

Juices, Smoothies, and Living Foods Recipes
for Your **ULTIMATE HEALTH**



The Juice Lady's

REMEDIES

FOR ASTHMA AND ALLERGIES



CHERIE CALBOM, MS, CN

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SILLOAM

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THE JUICE LADY'S REMEDIES FOR ASTHMA AND ALLERGIES

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Published by Siloam

Charisma Media/Charisma House Book Group

600 Rinehart Road

Lake Mary, Florida 32746

www.charismahouse.com

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Cover design by Justin Evans

Design Director: Bill Johnson

Visit the author's website at www.juiceladycherie.com.

Library of Congress Cataloguing-in-Publication Data: An application to register this book for cataloging has been submitted to the Library of Congress. International Standard Book Number: 978-1-62136-601-0

E-book ISBN: 978-1-62136-602-7

Portions of this book were previously published as *The Juice Lady's Living Foods Revolution* by Siloam, ISBN 978-1-61638-363-3, copyright © 2011, *The Juice Lady's Turbo Diet* by Siloam, ISBN 978-1-61638-149-3, copyright © 2010, *The Juice Lady's Big Book of Juices and Green Smoothies* by Siloam, ISBN 978-1-62136-030-8, copyright © 2013, and *The Juice Lady's Weekend Weight Loss Diet* by Siloam, ISBN 978-1-61638-656-6, copyright © 2011.

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INTRODUCTION

ALLERGIC REACTIONS SERVE no purpose. They're simply misguided immune system reactions to a normally harmless substance that you eat, inhale, or touch. But allergies and asthma, a respiratory condition that can accompany allergies, are nothing to take lightly. The two are common and often annoying. Without proper treatment they can sometimes be fatal.

The job of your immune system is to protect your body from harmful invaders (antigens), such as germs, viruses, and other foreign substances. Your immune system is continuously searching for and destroying unwanted organisms.

Fortunately your immune system doesn't attack everything foreign that enters your body. Most of the foods, drinks, and pharmaceutical drugs that you ingest don't trigger an immune response. Occasionally though the immune system goes astray and reacts—or rather overreacts—to an innocent invader such as pollen or cat dander, causing allergies. Your immune system perceives the substance as harmful and launches an attack against it.

A Healthier Life Awaits You!

Juicing can help you achieve the abundant health you long for. If you suffer from allergies (as I did) or its companion affliction, asthma, this book is for you. The program I suggest goes far beyond salads and V8 juice. In fact, juices that are canned, commercially frozen (with the exception of wheat grass juice), or bottled have been pasteurized, which means that many of their life-giving nutrients, such as enzymes and vitamins, have been killed in the process. And while these processed options are certainly better than soda, they are a poor substitute when compared with freshly made juice. Raw juices offer an abundance of nutrients. They make your body feel alive!

I want you to discover how easy juicing can be. I hope you look forward to drinking the fresh juices you make each day so you can experience their life-giving benefits as I did. I'm thrilled to pass on to you the knowledge about juicing, delicious recipes, and dietary choices that I've discovered are effective, on my own journey toward health, through what my clients have taught me, and through the dedicated scientific research of others.

Juicing is an easy, delicious way to add the goodness of fruits and vegetables to your daily diet. A good juicer and fresh produce will allow you to enjoy a wealth of nutrients every day, which is important even if your health is good. If your health is not good, juicing is even more vital. You may never know how good you can feel until you make juicing fresh organic vegetables a way of life.

In this book you'll learn how juicing can help you naturally and safely eliminate toxins from your body so your organs can function more efficiently. You'll discover how your allergies and asthma symptoms will subside the more natural foods you consume in your daily diet. You will experience more energy and a higher level of wellness. Best of all you'll discover a way of life that will help you feel and look alive and vibrant each and every day of your life. A healthier life truly does await you!

MY OWN JOURNEY to HEALTH

SITTING BY THE window one day in my father's home staring at the snow-topped mountains in the distance, I imagined that people were enjoying the hiking trails and perhaps someone was climbing the mountain that day. It was early June, and the weather was beautiful. I wished I had the strength to just walk around the block. But I was too sick and tired—I could barely walk around the house. I had been sick for a couple of years and just kept getting worse. “Will I ever be well again?” I wondered.

When I turned thirty, I had to quit my job. I had chronic fatigue syndrome and fibromyalgia that made me so sick I couldn't work. I felt as though I had a never-ending flu. Constantly feverish with swollen glands and perennially lethargic, I was also in constant pain. My body ached as though I'd been bounced around in a washing machine.

I had moved back to my father's home in Colorado to try and recover. But not one doctor had an answer as to what I should do to facilitate healing. So I went to some health food stores and browsed around, talked with employees, and read a few books. I decided that everything I'd been doing—such as eating fast food, granola for dinner, and not eating vegetables—was tearing down my health rather than healing my body. I read about juicing and whole foods, and it made sense. So I bought a juicer and designed a program I could follow.

I juiced and ate a nearly perfect diet of live and whole foods for three months. There were ups and downs throughout. I had days where I felt encouraged that I was making some progress but other days when I felt worse. Those were discouraging and made me wonder if health was the elusive dream. No one told me about detox reactions, which was what I was experiencing. I was obviously

very toxic, and my body was cleansing away all that stuff that had made me sick. This caused some not-so-good days amid the promising ones.

But one morning I woke up early—early for me, which was around 8:00 a.m.—without an alarm sounding off. I felt like someone had given me a new body in the night. I had so much energy I actually wanted to go jogging. What had happened? This new sensation of health had just appeared with the morning sun. But actually my body had been healing all along; it just had not manifested until that day. What a wonderful sense of being alive! I looked and felt completely renewed.

With my juicer in tow and a new lifestyle fully embraced, I returned to Southern California a couple weeks later to finish writing my first book. For nearly a year it was “ten steps forward” with great health and more energy and stamina than I’d ever remembered. Then, all of a sudden, I took a giant step back.

The Event That Took My Breath Away

July fourth was a beautiful day like so many others in Southern California. I celebrated the holiday with friends that evening at a backyard barbecue. We put on jackets to insulate against the cool evening air and watched fireworks light up the night sky. I returned just before midnight to the house I was sitting for vacationing friends who lived in a lovely neighborhood not far from some family members. I was in bed just a bit after midnight.

I woke up shivering some time later. “Why is it so cold?” I wondered as I rolled over to see the clock; it was 3:00 a.m. That’s when I noticed that the door was open to the backyard. “Wonder how that happened?” I thought as I was about to get up to close and lock it. That’s when I noticed him crouched in the shadows of the corner of the room—a shirtless young guy in shorts. I blinked twice, trying to deny what I was seeing. Instead of running, he leaped off the floor and ran toward me. He pulled a pipe from his shorts and began attacking me, beating me repeatedly over the head and yelling, “Now you are dead!” We fought, or I should say I tried to defend myself and grab the pipe. It finally flew out of his hands. That’s when he choked me to unconsciousness. I felt life leaving my body.

In those last few seconds I knew I was dying. “This is it, the end of my life,” I thought. I felt sad for the people who loved me and how they would feel about

this tragic event. Then I felt my spirit leave in a sensation of popping out of my body and floating upward. Suddenly everything was peaceful and still. I sensed I was traveling, at what seemed like the speed of light, through black space. I saw what looked like lights twinkling in the distance. But all of a sudden I was back in my body, outside the house, clinging to a fence at the end of the dog run. I don't know how I got there. I screamed for help with all the breath I had. It was my third scream that took all my strength. I felt it would be my last. Each time I screamed, I passed out and landed on the cement. I then had to pull myself up again. But this time a neighbor heard me and sent her husband to help. Within a short time I was on my way to the hospital.

Lying on a cold gurney at 4:30 a.m. chilled to the bone, in and out of consciousness, I tried to assess my injuries, which was virtually impossible. When I finally looked at my right hand, I almost passed out again. My ring finger was barely hanging on by a small piece of skin. My hand was split open, and I could see deep inside. The next thing I knew, I was being wheeled off to surgery. Later I learned that I had suffered serious injuries to my head, neck, back, and right hand, with multiple head wounds and part of my scalp torn from my head. I also incurred numerous cracked teeth that resulted in several root canals and crowns months later.

My right hand sustained the most severe injuries, with two knuckles crushed to mere bone fragments that had to be held together by three metal pins. Six months after the attack I still couldn't use it. The cast I wore—with bands holding up the ring finger, which had almost been torn from my hand, and various odd-shaped molded parts—looked like something from a science-fiction movie. I felt and looked worse than hopeless, with a shaved top of my head, totally red and swollen eyes, a gash on my face, a useless right hand, terrorizing fear, and barely enough energy to get dressed in the morning. I was an emotional wreck. I couldn't sleep at night—not even a minute. It was torturous. Never mind that I was staying with a cousin and his family. There was no need to worry about safety from a practical point of view, but that made no difference emotionally. I'd lie in bed all night and stare at the ceiling or the bedroom door. I had five lights that I kept on all night. I'd try to read, but my eyes would sting. I could sleep for only a little while during the day.

