and are easy to clean.

4. Stoneware is also very popular for baking on to achieve that perfect crust on breads and pizzas.

[http://eartheasy.com/article\\_teflon\\_toxicity.htm](http://eartheasy.com/article_teflon_toxicity.htm)

<http://www.cancer.org/cancer/cancercauses/othercarcinogens/athome/teflon-and-perfluorooctanoic-acid--pfoa>

<http://www.ewg.org/healthyhometips/dangersofteflon>

<http://www.cancer.org/cancer/cancercauses/othercarcinogens/athome/teflon-and-perfluorooctanoic-acid--pfoa>

## ***2. Knives, Cutting Boards and Utensils***

1. More injuries occur in the kitchen from poor quality DULL knives than any other tool. The kitchen knife to be afraid of is not the 12 inch chef knife but the serrated Ginzoo or bread knife. When you slip with these dangerous implements the cuts are ragged and painful. It

makes the whole preparation part of cooking unpleasant. A good sharp knife will easily slice through the tough skin of peppers and tomatoes, making for perfect slices of fruits and vegetables, not bloody stumps of fingers. Over the years I have found affordable high quality knives through restaurant supply stores. Now I also have indulged in two or three European chef's knives that hold a sharp cutting edge.

Keeping your knives sharp is not as hard as many may think...trust me here, if I can do it, so can you!

2. I keep two sizes of ceramic sharpening tools handy in the kitchen where my knives are stored in a slotted knife holder NOT just tossed in a drawer to get dinged and dull. They are fast to do touch up with and easy to store out of the way. NEVER put your knives through the dishwasher! This is a great way to dull and pit the knife blades. My favorite sharpening tools are smooth, white ceramic sticks from the "Idahone Inc," PO Bx 956 Conifer, CO 80433

3. Cutting boards have been used in kitchens since the development of the first one. For centuries they consisted of a slab of wood. Wood does not chip or dull a good knife the way ceramic, marble or glass does. Research has shown the tannins found in wood, especially oak, are highly antibacterial, reducing the likelihood of food poisoning. Today we are prompted to use silicone, glass or plastic, under the myth that it is safer because it can be run through a dishwasher. Research has found dishwashers are not as safe as we might think for disinfection. The splits in the surface of plastic cutting boards has been shown to hold growing populations of bacteria even after several runs through a dishwasher. So my money is on wood.

## *Six Way's to Reduce Stress for Your Health*

1. Clean up your diet of processed foods that increase stress on DNA and Chromosome bridges. You can't maintain energy and vitality on junk. Sugar lowers your body's ability to ward off infections, elevates blood sugars and crashes brain function.
2. Incorporate cancer fighting, heart healthy foods into your daily routine like green tea, antioxidant-rich berries, nuts and organic chocolate.
3. Provide your body with B-vitamins to support healthy adrenal and stress responses, along with Celtic sea salt for electrolyte balance. Don't forget protein for brain function, meat mid-day. It makes all the difference in concentration, focus and stress coping.
4. Walk Away – literally walking away from gossip, news, conflict outside of your control - all are ways to create unnecessary stress. Selectively pick those things worthy of your attention and say no to those that are distracting, confusing and, as my sister would say, "stupid." Many advice manuals up through the 20th century took it for granted children needed 3 hours or more of unstructured play outside every day, compared to one and a half hour per week, today. This applies to adults also: many Europeans and Asians walk almost everywhere they go. Parking structures, are being moved away from work places, and research is showing increased productivity and lower stress related health claims. These countries also have lower rates of stress, better health, creativity, and greater longevity.
5. Make quiet moments. This does not involve anything other than letting your mind go blank while looking out a window, or listening to music. It is amazing how your brain feels revived after a 5-minute break every couple of hours. Thoughts become clearer and better focused, and blood pressure goes down. My husband takes time every day at work to stop and just take a few deep breaths and enjoy the beauty of nature. By the way, he has terrific blood pressure!
6. Turn off electronic devices after 9 pm; do not use electronic readers in bed. Ok, this is not old fashioned, there is real science here to support what happens to stress hormones when you have light from these gadgets on the brain when you should be winding down to sleep. Without 7-8 hours of sleep, muscle, connective and heart tissues cannot heal. Hormones like insulin are affected by cortisol, raising blood sugars and blood pressure. While research shows electronic readers are much easier on the eyes of seniors, it also indicates disrupted sleep for those who do not turn the backlight down.