But the worst part was the pain in my soul that nearly took my breath away. All the emotional pain of the attack joined up with the pain and trauma of my past for an emotional tsunami. My past had been riddled with loss, trauma, and anxiety. My brother died when I was two. My mother had died of cancer when I

was six. I couldn't remember much about her death—the memories seemed blocked. But my cousin said I fainted at her funeral. That told me the impact was huge.

I lived for the next three years with my maternal grandparents and father. But Grandpa John, the love of my life, died when I was nine—the loss was immeasurable. Four years later my father was involved in a very tragic situation that would take far too long to discuss here, but to sum it up—it was horrific. He was no longer in my daily life. I felt terrified about my future. My grandmother was eighty-six. I had no idea how many more years she would live. The next year I moved to Oregon to live with an aunt and uncle until I graduated from high school.

As you can probably imagine, wrapped in my soul was a huge amount of anguish and pain with all sorts of triggers for emotional and binge eating. I know firsthand about eating-disorder behavior—binge eating and then not eating anything for a few days. I know what it is to get triggered emotionally and be clueless as to what set off an eating binge. Food is immediate comfort. It's often the first thing we turn to. It was for me. But not wanting to gain a lot of weight, I would then avoid food for a day or two after binge eating.

After the attack it took every ounce of my will, faith, and trust in God, deep spiritual work, alternative medical help, extra vitamins and minerals, vegetable juicing, emotional release, healing prayer, and numerous detox programs to heal physically, mentally, and emotionally. I met a nutritionally minded physician who had healed his own slow mending broken bones with lots of vitamin-mineral IVs. He gave me similar IVs. Juicing, cleansing, nutritional supplements, a nearly perfect diet, prayer, and physical therapy helped my bones and other injuries heal.

After following this regimen for about nine months, what my hand surgeon said would be impossible became real—a fully restored, fully functional hand. He had told me I'd never use my right hand again and that it wasn't even possible to put in plastic knuckles because of its poor condition. But my knuckles did indeed re-form primarily through prayer, and function of my hand returned. A day came when he told me I was completely healed, and though he admitted he didn't believe in miracles, he said, "You're the closest thing I've seen to one."

The healing of my hand was indeed a miracle! I had a useful hand again, and my career in writing was not over as I thought it would be. My inner wounds

were what seemed severest in the end and the hardest to heal. Nevertheless, they mended too. I experienced healing from the painful memories and trauma of the attack and the wounds from the past through prayer, laying on of hands, and deep emotional healing work. I called them the *kitchen angels*—the ladies who prayed for me around their kitchen table week after week until my soul was healed. I cried endless buckets of tears that had been pent up in my soul. It all needed release. Forgiveness and letting go came in stages and was an integral part of my total healing. I had to be honest about what I really felt and willing to face the pain and toxic emotions confined inside, and then let them go. Finally, one day after a long journey—I felt free. A time came when I could celebrate the Fourth of July without fear.

Today I know more peace and health than I ever thought would be possible. I have experienced what it is to feel whole—complete; not damaged, broken, wounded, or impaired; but truly healed and restored in body, soul, and spirit. And I'm not plagued with emotional eating anymore.

When I look back to that first day in the hospital after many hours of surgery, it's amazing to me that I made it. My hand was resting in a sling hanging above my head. It was wrapped with so much stuff it looked like George Foreman's boxing glove. My face was black and blue and my eyes were red—no whites—they were completely red. A maintenance man came into my room for a repair and did a double take. He asked if I'd been hit by a truck! I felt like I had. As I lay there alone with tears streaming down my face, I asked God if He could bring something good out of this horrific situation. I needed something to hang onto. My prayer was answered. Eventually I knew my purpose was to love people to life through my writing and nutritional information to help them find their way to health and healing. If I could recover from all that had happened to me, they could too. No matter what anyone faced, there was hope.

I want you to know that you are loved, and I send you my love between the lines of this book and with the juice and raw food recipes. There is hope for you. You do not have to continue suffering the results of stress and exhaustion. No matter what challenges you face, there are answers that will heal your body, mind, and spirit. There's a purpose for your life, just as there was for mine. You need to be strong and well to complete your purpose. You can be greatly served by a positive mind and an optimistic attitude. To that end I have specially designed *The Juice Lady's Remedies for Asthma and Allergies* just for you. With God's help and the latest nutritional data in this book, you can facilitate abundant health and learn the right way to live your life to the fullest and finish well.

ALLERGIES: WHEN GOOD IMMUNE SYSTEMS GO BAD

SNEEZING AND WHEEZING. Itchy, watery eyes. Hives and rash on the skin. Upset stomach and diarrhea. Even anaphylactic shock. When the immune system goes into overdrive, it can be anything from a nuisance to a life-and-death situation. Allergies run the gamut of symptoms, but all are caused by your immune system overreacting to typically “innocent,” or harmless triggers—these can include dust mites, pollen, mold, animal dander, or, in the case of food allergies certain dietary items (for example, milk is a common culprit). These triggers are called *allergens*, and they can be found throughout the environment.

Do you or a loved one have an allergy to one or more of the following?

- Tree pollen or grasses
- Mold and/or mildew
- Pet dander
- Milk or dairy items
- House dust mites

If so your body is releasing histamine and other substances as an overreaction to these otherwise harmless allergens. Your immune system is causing an *allergic reaction* to take place, creating inflammation in various parts of the body and symptoms such as the following:

- Hay fever: includes itchy, watery eyes; sneezing; post-nasal

drip; coughing; and sinus headaches

- Asthma: commonly related to allergies; causes coughing, wheezing, chest tightness, and shortness of breath
- Eczema: a skin rash that is frequently itchy and scaly
- Hives: a more severe rash of the skin
- Upset stomach and/or diarrhea: frequently caused by food allergens
- Anaphylactic shock: a life-threatening reaction in the entire body; the throat may swell and close off and blood pressure may drop, as a result of blood vessels' sudden and extreme dilation.

COMMON MYTHS

Myth: *Allergies are all in your head.*

Fact: For most people allergies are a real medical condition. However, allergy symptoms may be aggravated by stress or emotions. Although stress and emotions don't cause allergies, they can exaggerate your body's response to the allergens. Scientists don't fully understand the relationship yet between allergic responses and emotions.

Myth: *Moving to Arizona will cure allergies.*

Fact: For years people bothered by seasonal allergies to pollens and molds thought that if they moved to the desert Southwest, where the foliage and climate are different from other regions, their allergies would disappear. Although the desert is lacking in maple trees and ragweed, it does have other pollen-producing plants, such as sagebrush and cottonwood, ash, and olive trees. People who are sensitive to some pollens and molds often find that in a new environment they eventually develop sensitivities to new allergens. For example, people sensitive to ragweed may become sensitive to sagebrush pollen.

Myth: *Most people outgrow hay fever.*

Fact: Many people believe that hay fever is a childhood disorder that you outgrow by the time you reach adulthood. On the contrary, hay

fever can develop at any life stage, and you can recover from it at any point in your life.

Myth: *No one ever dies from allergies.*

Fact: Although it's true that many allergies are more of an inconvenience than anything else, some allergic reactions can be serious. People who are highly sensitive to allergens can experience life-threatening shock (anaphylaxis) after being stung by a certain insect, being injected with a certain drug, or eating a certain food. Asthma attacks can also be fatal. Severe reactions must be taken seriously and treated promptly and properly.

How Your Immune System Works

To fully understand allergies and asthma, it's important to know how your body's immune system works. The main players in the majority of allergic reactions are white blood cells known as lymphocytes.

Lymphocytes are manufactured in bone marrow. Some migrate to your thymus, where they develop into specialized types of immune cells. Some lymphocytes migrate from bone marrow and the thymus to your lymph nodes and other organs, including your spleen, tonsils, adenoids, appendix, and small intestine. Other lymphocytes circulate throughout your body in blood and lymphatic vessels.

The role of lymphocytes is to seek out and destroy harmful foreign invaders that enter the body. In allergy sufferers lymphocytes view innocent substances such as pollen, dust mites, and dander as harmful and launch an attack against them. These are known as allergens.

When allergens enter your body, certain lymphocytes combat them by releasing a variety of chemicals. One of these is called histamine, which acts as an irritating stimulant. Often other white blood cells respond to allergens by releasing powerful chemicals intended to destroy them.

These immune responses result in a host of signs and symptoms that vary in severity. When histamine and other chemicals are released in the lungs, lung tissue becomes inflamed, causing the secretion of mucus and the swelling and narrowing of air passages. This leads to wheezing, coughing, and sometimes,

shortness of breath.

When these chemicals are released in nasal cavities, they cause a runny nose, teary eyes, and itching in the nose, throat, roof of the mouth, and eyes. Histamine in the skin produces hives and other rashes. When the chemicals are activated in the digestive system, abdominal cramps and diarrhea may result.