## Goals for Health



**Week 1**

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**Week 2**

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**Week 3**

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Week 4

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Week 5

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Week 6

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Week 7 & Beyond

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## ***Recipes for Good Health***

My clients often ask me for recipes and I rattle off three or four dishes that I have developed over the years. They usually ask for copies and I tell them ... no, I don't have them written down because I usually cook by the seat of my pants and seldom look at a cookbook even though I collect them, especially old ones.

So for the first time I am attempting to write out a few of the food favorites here at the Karr homestead.

Fast, simple food packed with health-promoting nutrition. It is the synergistic combination of many of these foods that yields energy, satisfaction and comfort, while feeding your DNA with culturally appropriate nutrition. Remember: your cells carry the memories of your ancestors; they liked real food.



### **Berry Vinaigrette Salad Dressing or Glaze**

- 1 cup mixed berries
- 1 cup balsamic vinegar
- $\frac{1}{4}$  cup raw honey, real Maple Syrup or Stevia to taste
- $\frac{1}{2}$  cup filtered water
- $\frac{1}{2}$  cup organic extra virgin olive oil
- $\frac{1}{4}$  tsp turmeric, pinch black pepper

Place all ingredients into a blender and mix until smooth. Place dressing into a glass jar and refrigerate.

This mixture good for two to three weeks.

Use as a salad dressing or as a glaze for salmon, cauliflower, broccoli or chicken.

### **Quinoa salad**

- 2 cup cooked quinoa
- 2 chopped Roma tomatoes
- 2 cloves fresh garlic, chopped
- 1 bulb fresh fennel, chopped
- 1 bunch watercress, chopped
- 2 sweet red, orange or yellow peppers, chopped
- 1 medium yellow onion, chopped
- 2 medium green chilies, chopped
- $\frac{1}{2}$  cup pine nuts or pecans
- 1 small bottle (12 to 16 oz) creamy Italian salad dressing

OR

Mix together to taste:

Olive oil, rice vinegar, Celtic sea salt, black pepper, crushed garlic, turmeric, basil and

dash of cayenne.

Mix everything together, eat fresh, warm or cold – keeps well refrigerated.

### **Alaskan Summer**

2-4 Alaskan Salmon or halibut steaks

Place fish steaks on individual heavy aluminum foil sections.

Top each steak with slices of summer squash, fresh tomatoes, sweet onion, fresh basil, chopped garlic and 1 Tbsp extra virgin olive oil.

Wrap tightly and place on grill at low heat (300 degrees). If fish is thawed cooking time will be about 15 minutes; 25 minutes if frozen or pieces are thick. When fish flakes but is still moist it is ready to serve.



### **Taste of Italy**

2 flank steaks (beef, elk or buffalo) tenderize with meat hammer, rub with extra virgin olive oil.

1-2 cloves fresh garlic, chopped and sprinkled on each steak

2-4 asparagus spears

Sliced summer squash, tomatoes, fresh basil, sweet onions

Spread veggies on steak

Add pinch of black pepper

Roll each steak with veggies in the middle. Use toothpicks or string to tie roles and hold them together.



Place in a glass baking dish, cover top of rolls with tomato sauce and a dash of Italian seasoning.

Cover with foil.

Bake at 350 for 35 minutes.

Serve with pasta.

### **Going Greek**

½ lb ground lamb – form into small meat balls

2 red chili peppers thin sliced

½ bunch fresh basil, chopped

4 pre-cooked red potatoes sliced into small

pieces

3 cloves garlic, chopped or minced

1Tbsp extra virgin olive oil

Fresh ground black pepper

Celtic sea salt

In cast iron skillet warm oil, add chilies and garlic, then basil. Sauté for 5 minutes on medium heat.

Add lamb, brown then add potatoes, cover for 10 minutes, add ground pepper and stir until mixed in. Cook for 5 minutes more. Salt to taste. Serve.

### **Italian White Bean Soup**

1 Tbsp organic extra virgin olive oil

1 clove garlic, minced

1/4 cup onion, diced

1 30 oz can white kidney beans or Great Northern Beans (do not drain)

1 1/2 cups water

1 1/2 tsp dried sage

1/4 cup celery seed

1/4 cup carrots, diced

1/2 cup fresh spinach, chopped or frozen

1/8 tsp ground black pepper

Celtic sea salt

Sauté vegetables in oil with herbs. Add beans, water and pepper to vegetables. Bring to boil and cook for 20 minutes. Reduce heat, add spinach and simmer for 5 minutes.

Total cooking time about 25 minutes. Salt to taste after cooking.

Makes 4-5 servings.



### **Best Ever Broccoli Soup**

4 cups chopped fresh organic broccoli (should be in 3 inch size to fit in food processor)

3 cups fresh water

3 tsp Celtic sea salt

Fresh ground black pepper

Extra virgin olive oil

Place water, salt and broccoli in 4 quart sauce or stock pan. Bring up to a moderate boil stirring broccoli till tender and bright green.

Place broccoli with broth from pan in food processor—you may have to do in batches to not overload your processor. Process on puree till smooth—make sure you add enough liquid from pot to make a medium thick soup. Place in bowls, top with ground pepper and a few drops of oil—serve hot

Makes 3-4 servings

### **Cannellini with Olive Oil & Parsley**

- 1 30 oz can white beans, lightly drained
- 2 1/2 Tbsp extra virgin olive oil
- 1/8 tsp ground black pepper
- 1 1/2 Tbsp fresh lemon juice
- 3 Tbsp fresh parsley, chopped
- 1/4 cup red onion, minced
- 2-3 cloves garlic, crushed
- Celtic sea salt

Place beans, oil, salt and pepper in saucepan. Bring to a gentle boil. Reduce heat to low. Add lemon juice, onion, parsley and garlic. Stir and serve hot. Salt to taste.



### **Italian Salad Dressing**



- 1/4 cup extra virgin olive oil
- 1/2 cup water
- 4 Tbsp Balsamic or rice vinegar
- 2 Tbsp maple syrup
- 1 tsp dried basil
- 1/2 tsp dried oregano
- 3 cloves garlic, minced
- 1/4 tsp ground black pepper
- 1/2 tsp Celtic sea salt

Blend well in blender. Serves 8. Prep time about 5 minutes.

### **By the Sea**

- 1 lb Mexican shrimp or prawns (scallops, or chicken works great too!)
  - 4 Tbsp organic butter
  - 4 Tbsp extra virgin olive oil
  - 3 cloves garlic, minced
  - 1/2 bunch fresh parsley, chopped
  - 1/2 cup organic cream
  - 1/4 cup grated parmesan cheese
  - Fresh ground black pepper
  - Pinch Celtic sea salt (at table)
- Add butter and oil to skillet, warm, add garlic and parsley, stir/toss for 5 minutes on medium heat – Don't smoke your oil.

Add shrimp or scallops, and cream - cook until shrimp are pink, but still tender - about 8 minutes.

Serve over Gluten Free Pasta

Top with cheese, black pepper and garnish with chopped tomato.

### **South of the Border**

4 boneless skinless chicken breasts

16 oz jar of El Pinto – all natural Hot Green or Red Chile Sauce

2 Tbsp extra virgin olive oil

Warm olive oil in skillet, place chicken breasts (can be frozen also) in skillet. Cover and cook on medium heat for 10 minutes. Pour chili sauce over the top of chicken and cover. Let slow cook for 30 minutes - chicken should be done through.

Now you can shred the chicken into remaining sauce in the pan and use for tacos, salsa salad or slice chicken and serve on a bed of brown rice or quinoa with beans and blue corn chips.



### **Pork & Fennel**

4 organic pork loin trimmed of fat

1/4 cup fresh fennel top, finely chopped

1/4 cup sweet onion, thinly sliced

1/4 cup fresh sweet basil, chopped

2 Tbsp extra virgin olive oil

Warm oil in a cast iron skillet, lightly brown pork loin, cover with the rest of the ingredients. Cover with a lid and cook on medium-low heat until pork is done. DO NOT OVERCOOK YOUR PORK.

Serve with rice, pasta or sweet potatoes and sliced apples.

### **Shrimp & Broccoli**

15-20 medium prawns, peeled and deveined

2 cloves garlic, minced

2 Tbsp organic butter

2 Tbsp extra virgin olive oil

2 broccoli spears, whole or tops



Warm butter and oil in skillet, add garlic and shrimp. Toss on medium heat until shrimp turns bright salmon color. Cover with broccoli, then cover with lid for 5 to 10 minutes on medium-low heat until broccoli turns a bright green. Toss together and place on plates as is or



serve with rice pasta topped with a sprinkle of parmesan cheese.  
Prep time 15-20 minutes, cook time 15-20 minutes; total time 35-40 minutes.