Occasionally your entire body is affected in a serious allergic response known as anaphylactic shock (anaphylaxis). Blood vessels dilate and air passageways narrow, causing a drop in blood pressure, difficulty breathing, and other signs and symptoms. Unconsciousness or death may result.

Each allergen stimulates its own specific set of antibodies. For this reason a person may be sensitive to ragweed, but not to mold allergens. It is, however, fairly common for a person who's allergic to one substance to be allergic to others.

A surprising number of substances found outdoors, indoors, or in foods can cause an allergic reaction.

You may be allergic to substances in certain medications, parts of plants (such as pollen), dust mites in household dust, animal dander, molds, fungi, or insect venom released during a sting, such as a bee sting. Some people are also sensitive to chemical changes that occur in the body in response to exercise or to exposure to heat or cold.

Treating the Root of the Problem

Because allergies have so many different symptoms, it may seem impossible to treat all of them. You may decide to choose which symptoms to treat—for example, you may attempt to treat hay fever with antihistamines, a runny nose with a nasal spray, or an upset stomach with antacids. But if your allergies are more pervasive or difficult to treat, you may need to do something more. Prescription medications are a common “next step” in the battle against allergies—drugs such as steroids can give at least temporary relief, but they can also suppress parts of your healthy immune system in addition to the part of the immune system that has gone awry. Boosting your natural immunity is frequently a better solution to the problem of allergies.

WHEN TO CALL 911

If you are experiencing swelling in the tongue or throat, a sudden drop in blood pressure, and/or trouble breathing, especially after encountering a known allergen, call 911 immediately. You may be experiencing the extreme allergic reaction called anaphylaxis.

Treating the root of the problem rather than the symptoms is always a better idea—and the same is true for allergies. Focusing on shoring up the entire immune system can bring true health rather than just the alleviation of symptoms.

First, a determination is needed to discover exactly what is causing your allergies—what allergens are triggering your system. There are a number of tests available to help you determine what your allergens are: skin tests, blood tests, or an elimination diet to pinpoint food allergies.

Once you understand what your body is overreacting to, you can then work to desensitize your immune system to its potential triggers. The standard medical procedure is through allergy shots, injections that contain a small amount of each allergen. You will receive increasing doses of the allergen in injections that you receive on a frequent to semi-frequent basis. As the amount of the allergen increases in your shots, your immune system is able to build up a tolerance to those allergens—and it will no longer respond with an allergic reaction each time you encounter it in the “real world.” Be aware that some people have a worsening of symptoms with new and strange symptoms that accompany them after receiving allergy shots.

There are many other things you can do that are natural and don't have harmful effects. Read on and you'll discover natural remedies that work.

Various Types of Allergies

There are various types of allergies that people regularly experience. Hay fever, which is characterized by itchy eyes, nose, and skin; sneezing; and a runny nose, is usually caused by *airborne allergens*. These allergens typically float through the air and include materials such as pollen, dander, and dust mites. The

inflammatory chemical called histamine causes the miserable symptoms; histamine is released by the immune system as an overreaction to something usually considered harmless. Up to one-third of people who experience airborne allergies—especially of the seasonal variety—may also suffer *oral allergy syndrome* (OAS), which results from sensitivity to and cross-reactions between seasonal airborne pollen proteins (found in weeds, grass, and trees) and proteins found in some fresh fruits, vegetables, nuts, seeds, and herbs.

Are you allergic to ragweed pollen? Then you might experience OAS symptoms if you eat bananas, cucumbers, melons, zucchini, sunflower seeds, chamomile tea, or take the herb Echinacea. If you are allergic to birch tree pollen, you might suffer from symptoms if you consume peaches, apples, pears, cherries, carrots, hazelnuts, kiwifruit, or almonds.

THAT PESKY POLLEN

Wherever plants grow, pollen is in the air at some time of the year. Trees, both deciduous and evergreen, produce pollen in spring. Grasses and most flowers produce their pollen during summer months. Late-blooming plants such as ragweed produce pollen in early fall. In warm climates with long growing seasons, pollen may be present in the air for ten months of the year. In climates with shorter growing seasons the pollen is present for less time.



Ragweed, a roadside plant, heads the list of hay fever–causing plants east of the Rocky Mountains. Other plant pollens that produce allergy symptoms include sagebrush, tumbleweed, pigweed, spiny amaranth, burning bush, and English plantain.

Grasses that cause troublesome pollens include rye, timothy, redtop, Bermuda, orchard, sweet vernal, and bluegrass. Most trees, including

maple, oak, ash, birch, poplar, elm, pecan, juniper, and cottonwood, produce pollens that can trigger hay fever.

Pollens that are carried by insects from one plant to another tend to be larger grains that are relatively harmless. Those carried by the wind are lighter and smaller and can cause hay fever. The amount of pollen in the air depends on the weather. Hot, dry breezes stir up pollen, whereas dampness washes the pollen to the ground.

Most pollen particles are so small that they can be carried by the air into a house through doors and screens. It doesn't take much pollen to produce an allergic reaction—as little as twenty particles per cubic yard. Many plants can produce up to a million such particles!

The most effective way to avoid pollen is to stay indoors, especially when pollen counts are high. Keep doors and windows closed. Air conditioning can also be helpful.

In addition to hay fever and OAS, *food allergies* are an unfortunate fact of life for many people. They occur when the body's immune system, again, overreacts to something ordinarily considered harmless—usually a protein in a certain food or ingredient. Food allergies have risen alarmingly in the general population over the past several years. Food allergy symptoms vary widely among different people—and can even differ at various times in the same individual. People with food allergies commonly experience either skin reactions—rash, hives, psoriasis, or eczema—or gastrointestinal irritation, including nausea, vomiting, irritable bowel, inflammatory bowel disease, and/or diarrhea. Incidentally, hay fever-type symptoms can result from food allergies; in other words, some foods may cause some people to sneeze, wheeze, and cough. Also, consider the following list of symptoms, which can be the result of food allergies:

- Allergies
- Arthritis
- Ear infections
- Sinusitis
- Anxiety
- Depression

- Hyperactivity
- Postnasal drip
- Dizziness
- Fatigue
- Headaches
- Panic attacks
- Dark circles or puffiness under the eyes
- Chronic fluid retention
- Swollen glands

I would be remiss to discuss food allergies without mentioning the serious reaction called anaphylaxis, caused by some food allergens in certain individuals. There are approximately thirty thousand episodes of anaphylaxis yearly—and one hundred to two hundred deaths per year in the United States from this syndrome alone. The leading cause of deadly food allergies (leading to anaphylactic shock)? Nuts—especially peanuts, which are actually legumes.

Certain individuals may not be *allergic* to certain foods, but they may have a *sensitivity* to them, meaning they should avoid those foods to in turn avoid adverse symptoms. There is an endless number of foods that can cause an allergy or sensitivity, but the most common culprits include dairy, wheat (gluten), corn, eggs, fish, nuts, soy, chocolate, peanuts, shellfish, the night shades (tomato, potato, pepper, eggplant), citrus fruit, preservatives, and colorings. Food intolerances, or sensitivities, are mistaken for food allergies, but they are not exactly the same, as food allergies must always involve the immune system. Lactose intolerance is one of the most common types of food intolerance, occurring when an individual is missing an important enzyme necessary to digest milk sugars. It does *not* involve an overreaction of the immune system, and as such, it is not a food *allergy*, but it can make sufferers miserable through gas, bloating, and abdominal pain. In such individuals, milk and dairy products should be avoided.

There are a number of reasons for the drastic rise in the number of food allergies in this country over recent years. A primary underlying condition, which can promote the development of food allergies, including poor digestion, is “leaky gut.” This condition allows too many intact food proteins to be

absorbed into the bloodstream and chronic intestinal infections by yeast, bacteria, or parasites.

Another contributor seems to be genetically modified (GM) foods. In 1960 we saw the introduction of “miracle seeds”—improved varieties of wheat, corn, and rice, which dramatically increased the crop yields of American farmers. Through the use of pesticides, irrigation, and genetic engineering, these miracle seeds doubled or tripled harvests on the same size plots as previous harvests. The seeds and growing practices quickly spread to farmers in other countries with the hope that they would help end world hunger.

This dramatic increase in crop production was called the “Green Revolution.” It was a revolution without a doubt, but far from green—which has come to mean buying organic, purchasing foods locally, and promoting sustainable farming and animal husbandry (compassionate care for domestic animals). The hybrid seeds and genetically engineered crops gave us wheat with more gluten so manufacturers could make fluffier bread as I just mentioned, which caused allergies and gastrointestinal problems such as Crohn’s disease, colitis, and irritable bowel syndrome.

Pesticides killed bugs, but they also killed songbirds; they are wiping out our bee population, and they are contributing to cancer, digestive problems, and other diseases in humans. In the end, they have killed many of us. (Studies show there is an increased incidence of cancer among farmers, indicating the impact that pesticides have on the human body.¹) And we must ask ourselves why birds and fish are mysteriously dying by the thousands. Are they the “canaries in the coal mine”? Are we next?

Then along came “designer foods” concocted by food scientists, promising specific health benefits, belched out by big factories, and most often devoid of life-promoting ingredients. They led us astray with their “good health promises” that didn’t deliver what they said. As a whole, people are sicker than ever before in history. As you can see, we can’t trust the jingles, commercials, and marketing ads. They gave us slogans like “Reach for a Lucky instead of a sweet!” And, “More doctors smoke Camels.” Here’s the truth: we’ve been the human guinea pigs for decades.

We continue to learn, often too late, that many popular products have caused food allergies, made us sick, caused deaths, and took our money to boot! Do you want these people guiding your food choices? There’s a little voice inside calling you home—away from the clamor and spin of the big companies with clever

marketing slogans and foods designed to hook you to crave more unhealthy stuff—to the simple goodness of the earth, free of chemicals, genetic tampering, and the fluff that’s killing you. The voice is calling you to compassionate eating, sustainability, and supporting local organic farmers. It’s time to rethink your perception of food and to discover that you are not too busy to make the time to prepare whole, living foods. You’re too busy not to. It’s time for a revolution in the way you eat and the way you think about food. If you return to nature’s living bounty, you can heal your body and mind along with the earth.

See the next chapter on food allergies for more information on this subject.

Food Choices to Help Our Bodies Heal

Though I recommend that you buy all organically grown produce, it is especially important for sufferers from allergies to avoid conventionally grown foods on the “dirty dozen” list.

The Dirty Dozen List²

- Apples
- Celery
- Cherry tomatoes
- Cucumbers
- Grapes
- Hot peppers
- Nectarines (imported)
- Peaches
- Potatoes
- Spinach
- Strawberries
- Bell peppers



The Cleanest Foods List³

- Asparagus
- Avocados
- Cabbage
- Cantaloupe
- Sweet corn (no GMO corn)
- Eggplant
- Grapefruit
- Kiwi
- Mangoes
- Mushrooms
- Onions
- Papayas
- Pineapples
- Sweet peas (frozen)
- Sweet potatoes



Lifestyle Recommendations for Allergy Sufferers

1. *Eliminate airborne allergies as much as possible.* Clean your environment as frequently as you can, paying careful attention to carpets, rugs, upholstered furniture, and other surfaces where dust and other particulate allergens can collect. Take special care to keep your bedroom allergy-proofed. Enclose your mattress, box spring, and pillows in allergen-resistant coverings, and frequently wash your bedding, towels, curtains, and clothing in hot water, using a fragrance-free detergent. Install an air purifier that has a HEPA filter (one that can trap tiny particles), and only vacuum using a machine with such a HEPA filter. Clean your furnace and air ducts annually. Clean any place where dust can collect—frequently and well.
2. *Get rid of the stress in your life.* Your immune system can be weakened by stress—and this weakened state can leave you vulnerable to allergic reactions.

Diet Recommendations for Allergy Sufferers

1. *For food allergies, keep track of any offending food(s) and avoid them as much as possible.* Use the Elimination Diet to determine which foods create the worst symptoms. And don't forget that a food allergy or intolerance may be caused by something you like and eat often—people often develop cravings for foods to which they are allergic. After you have determined which foods you are allergic to or intolerant of, be

sure to rotate all of the food that you eat, both to control allergies you already are aware of and to prevent the development of new allergies or intolerances (the more you eat a certain food, the more likely you are to develop an allergy or intolerance). And finally, as much as possible, be sure to avoid all foods to which you are sensitive in any way.

THE ELIMINATION DIET

Many times, the best way to identify food allergies is with something called the “oral food challenge.” Any potential food allergens are initially eliminated from the diet altogether, and then gradually reintroduced to see if symptoms then occur.

For the first seven days, eat only the foods listed in the diet—usually with many restrictions to help cleanse your system. (Read labels carefully to be sure you are eliminating all other foods, as some foods may “sneak in” without your being aware.) If your symptoms (such as rash or stomach upset) are related to food sensitivities or allergies, they will usually vanish by the end of the seven-day period. If they don’t, a reaction to a food still remaining in your diet may be responsible. In that case, proceed to an even more restricted diet. When the period of time is complete (typically another seven days), you may then introduce one food every two days. Keep a detailed food diary as to when each food or ingredient was reintroduced and what symptoms appeared (or did not appear) after it was eaten. Some reactions may be delayed up to forty-eight hours, so keep that in mind as you analyze your diary.

2. *Consume more raw fruits, vegetables, and fresh vegetable juices.* Eating more raw foods in your diet can actually cause allergy symptoms to lessen over time.

3. *Avoid sugar and alcohol.* Sugar and alcohol both contribute to an acidic condition in the body that aggravates allergic reactions.

Nutrient Recommendations for Allergy Sufferers

1. *Bioflavonoids*, especially quercetin, molybdenum, and selenium, can reduce histamine levels and greatly relieve allergy symptoms. Yellow onions and shallots are good sources of quercetin and can help with allergies right away.
2. *Gamma-linolenic acid (GLA)* is produced by the body to reduce inflammation. You can ingest GLA through supplements of evening primrose oil.
3. *Vitamin C* supports the immune system, and thus provides many natural defenses against allergies.
4. *Amylase* is a digestive enzyme that breaks down complex carbohydrates into simple sugars. It's also present in saliva. So while we chew our food, it goes to work on carbs. That's why it's recommended that you chew each mouthful of food about thirty times. The pancreas also makes amylase. And amylase is plentiful in seeds that contain starch. (You can juice most seeds of fruits and vegetables.) Its therapeutic use is in the regulation of histamine, which is produced in response to recognized invaders to the body. Histamine is a responder in allergic reactions such as hay fever and is what causes hives, itchy, watery eyes, sneezing, and runny noses. Amylase breaks down the histamine produced by the body in response to allergens such as pollen or dust mites. Some health professionals believe it may help the body identify the allergen as not being harmful so it doesn't produce the histamine in the first place. This is one reason that people on a high raw plant diet often experience improvement in their allergies. For the most effective approach to increasing enzymes such as amylase, you may want to take an enzyme supplement. I especially like an enzyme formula that is taken between meals—it cleans up any undigested particles of food floating around the system and greatly improves digestion. A popular side benefit is that your hair gets thicker and your nails grow stronger!

Help for Seasonal Airborne Allergies

Because seasonal airborne allergies typically cause problems from early spring to the time of the first frost, use these remedies during this time of year.

Quercetin may be as helpful as over-the-counter medications in inhibiting histamine release, but without side effects such as drowsiness. By inhibiting histamine release at the outset, quercetin stands in direct contrast to many medications that attempt to nullify the *effects* of histamine—after an allergic reaction has already taken place. When combined with the herb nettle, quercetin is helpful to prevent or reduce sneezing, itching, and inflammation of the nasal passages. Use pantothenic acid, a B vitamin, to deal with the effects of nasal congestion.

Dosages:

- Quercetin: 500 mg two times daily. Take about twenty minutes before meals.
- Nettle: 250–300 mg on an empty stomach three times daily. Standardized to contain at least 1 percent of the herb silica.
- Vitamin C: 1,000 mg three times daily. If diarrhea develops, reduce the dose.
- Pantothenic acid: 500 mg three times daily. Take with food.

Herb Recommendations for Allergy Sufferers

To build up your immune system before allergy season starts, begin a daily dosage of *astragalus* at least one month before spring pollen begins to perpetuate. However, do not take *astragalus* if you have a fever or show any signs of an infection. Children with chronic allergies can be given a dose of *astragalus* two to three times each day for a week.

In addition, *licorice* is an inhibitor of phospholipase A, an enzyme that precipitates inflammatory reactions. Use a medicinal form of the herb. Do not use licorice candy. Use DGL (has no glycyrrhizin) if you have high blood pressure, kidney or liver disease, diabetes or heart disease, and do not use for

more than six weeks.

Juice Therapy for Allergy Sufferers

Drink *alfalfa sprout* and *celery* juices to raise your blood alkalinity, which in turn helps prevent allergic reactions.

In addition, *parsley juice* can stop allergy attacks once they have started; drink it immediately upon experiencing allergic symptoms and it may soon help reduce them. (As always, however, if you are experiencing anaphylactic symptoms, call 911 right away.) Additionally, parsley juice contains more than three times the vitamin C of orange juice, so to help keep your immune system strong, add parsley juice as part of your juicing regimen. Parsley can be toxic if overused, and should be avoided by pregnant women, but a safe dose which will bring the most effectiveness is one-half cup of parsley per day.