### **Roasted Cauliflower with Pomegranate Glaze**

1 head cauliflower

Combine 1 cup pomegranate juice with 1/8 tsp turmeric, 1/8 cup raw honey, 2 cloves garlic - chopped, fresh basil leaves. Wrap in foil and bake on grill or in oven (325 degrees) until tender.

Ready in a flash one pan dishes:

Lightly steam broccoli with red onions, mild chili peppers (seeded) and Roma tomatoes – Top with a dash of Parmesan cheese and a handful of pine nuts.

Cook time 10 minutes or until tender – don't overcook.

Use amounts suitable for your family; it doesn't matter if you need 1 floweret, or ten.

Chop 1-2 bunches rainbow Swiss chard, add to warm skillet with 1 Tbsp olive oil, add chopped pecans, toss with chopped nuts until wilted, and ¼ cup balsamic vinegar, toss and remove from heat - enjoy.

Cook time is less than 10 minutes.

### **Sautéed Broccoli and Fresh Basil**

4 cup broccoli flowerets

1/2 cup fresh Basil

2 cloves garlic, chopped

2 Tbsp organic butter

In a cast iron skillet gently melt butter (lower heat to not burn). Add fresh basil then garlic, let basil wilt, add broccoli cook on medium heat, tossing until broccoli is tender but not overdone.

### ***Sausage and Wild Grains***

1 lb Hormel Natural Choice Smoked or Adels Apple sausage

1 red sweet pepper, chopped into chunks

1/2 sweet onion, chopped

2 cloves garlic, chopped

1 small zucchini or summer squash, thick slices

1 cup broccoli flowerets

2 cups cooked organic wild rice, quinoa blend (recommend the use of a rice cooker for this)

1 Tbsp extra virgin olive oil

In a cast iron skillet over medium heat add olive oil, garlic and meat, sauté until meat is heated through. Add remaining vegetables stir into meat, cover with lid for 10 minutes or until broccoli changes color to a bright green. Cover with pre-cooked grain, gently

mix together and serve.

### ***Pork Loin with Fruit***

2 lean pork loin cuts

Brown both sides in a skillet with 1 Tbsp Extra Virgin Olive oil on medium heat.

Drizzle 2-4 Tbsp zesty Italian dressing over each browned loin, cover for 10 minutes.

Remove lid, and cover both pork loins with 2 cups frozen or fresh berries including cherries, raspberries, Marionberries, and/or blackberries.

Cover and turn heat to low, let slow cook for 30 minutes.

Remove lid and turn heat back to medium low and let liquid evaporate for another 15 minutes.

Serve with salad, cauliflower or wild grains.

### ***Sautéed Radishes with Butter and Parsley***



1 large bunch of radishes, sliced

2 Tbsp organic butter

1/4 cup fresh parsley, chopped

Salt

In a large skillet or sauté pan, melt the butter and add the radishes.

Sauté over medium heat for about 5-7 minutes. You want the radishes to soften, but still stay a little firm. Add in the

parsley and stir. Salt to taste. Serve immediately.

[www.deliciousobsessions.com/2011/07/sauteed-radishes-butter-parsley/](http://www.deliciousobsessions.com/2011/07/sauteed-radishes-butter-parsley/) © Delicious Obsessions

### ***Apple "Muesli" (grain free)***

1 apple, any variety, washed and cut unto chunks

1/8 cup almonds

1/8 cup walnuts or pecans

1/8 cup shredded coconut

1 Tbsp maple syrup

1/2 tsp cinnamon (optional)

In a food processor, place the nuts and whiz until they are coarsely chopped. Add the coconut, apple, maple syrup and cinnamon and whiz a couple of times until the apple is also coarsely chopped. Serve immediately. Makes one generous serving.

[www.deliciousobsessions.com/2011/10/apple-muesli-grain-free](http://www.deliciousobsessions.com/2011/10/apple-muesli-grain-free)



### Avocado Chocolate Mousse Recipe

Sourced from the Food Matters Recipe Book

Ingredients:

- 2 medium-sized ripe avocados
- 1/3 cup raw cacao powder, or more to taste
- 5 fresh dates, pitted and roughly chopped
- 1/4 cup coconut milk, nut milk or filtered water
- 1 tsp natural vanilla extract or pure vanilla bean powder
- A pinch of unrefined sea salt

Optional:

Dried coconut, grated dark chocolate or berries to serve

Soak the dates in the milk or water for 10-30 minutes to soften. In a blender, add the avocado flesh, dates, milk, vanilla and salt and cacao powder. Blend until smooth. You may need a little more liquid to facilitate blending and scrape down the sides of the blender a few times. Adjust ingredients to taste, adding more cacao powder if it needs it. Serve and garnish with your choice of toppings.