Practical Remedies for Allergy Sufferers

- Neti pot. Also known as “nasal douche” or “nasal lavage,” this irrigation uses salt water and a special little pot, which delivers a stream of salt water into the nasal cavities through one nostril and allows it to drain out through the other nostril. You may purchase a neti pot at many health stores and holistic pharmacies.
- Allergena. A homeopathic sublingual immunotherapy, Allergena reduces the body’s negative reaction to allergens. These homeopathic allergy drops build immunity by giving microdoses of what a person is allergic to so the body becomes safely conditioned to tolerate those allergens and reduce allergic symptoms. Allergena is made for eight zones. Look online to determine your zone. Each zone is designed for the grasses, trees, and weeds of that zone. You will find these drops at health stores.
- Get an air purifier. Toxins can actually cause allergies in some people.

- Drink peppermint tea. Peppermint's essential oil acts as a decongestant. Also certain substances in peppermint contain anti-inflammatory and mild antibacterial constituents.
- Wasabi or horseradish makes sinuses and tear ducts open up because allyl isothiocyanate, a constituent in wasabi, promotes mucus flow. The tastiest way to get those allyl isothiocyanates is by putting horseradish on your meat or a bit of wasabi onto your favorite sushi. Another option is to purchase grated horseradish and take 1/4 teaspoon per day.

FOOD ALLERGIES: THE DANGERS in YOUR DINNER

FOOD ALLERGIES ARE not only common but also dangerous. Knowing which foods you are allergic to isn't always enough, as they can show up at any place and at any time. If you have a serious food allergy—one that would cause your throat to swell and threaten your life—it is important that you be vigilant at all times to avoid encountering the food allergen, and to be prepared with life-saving medication should it become necessary.

In one study of children who experienced life-threatening asthma, more than 50 percent of the children in the group were found to have food allergies, when compared to only 10 percent in the control group.¹ These results demonstrate that life-threatening asthma attacks can actually be triggered by food allergies.

Use of an elimination diet, in which you eliminate possible triggers one by one, can help you to learn which foods can trigger an asthma or allergy attack. Incidentally when you eat healthy, nourishing foods on a daily basis, your immune system will be healthier and more able to ward off toxins and allergens, without the severe inflammation of an asthma or allergy attack.

The following foods have been proven to boost your immune system, thus helping to prevent allergy attacks:

- Fresh fruits and vegetables; fresh vegetable juices
- Cold-water, wild-caught fish • Extra-virgin olive oil
- Flaxseeds
- Herbal spices such as rosemary, ginger, and turmeric

Additionally you might consider changing to a vegetarian diet, if that is appropriate for your blood type. People who eat only fruits and vegetables rarely encounter any food allergy symptoms.

Children are most commonly affected by food allergies. They are usually outgrown by adulthood, but some allergies, especially those involving peanuts and shellfish, can last a lifetime, says Talal M. Nsouli, MD, clinical associate professor of pediatrics and allergy/immunology at Georgetown University School of Medicine and director of the Watergate and Burke Allergy and Asthma Centers.²

There is a genetic component to food allergies. “Both my son and daughter have allergies,” says Patricia Davis, MD, MSPH, president of Healthy U in Columbus, Ohio, who is also a preventive medicine specialist. If one of your parents has a food allergy, you have at least a 20 to 30 percent chance of having a food allergy, and if both of your parents are affected, your chance of having a food allergy yourself rises to 40 to 70 percent.³

Breastfeeding infants is one way to prevent food allergies in children later in life. Breastfed babies receive intestinal flora from their mothers’ milk, which helps build their immune systems and prevents later allergies, says Jose Saavedra, MD, medical and scientific director of Nestlé Nutrition USA, and associate professor of pediatrics at Johns Hopkins University School of Medicine and Bloomberg School of Hygiene and Public Health in Baltimore.⁴

Little Bites Can Cause Big Problems

If you have only a mild food allergy, you might be able to eat a small bite or two of the allergen infrequently. But most people with food allergies experience severe symptoms when even a trace amount of the allergen is encountered. These symptoms can even bring about a life-threatening condition called anaphylaxis. Because of the extreme risk involved, most doctors would advise those with severe allergies to keep epinephrine syringes handy wherever they eat, all of the time. Epinephrine is known to stop an anaphylactic attack right away and prevent anaphylactic shock.

The best thing you can do to avoid food allergies is to avoid the offending foods altogether. Be sure to read the labels on any food you buy. If you are allergic to peanuts, for example, don’t just look for the word *peanuts* but also

watch out for any peanut powder or peanut oil that might have been used in the production of the food. And keep reading those labels! Food companies frequently change their “recipes,” so a food that doesn’t affect you today very well could tomorrow.

Even when you know what foods you are allergic to—and you can control the ingredients in your dinner at home—it is a bit more difficult to avoid offending foods when you eat out. If you are eating at a restaurant, ask the waiter or maître d’ to check with the cook to be sure your offending food is not used in any way. Don’t forget to inquire about oils and spices, as well.

Alkaline Diet

Eating alkalizing foods is also a great way to restore your health. Many diseases such as cancer thrive in an acidic state. Take away the acid, and they don’t do as well. An alkaline diet also boosts your energy level, improves skin, reduces allergies, sustains the immune system, and enhances mental clarity.

To give your body a great start in rebalancing your pH, make sure 60 percent to 80 percent of your diet is made up of alkalizing foods such as green vegetables, raw juices, grasses such as wheatgrass, fresh fruit and vegetables, raw seeds and nuts, and sprouts. Greatly limit or avoid your consumption of acid-forming foods such as meat, dairy products, chocolate, sweets, bread (gluten) and all other yeast products, alcohol, carbonated drinks, sports drinks, coffee, and black tea.

Cleanse Your Liver

Optimizing liver function through seasonally cleansing and detoxifying your liver will reduce allergies and improve overall health. A liver cleanse focuses on cleansing, protecting, and nourishing the liver. The following foods and supplements can help you cleanse and support your liver. They are part of a liver cleanse program I describe in my book *Juicing, Fasting, and Detoxing for Life*, which contains recipes including a morning citrus-ginger-olive-oil shake, beet salad, carrot salad, and mineral broth, as well as a menu plan for a seven-day cleansing program. For quick reference and convenience I have also included some liver-supporting juices, smoothies, and food recipes in chapter 7.

- *Liver-friendly vegetables.* Juice and eat an abundance of these liver-friendly vegetables during your detoxification program: artichokes, beets, broccoli, brussels sprouts, cabbage, carrots, cauliflower, celery, chives, cucumber, eggplant, garlic, green beans, kale, kohlrabi, lettuce, mustard greens, okra, onion, parsley, parsnips, peas, pumpkin, spinach, squash, and sweet potatoes (yams).
- *Milk thistle (silymarin).* Milk thistle is an herb that protects the liver. Silymarin is the active ingredient in milk thistle, and because of its antioxidant properties, it helps prevent free-radical damage to the liver.
- *Artichoke powder.* A chemical found in artichoke that gives it a bitter taste actually aids your liver in the detoxification process. It helps increase bile production and strengthens the bile duct so that it's better able to contract. The phytochemicals in artichokes also strengthen liver cell walls, protecting them from damage. It also helps break up and mobilize fat stored in the liver, making it useful for lowering cholesterol as well.
- *Turmeric.* The key component in turmeric is curcumin. This golden spice helps cleanse the liver, purify the blood, improve digestion, and promote elimination. It stimulates the gallbladder for bile production and scavenges free radicals.



- *N-acetyl-L-cysteine (NAC).* NAC protects the liver from free-radical damage caused by environmental pollution, radiation, cigarette smoke, and alcohol. Natural health practitioners often prescribe it for patients with mercury or heavy metal toxicity

and environmental or dental amalgam mercury-filling toxicity because of its ability to bind to these toxins, allowing your body to excrete them.

- *L-methionine*. L-methionine is an amino acid used by the liver to create glutathione. It can help raise glutathione levels, thus improving the natural detoxification functions of the liver.
- *Beet leaf and black radish*. Beet leaf and black radish assist the liver's detoxification process and improve carbohydrate and fat metabolism. Beet leaf helps normalize the pH of the blood and stimulates bile flow, which can be helpful in lowering cholesterol. Black radish is rich in vitamins and bioflavonoids, which support heavy metal detoxification.
- *Dandelion*. Dandelion has been used for centuries for general detox. Herbalists and naturopathic doctors particularly like dandelion for cleansing the liver. It strengthens the liver by promoting bile secretion and provides a gentle cleansing action in the elimination of metabolic waste.
- *Garlic*. Love your liver with garlic. "Use garlic with equal abandon," says Dr. Oz. "In addition to adding oomph to almost any dish, it activates liver enzymes that support your filtration system, and it's good for another vital organ: your heart."⁵ Just a small amount of this pungent white bulb has the ability to activate liver enzymes that help your body flush out toxins. Garlic is rich in allicin, the active ingredient, and selenium, two natural compounds that aid in liver cleansing.
- *Beet juice*. Beets have been used in naturopathic medicine to cleanse and support the liver. Beet juice, made with the root and the leaves, is an integral part of my seven-day liver-cleansing program. It's high in sugar, so always dilute with green veggies like cucumber and dark leafy greens. Also, beet salad is another key part of the program and can be made with the leftover beet pulp and a lemon juice–olive oil dressing. (The recipe is in *Juicing, Fasting, and Detoxing for Life*.)
- *Carrot juice*. Carrots help stimulate and improve overall liver

function. They can be juiced as part of the liver-cleansing cocktails. The leftover pulp is made into a cleansing salad with a lemon juice–olive oil dressing. (The recipe is in *Juicing, Fasting, and Detoxing for Life*.)

- *Dark leafy green juice.* One of our most powerful allies in cleansing the liver, leafy greens can be juiced, eaten raw, and lightly cooked. Particularly high in plant chlorophyll, greens literally suck up toxins from the bloodstream. They also halt the progression of hyphae, the long, branching structures of yeast and fungus that cause it to spread systemically throughout the body. And with their distinct ability to neutralize heavy metals, chemicals, and pesticides, greens offer a powerhouse of cleansing for the liver.

Excellent greens to juice include beet tops, arugula, dandelion greens, spinach, mustard greens, kale, chard, collards, kohlrabi leaves, and chicory. Green juice will help increase bile flow, which will help remove waste from the organs and blood.

- *The olive oil flush for liver and gallbladder cleansing.* The olive oil flush is used to purge out stones from the liver and gallbladder. Follow the recipes and program in *Juicing, Fasting, and Detoxing for Life*.

NOTE: If you have a liver disease, consult your doctor first.



[WILD FOODS AND LIVER DETOXIFICATION](#) ([contributed by my dear friend Nina Walsh, ND](#))

Wild grown greens and herbs offer us some of the most cleansing,

medicinal, and nutrient-dense foods we could find. And they are free! Here are some characteristics of wild foods:

- They are organic, clean, resilient, resistant to diseases, and nutrient and antioxidant rich.
- They are grown in rich soils and have greater access to and quality of nutrients.
- They come in a variety of species and offer a wide variety of nutrients.
- They have diversity of flavor—bitter, pungent, sour, bland, sweet, and salty.
- They are time-tested—wild plants have been used for thousands of years.
- They have enzyme systems and mechanisms for optimal digestion.
- Our human genome (inherited genetic information) is responsive to wild foods.
- They follow cycles and rhythms of nature, like our bodies.
- They cleanse and nourish our bodies and support optimal health.
- Specific plants cleanse and support specific organs.

Stinging Nettles

The stinging nettle is one of the first plants to come up in early spring. It is used traditionally for body cleansing. People who observe Lent in the Eastern Orthodox tradition abstain from heavy animal foods for about six weeks before Easter and eat spring herbs.



Nettle is a great tonic with unique healing and cleansing qualities. It flushes out toxins and cleanses the entire system. It's best known to detox the kidneys. It helps discharge metabolic wastes, such as uric acid crystals. And it's a good diuretic/aquaretic, meaning it will not waste electrolytes but will get rid of excess water. It gently tones the body, purifying the blood. It also helps cleanse the lymph and rid the body of the residues of months of sedentary winter lifestyle and heavy food. And it replenishes the body with nutrients—it's rich in iron, calcium, beta-carotene, and vitamin C.

In addition to all the cleansing it does, the tea of nettle tops also stimulates the formation of red blood cells. Further, it can lower blood sugar levels and is indicated for type 2 diabetics. This tea can be taken safely by anybody, though it may be particularly supportive for women during puberty, menopause, or pregnancy.

To make the best use of spring nettles, gather young leaves before the plants produce seeds. Use gloves to prevent stinging. You can add them to green smoothies and juice. They will not sting once they are juiced or blended. You can cook them; they are delicious in omelets, sautéed greens, nettle chips, soups, and teas. Also, you can add it to baths, body wash, and hair rinses.

Stinging Nettles Omelet

Start with a bunch of chopped young nettle leaves (use rubber gloves to prepare the nettles). Sauté with shallots or onions in 1 tablespoon of olive oil or coconut oil. Once the nettles are lightly cooked, they'll no longer sting. Add ½ cup sautéed sliced mushrooms and 2 eggs and finish cooking.

Dandelion

Dandelion is the quintessential digestive herb. Its bitter components stimulate production of stomach acid, enhance appetite, support action of the liver in breaking down nutrients, and cleanse the body of toxins. As a liver detox herb, it helps regulate hormones and alleviate hormonal ups and downs, such as those associated with the female

menstrual cycle or menopause, and also low vitamin D levels. One of the best herbs to use for a spring cleanse, dandelion acts as a cleansing agent on both the liver and the kidneys. It helps to purify the blood and flush out uric acid crystals that accumulate from eating a diet too rich in animal proteins and other acid-producing foods; it restores the alkalinity of the blood. Dandelion enhances bile flow. It also reduces and prevents inflammation in the liver and gallbladder. It contains choline, a substance that helps prevent fat from being deposited in the liver. Dandelion roots are particularly beneficial for the liver, while the leaves have a more pronounced effect on the kidneys as an aquaretic (it does not deplete potassium but actually adds potassium to the body). It is also rich in many other vitamins and minerals, including vitamin C, beta-carotene, calcium, iron, manganese, and phosphorus. Avoid picking dandelion leaves from lawns where chemical fertilizer was used. It is always best to collect wild foods in clean areas, away from traffic and pesticides. Every part of this plant can be used as food and medicine. Dandelion can be juiced and added to smoothies. (See Dr. Nina's Sweet Dandelion Smoothie in chapter 7.) For salads, it's best to mix with other milder-tasting spring greens. However, if you don't mind a slightly bitter tang, you can try a dandelion salad with 1 grated carrot and 1–2 cloves garlic. Add a fruity vinaigrette or a sweet and sour dressing made with yogurt, lemon juice, pepper, salt, garlic, and a little raw honey. (Or see Dr. Nina's Russian Cabbage Slaw in chapter 7.) Dandelion especially complements boiled eggs and cress type herbs. Like any greens, dandelion leaves and roots can be sautéed or stir-fried. Leaves can also be blended for soups. And you can make "coffee" from roasted roots.

Burdock

One of the best plants for cleansing, burdock is a wonderful digestive herb that supports liver function and detoxification, reduces liver inflammation, heals liver cells in fatty liver disease, and stimulates stomach acid production. It helps lymphatic flow and elimination of wastes from the tissues through the lymphatic system. It is a gentle diuretic and reduces water accumulation in extremities and around joints. It promotes healthy bowel flora and is healing for the intestinal

lining. It's also a great source of fiber, protein, vitamins, and minerals. It can be added to green smoothies and juices. You can use it as you would any root vegetable: sautéed, mixed with greens; added to puréed vegetables; or used in soups. It can be dehydrated as chips or made into a tea. You can also use the leaf and root for infusion for baths. To cook burdock with vegetables: Sauté ½ chopped medium onion in olive oil or coconut oil. Add 1 chopped burdock root, 1 chopped carrot, 1 chopped small beet, 2 chopped Jerusalem artichokes, 1 cup chopped broccoli or another green vegetable (like nettles), 2–3 cloves of chopped garlic, and 2–3 sprigs parsley. Sauté the onion until translucent and then add the rest of the vegetables with chopped garlic. When the vegetables are lightly cooked, add chopped parsley. Salt and pepper to taste. Sprinkle with lemon juice.⁶

Foods to avoid while cleansing your liver

Omit meat, dairy, sweets, alcohol, eggs, refined foods, sodas, all oils and spreads except olive oil and coconut oil, and all nonorganic foods.

FOOD ALLERGIES AND THYROID FUNCTION

When it comes to food-related allergies that impact the thyroid gland, it is not like eating a nut or a shrimp and getting an immediate reaction. The type of reaction that disrupts thyroid function is a delayed interaction with food antigens that can occur up to four days after eating the food. The two most prevalent food-related reactions come from dairy and wheat. These two foods are known in alternative medicine to be highly correlated with autoimmune thyroiditis. Dairy and wheat gluten are often removed from diets of thyroid patients with good success. The Journal of Clinical Gastroenterology demonstrated that those allergic to gluten had a much greater risk of thyroid abnormalities.⁷

ASTHMA: LEARNING to CATCH YOUR BREATH

ASTHMA SUFFERERS KNOW that living with this potentially deadly disease is challenging: all it takes is a change in the weather, a boost in tree pollen, even a simple run in the park—and sufferers can be breathing heavy and reaching for their rescue inhalers. Airways inside of the lungs can constrict at any time, in response to a huge number of triggers, leaving asthmatics feeling as though they are breathing through a straw. But it is possible to control asthma symptoms, even find a type of “remission” from the disease. A vital part of this healing strategy is what you eat. “Diet is the key,” says Richard N. Firshein, DO, medical director of the Firshein Center for Comprehensive Medicine in New York City and author of *Reversing Asthma*.