### Coconut Chai

Sourced from *The Food Matters Recipe Book*

#### Ingredients

- 2 cups spring or filtered water
- 1 Tbsp chai tea mix (nutmeg, cloves, cardamom, ginger, cinnamon, licorice, tea leaves)
- 1 whole star anise
- 2 whole green cardamom pods
- 1 tsp cinnamon powder
- Homemade coconut milk or organic canned coconut milk (Use nut milk if you prefer)
- Raw honey or coconut sugar to taste

1. Pour the water in a pot, add chai mix and additional spices.
2. Bring the pot to a simmer, then reduce heat to low. Cover and let spices infuse for 10 minutes.
3. Strain through a fine mesh sieve to fill mugs 2/3 full. Top up with coconut milk and sweeten to taste.



### Coconut Milk Ice-Cream

To make this you need an ice-cream maker. I like the Rival 1 quart maker where you freeze the bowl, no messing with ice and salt - just the right size for 2-4 servings. Ready in 20-30 minutes.

1 can organic coconut milk  
 1/8-1/4 cup raw honey or real maple syrup  
 1/16 tsp xanthan gum (optional)  
 1 tsp real vanilla

Blend in a food processor, blender or by hand until smooth. Add flavorings listed below. Stir in chunk flavorings before placing in ice-cream freezer bowl. Follow mixer recommendations for freeze and set time. Enjoy!



Flavor to suit:

1/4 cup dark coco powder with a pinch each of cayenne, cinnamon and ginger  
 1/4 cup mixed frozen berries  
 1/4 cup chopped nuts  
 1/4 cup dark chocolate chunks



### ***Blackberries & Peaches***

Use a 9x13 inch glass baking dish  
 6-8 peaches, sliced (more if you like)  
 4 cups blackberries (more if berries are small)  
 Place fruit in bottom of pan.

Crumb Topping:

1 cup spelt flour  
 1 cup brown sugar  
 1/2 cup organic butter  
 1 cup Gluten-Free rolled oats

In stand mixer combine ingredients and mix well until butter is well incorporated.

Spread topping over fruit. Bake for 35- 45 min. at 350 degrees.  
Times will vary based on thickness of fruit, oven variances and elevation.

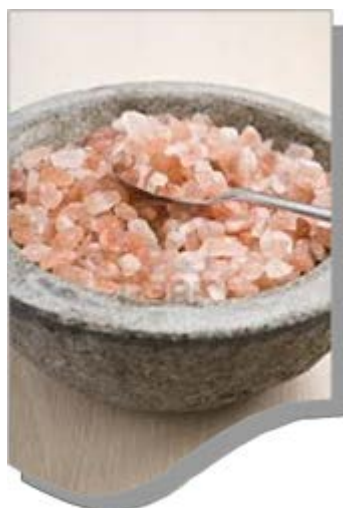
### ***Baked Apples with Blackberries***

2-4 tart apples, cored  
1/4 cup blackberries  
4 Tbsp organic butter  
5 Tbsp organic brown sugar  
1/4 cup water

Place apples so they do not touch in pan and cover with a tight-fitting lid.  
Fill centers with brown sugar and blackberries. Top with a pat of butter.  
Bake in oven at 350 degrees for 45 minutes - 1 hour, depending on size of apples.

### ***Spiced Cider***

1 quart apple or pear juice  
1/2 tsp organic ground cinnamon  
1/8 tsp organic ground cloves or allspice  
Add juice and spices to saucepan. Bring mixture to boil then turn off and let cool.  
Serve warm or cold. You can also add cranberry juice or sliced orange without peel to cup.  
Note: If you use whole spices be sure to remove them after juice cools or it will taste bitter over time.



## ***Make Your Own Sole***

This is ideal for those with high blood pressure or who need to use electrolyte supplementation.

**Step 1:** Sole is, super-saturated, salty water.

### ***Here's how to make it.***

Place 1 inch of Original Himalayan Crystal Salt® stones in a glass jar, preferably one with a lid, or begin with our pre-packed jar of Stones.

Add 2 to 3 inches of good quality artesian or spring water above the stones, completely covering the crystals with water. Let sit overnight.