Around 27 million Americans suffer from asthma—bronchial inflammation and spasms that make it difficult for the body to breathe air in and out of the lungs. Each year, this disease causes more than five hundred thousand hospitalizations and four thousand deaths.¹

Over the past twenty years, asthma has been on the increase in this country. In fact, the number of people with asthma has quadrupled, and the number of deaths from asthma attacks has doubled. Why is this dangerous disease on the rise? There is a genetic component to asthma: If one parent has the disease, chances are one in three that their children will also have it, and if both parents have asthma, the chances rise to seven in ten.²

On the other hand 50 percent of people with the disease have asthma attacks that are triggered by allergens (see the previous chapter), and the number of allergens (such as dust mites, tree pollen, molds, and animal dander) has been increasing steadily in today’s environment. In addition, many of us consistently

consume a high-sugar and high-fat inflammatory diet, and the nutritional deficiencies we experience alone can easily cause us to be more prone to any disease, including asthma. We also encounter immune-weakening toxins in our environment every day (including in our food); stress in our work and family lives; and air pollution in our cities—which, all together, bring about an increasing epidemic of asthma in our world.

What are the primary triggers for the wheezing, cough, shortness of breath, and chest tightness associated with asthma? Allergens are a primary cause: as such, asthma is essentially an “allergic reaction of the lungs.”³ Exercise may be a trigger, as can be tobacco smoke, burning wood, weather or climate changes, car exhaust fumes, stress in family life or at work, or even infections occurring in other parts of the body. Essentially asthma is a response of the immune system to any number of specific “triggers” and results in wheezing and being breathless. Of all of the triggers, an infection is one of the most common causes, and therefore, if you can maintain a strong and healthy immune system—and thus have fewer respiratory infections—you can have fewer asthma attacks as a result.

There are two basic forms of asthma: extrinsic and intrinsic. Extrinsic asthma is considered to be an allergic condition, which takes place when allergens to which a person is sensitive trigger the release of a chemical called histamine, which then causes an inflammatory response in the body. Intrinsic asthma, on the other hand, is triggered by such non-immune factors as physical exercise, emotional upset or stress, extreme heat or cold, chemical irritants or air pollutants, infections in the body (especially respiratory infections), aspirin, and food allergens, such as fish, seafood, eggs, nuts, milk, wheat, and soy.

As levels of air pollution increase, especially those immediately produced by cigarette smoke or perhaps a wood-burning stove, the frequency and severity of asthma attacks also increases. Tiny particles that can irritate lung tissue are present in wood smoke and in cigarette smoke, there are nitrogen oxides and toxic free radicals in the tar, which are then inhaled and become irritants. In addition to pollution and other toxins in the air asthma is closely linked to allergies. In fact, most, but not all, people with asthma also experience allergies.

Controlling Asthma

Your doctor can prescribe many helpful treatments and medications to help

control your asthma. But if you do suffer from this life-altering disease, you can also find benefits in natural therapies that boost your immune system and level out its inflammatory responses to allergic stimuli. Such natural remedies, along with simple ways to alleviate allergens in your home, can make a world of difference for asthma sufferers. And when taken in conjunction with your doctor's medication prescription, these additional treatments can provide a "double whammy" against the disease and have you feeling much better for longer periods of time.

Fill up on nutrients.

There are many nutrients that have a beneficial effect on the disease of asthma, and which should be taken daily to help improve asthmatic symptoms. These include magnesium, vitamins B₆ and B₁₂, vitamin C, vitamin D, vitamin E, selenium, molybdenum, beta-carotene, and quercetin. Here are some details about specific nutrients and natural treatments to help keep you breathing free and easy.

EXERCISE-INDUCED ASTHMA

Did you know that exercise can be a common trigger of asthma attacks? Exercise can even cause an asthma attack in people who have no other triggers and no other allergies and who do not experience asthma under any other circumstances. Interestingly it is thought that people with exercise-induced asthma are more sensitive to changes in the temperature and humidity of the air they are breathing. When you are at rest, you breathe through your nose, which warms, humidifies, and cleanses the air you inhale—thus making it more like the air in your lungs, and therefore easier to breathe.



However, when you are exercising, you usually breathe through your mouth, and as a result, the air that hits your lungs is colder and less humid. The contrast between the warmer air in the lungs and this colder, inhaled air (or even drier inhaled air and moist air in the lungs) can trigger an asthma attack.

Asthma cannot be cured, but it can be controlled through diet and medication. Fortunately in those with only exercise-induced asthma (EIA), maintenance therapy is often not required and medication can simply be taken before exercise. And happily, with appropriate treatment, almost everyone with EIA can enjoy the mental and physical benefits of exercise.

- *Vitamin D*: Vitamin D is a powerful tool in the fight against asthma. It balances the immune system, as well as prevents colds, flu, and pneumonia, which can exacerbate asthmatic symptoms. Vitamin D can even help asthmatics whose disease is not well managed with prednisone—a powerful and often dangerous drug that is not beneficial to remain on long-term.
- *Boswellia*: When taken at a dose of 300 milligrams, three times daily, this herb, which is also known as frankincense, acts as a powerful anti-inflammatory, reducing asthma symptoms within six weeks (and sometimes even within mere days of starting treatment).
- *Adrenal nutrients*: Prednisone is a common and powerful anti-inflammatory drug often used to treat asthma, but it is not a drug that should be maintained long-term. When the adrenal glands are strengthened through natural remedies, it can help control asthma to the point that prednisone may be lowered, even in severe cases. Nutrients that strengthen the adrenal glands include vitamin C, B₆, pantothenate, and licorice extract.
- *Lycopene*: At a dose of 30 to 45 milligrams daily, this antioxidant, which is found primarily in tomatoes, can be effective in preventing episodes of exercise-induced asthma (see earlier sidebar).

- *Omega-3 fatty acids:* These fatty acids, which are found primarily in fish, can be very helpful in controlling asthma in children, especially after environmental triggers have been removed as much as possible. Fish oil is especially prevalent in tuna, salmon, sardines, and other fatty fish, but it can also be taken in capsule or liquid form such as cod liver oil. Omega-3 fatty acids have also been shown to prevent asthma altogether. In one study children who ate fish more than once a week had one-third the risk of asthma compared with children eating lesser amounts of fish.
- *Thymus-supporting supplement:* There are many different types of supplements, including those with glandular tissue. The thymus gland regulates your immunity through the hormone thymulin, and it makes sense for asthma sufferers to boost their immunity as much as they can by using thymus extract for support. Any type of respiratory infection—including colds, the respiratory flu, or pneumonia—can trigger sensitive asthmatics to an episode. When you support your thymus gland, you support your asthma treatment! Therefore make sure you avoid all sucralose (Splenda), which has been shown to shrink the thymus gland.

Inhibit inflammation.

Inflammation is a primary enemy in the battle against asthma. Many asthmatics suffer from allergies to pollen and other airborne pollutants, and when these irritants are breathed into the lungs, the body's immune system reacts—defending you from “harm” by causing inflamed airways, thus causing labored breathing. A primary way to combat asthma is to combat the inflammatory process that is a result of the overreaction to allergens. Some evidence exists that antioxidants—especially vitamin C—help stop inflammation in the breathing passages of the lungs. “We know an asthma attack is inflammatory, and we know it produces a lot of oxygen radicals,” says Gary E. Hatch, PhD, a research pharmacologist and branch chief of the pulmonary toxicology branch of the Environmental Protection Agency. “So antioxidants should help.”⁴ To help prevent asthma attacks, try adding vitamins C and E and the mineral selenium to your diet, along with fatty fish, which has been proven to reduce inflammation

throughout the body.

Juice for good health.

There is a great deal of research that supports the idea that people who eat a great deal of fruits and vegetables have better lung function than those who do not. Vitamin C—as found in one glass of freshly made veggie juice per day—can increase lung capacity and diminish asthma symptoms significantly. Vitamin C is an antioxidant that helps to reduce inflammation, a common culprit in the disease of asthma. In one study conducted in Great Britain researchers compared the diets of 515 adults with asthma to 515 adults without the disease. Interestingly the more vitamin C the diet contained, the less risk there was that test subjects would contract symptomatic asthma.⁵

Super sources of vitamin C include citrus fruits and juices, red and green bell peppers, broccoli, brussels sprouts, parsley, dark leafy greens, and strawberries.

Ingest vitamin E.

Vitamin E is another vitamin that can drastically lower your risk of asthma. In one study conducted by Harvard University, among 75,000 nurses, those getting the most vitamin E were 47 percent less likely to have asthma.⁶

Because vitamin E is primarily found in cooking oils, it can be difficult to get the necessary amounts in your diet. However, by adding wheat germ (one serving contains nearly 17 percent of the recommended daily dose) to other foods, such as smoothies and meat loaf, you can increase your intake of vitamin E and cut down on your asthma symptoms. Vitamin E is also found in almonds, sunflower seeds, whole grains, asparagus, salmon, brown rice, and the vegetables spinach and kale, so load up on these foods when you can!⁷

Reduce your refined salt intake.