**Step 2:** If all the salt crystals have dissolved, add a few more salt crystals to the water. Your Original Himalayan Crystal Salt® Sole is ready when the water becomes fully saturated with salt and cannot hold any more. The salt will no longer dissolve at this stage. There should always be salt crystals in the jar. As you use up the Original Himalayan Crystal Salt® Sole, after some time, add more water and more salt until the water is again saturated. Remember, there should always be un-dissolved salt crystals on the bottom of the jar. This is your visual proof that the water is totally saturated with salt.

**Step 3:** Each morning, before eating or drinking anything, add one teaspoon of the Original Himalayan Crystal Salt® Sole to a glass of artesian or spring water and drink. Your body will receive the energetic vibration pattern of the Original Himalayan Crystal Salt® and hold it for 24 hours. Keep the container covered to prevent the water from evaporating. Otherwise, no special storage is needed.

The fully saturated Original Himalayan Crystal Salt® Sole will keep forever! Salt is a natural anti-bacterial and natural fungicide. It simply cannot spoil or go bad.

Never take a teaspoon of salt and stir it into a glass of water believing it to be same as taking a teaspoon of Sole. Adding a teaspoon of salt to a glass of water is NOT Sole Therapy.



***Final Thoughts:***

PLEASE don't overcook your meats - NO Genetically Modified Foods Allowed.

*If your food is stressing you – change what you are doing.  
Food is meant to be enjoyed.  
All stress does is accelerate health problems.*

**Recommend**

Nickabob's Meat & Fish Market—2295 NE Diamond Lake Blvd. ~ Roseburg Oregon  
800-853-4748

Local Farmers Markets, Food Co-ops & CSA's for produce, free range eggs and meats. Know who your food comes from, even if it isn't listed as organic it will be a healthier pick over what is in markets. Keeping your money in local producers hands keeps your community sustainable and vibrant.

*Getting it right is only one meal, one day away...  
Quality of life is worth the effort, do your best.*

### *Medication List*

Medication Name

Dosage

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### *Current Nutrient Program*

Brand Name / Nutrient Name

Milligram / IU

Times Daily / Duration

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TAMMERA J. KARR, PhD, DAAIM, BCIH, BCHN, CGP, CNC, CNW, CNH, is an author, public speaker, educator and clinician. Tamera served as the nutrition advisor to Infrared Breast Wellness and their Proactive Breast Wellness program launched in 2013. Additionally she writes a weekly health column, reviews and contributes to national board exams, and is a contributor to online newsletters.

A Native Oregonian, Tamera established an Integrative Medicine Partnership in 2006 and currently works in a clinical setting with DO's, FNP-C, Bio-Feedback Specialists, and others to provide clients with tools to take control of their health. Tamera provides personalized nutrition consultations, in states not restricted. Her clinical and education practice is ever-evolving to meet the needs of clients, the public and fellow practitioners striving to empower those they meet.

She received her PhD with Honors in Holistic Nutrition from Clayton College of Natural Health and holds national board certifications through the National Association of Nutritional Professionals (BCHN), the American Association of Integrative Medicine (BCIH), the American Association of Nutritional Counselors (CNC), American Naturopathic Certification Board (CNW), and the American Association of Drugless Practitioners (CNH). Tamera has served as Committee Chair for the Wellspring School of Natural Health, Holistic Nutrition Education Review Board, 2012-2013.

Tamera became a Certified Gluten Practitioner (CGP) in 2013 through Thomas O'Bryan, DC and theDr.com gluten awareness/education program. In 2012, she became a Diplomate of the College of Biologically Based Practices in the American Association of Integrative Medicine.

Additionally, she serves on the Board of Directors for the National Association of Nutritional Professionals, the Accreditation Commission for the American Association of Integrative Medicine (AAIM) and works as one of many in Oregon promoting National Food Day to communities. Tamera has actively promoted local food awareness and sustainability through her service on the Think Local Umpqua Executive Board, 2010-13.

*May the road rise up to meet you my friend.*



*May the wind be always at your back*

*May the sun shine golden upon your face today, and the rain fall softly  
upon your fields.*

*And until we meet again may God hold you in the hallow of his hand...*

**Please Note:**

*The information provided in this communication is for informational purposes only and is not intended as a substitute for advice from your physician or other healthcare professional or any information contained on or in any product label or packaging.*

*You should not use the information in this communication for diagnosis or treatment of any health problem or for prescription of any medication or other treatment. Consult with your healthcare professional before starting any diet, exercise or supplementation program, before taking any medication, or if you have or suspect you might have a health problem. You should not stop taking any medication without first consulting your physician.*



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