If you have asthma, it may be related to the sodium intake in your diet. Some research indicates that if you have the disease, a diet high in sodium chloride may actually worsen asthma symptoms. On the other hand, a lower-sodium diet may reduce the severity of exercise-induced asthma. A diet that contains more fruits and vegetables and less processed foods will naturally cause you to intake less salt, leading to a more healthy lifestyle overall.

You can use a little Celtic sea salt or pink Himalayan salt, which has a full complement of minerals, unlike refined salt.

[Fish your way to good health.](#)

Lastly, the local fish market may be one place to go to help reduce your asthma symptoms. Omega-3 fatty acids, commonly found in oily fish such as salmon, tuna, or sardines, helps to reduce inflammation symptoms in the lungs. In one large study conducted in Australia, in families where people ate very little oily fish, almost 16 percent of the children had asthma. However, in families where fish was frequently consumed, only 9 percent of the children had asthma. And even more significant: In families where no fish was consumed, the rate of asthma in children increased to a whopping 23 percent.⁸

[Nutrient Recommendations for Asthma Sufferers](#)

If you suffer from asthma, in addition to the dietary changes suggested, you should consider taking the following nutrients and supplements to reduce the number of asthma attacks you suffer.

1. *Antioxidants* including vitamins C and E, beta-carotene, and selenium. Yellow, orange, red, and dark green vegetables and fruit provide the most antioxidants.
2. *Essential fatty acids* (EFAs), especially eicosapentaenoic acid (EPA) and doco-sahexaenoic acid (DHA), two omega-3 fatty acids found in cold-water fish, are beneficial.
3. *Magnesium* as found in beetroot greens, spinach, parsley, dandelion greens, garlic, blackberries, beetroot, broccoli, cauliflower, carrots, and celery.
4. *Vitamin B₁₂ (cobalamin)* successfully aids children with asthma. The best food sources of vitamin B¹² are meat, poultry, and fish.
5. *Vitamin C* can cause an immediate decrease in airway constriction by reducing inflammation. Try eating more kale, parsley, broccoli, brussels sprouts, watercress, cauliflower, cabbage, strawberries, spinach, lemons, limes, turnips, and asparagus.
6. *Vitamin E* relaxes the smooth muscles of the lungs by reducing

the inflammatory effects of histamine. Add more spinach, watercress, asparagus, carrots, and tomatoes to your diet.

Juice Therapy for Asthma Sufferers

1. *Onion* juice reduces mucus in the respiratory tract.
2. *Parsley* juice can be toxic in overdose, so be sure to ingest only one-half cup juiced per day to treat asthma symptoms. Pregnant women should avoid parsley altogether.
3. *Radish* juice is another good remedy for asthma.

BEST TIPS for MAKING FRESH JUICES and SMOOTHIES

EVERY TIME YOU pour a glass of juice, picture a big vitamin-mineral cocktail with a wealth of nutrients that promote adrenal health and vitality. The veggies are broken down into an easily absorbable form that your body can use—right away. This food doesn't have to go through a big process of breaking everything down. So it goes to work in your body to give you energy and renew you right down to your cells. It also spares your organs all the work it takes to digest food, and that equates to more energy. It detoxifies your body as well because it's rich in antioxidants, so that lightens your toxic load, and the body doesn't have to work so hard to deal with all the toxic stuff coming from the environment.

The Nutritional Components of Fresh Juice

In addition to water and easily absorbed protein and carbohydrates, juice also provides essential fatty acids, vitamins, minerals, enzymes, biophotons, and phytonutrients. And researchers are continuing to explore how the nutrients found in juice help the body heal and shed unwanted pounds. The next time you make a glass of fresh juice, this is what you'll be drinking:

Protein

When you think of protein sources, does juice ever come to mind? Probably not, but surprisingly it does offer more than you might think. We use protein to

form muscles, ligaments, tendons, hair, nails, and skin. Protein is needed to create enzymes, which direct chemical reactions, and hormones, which guide bodily functions. Fruits and vegetables contain lower quantities of protein than animal foods such as muscle meats and dairy products. Therefore they are thought of as poor protein sources. But juices are concentrated forms of vegetables and fruit and so provide easily absorbed amino acids, the building blocks that make up protein. For example, 16 ounces of carrot juice (2 to 3 pounds of carrots) provide about 5 grams of protein (the equivalent of about one chicken wing or 2 ounces of tofu). Vegetable protein is not complete protein, so it does not provide all the amino acids your body needs. In addition to lots of dark leafy greens, you'll want to eat other protein sources, such as sprouts, legumes (beans, lentils, and split peas), nuts, seeds, and whole grains. If you're not vegan, you can add eggs and free-range, grass-fed muscle meats such as chicken, turkey, lamb, and beef along with wild-caught fish.

Carbohydrates

Vegetable and fruit juices contain carbohydrates. Carbs provide fuel for the body, which uses it for movement, heat production, and chemical reactions. The chemical bonds of carbohydrates lock in the energy a plant takes up from the sun, and this energy is released when the body burns plant food as fuel. There are three categories of carbs: simple (sugars), complex (starches and fiber), and fiber. Choose more complex carbohydrates than simple carbs in your diet. There are more simple sugars in fruit juice than vegetable juice, which is why you should juice more vegetables and in most cases drink no more than 4 ounces of fruit juice a day. Both insoluble and soluble fibers are found in whole fruits and vegetables, and both types are needed for good health. Who said juice doesn't have fiber? Juice has the soluble form—pectin and gums, which are excellent for the digestive tract. Soluble fiber also helps to lower blood cholesterol levels, stabilize blood sugar, and improve good bowel bacteria.

Essential fatty acids

There is very little fat in fruit and vegetable juices, but the fats juice does contain are essential to your health. The essential fatty acids (EFAs)—linoleic and alpha-linolenic acids in particular—found in fresh juice function as components of nerve cells, cellular membranes, and hormonelike substances called prostaglandins. They are also required for energy production.

Vitamins

Fresh juice is loaded with vitamins. Vitamins take part, along with minerals and enzymes, in chemical reactions. For example, vitamin C participates in the production of collagen, one of the main types of protein found in the body. Fresh juices are excellent sources of water-soluble vitamins such as C; many of the B vitamins and some fat-soluble vitamins such as vitamin E; the carotenes, known as provitamin A (they are converted to vitamin A as needed by the body); and vitamin K. They also come packaged with cofactors, such as vitamin C with bioflavonoids. The cofactors and vitamins help each other be more effective.

Minerals

Fresh juice is loaded with minerals. There are about two dozen minerals that your body needs to function well. Minerals, along with vitamins, are components of enzymes. They make up part of bones, teeth, and blood tissue, and they help maintain normal cellular function.

The major minerals include calcium, chloride, magnesium, phosphorus, potassium, sodium, and sulfur. Trace minerals are those needed in very small amounts, which include boron, chromium, cobalt, copper, fluoride, manganese, nickel, selenium, vanadium, and zinc.

Minerals occur in inorganic forms in the soil, and plants incorporate them into their tissues. As a part of this process, the minerals are combined with organic molecules into easily absorbable forms, which make plant food an excellent dietary source of minerals. Juicing is believed to provide even better mineral absorption than whole vegetables because the process of juicing liberates minerals into a highly absorbable, easily digestible form.

Enzymes

Fresh juices are chock-full of enzymes—those “living” molecules that work with vitamins and minerals to speed up reactions necessary for vital functions in the body. Without enzymes we would not have life in our cells. Enzymes are prevalent in raw foods, but heat such as cooking and pasteurization destroys them. All juices that are bottled, even if kept in store refrigerators, have to be pasteurized. Heat temperatures for pasteurization are required to be far above the limit of what would preserve the enzymes and vitamins.

When you eat and drink enzyme-rich foods, these little proteins help break down food in the digestive tract, thereby sparing the pancreas, small intestine,

and stomach—the body’s enzyme producers—from overwork. This sparing action is known as the “law of adaptive secretion of digestive enzymes.” According to this law, when a portion of the food you eat is digested by enzymes present in the food, the body will secrete less of its own enzymes. This allows the body’s energy to be shifted from digestion to other functions such as repair and rejuvenation. Fresh juices require very little energy expenditure to digest, and that is one reason people who start consistently drinking fresh juice often report that they feel better and more energized right away.

Phytochemicals

Plants contain substances that protect them from disease, injury, and pollution. These substances are known as phytochemicals. *Phyto* means “plant,” and chemical in this context means “nutrient.” There are tens of thousands of phytochemicals in the foods we eat. For example, the average tomato may contain up to ten thousand different types of phytochemicals, the most famous being lycopene.

Phytochemicals give plants their color, odor, and flavor. Unlike vitamins and enzymes, they are heat stable and can withstand cooking. Researchers have found that people who eat the most fruits and vegetables, which are the best sources of phytochemicals, have the lowest incidence of cancer and other diseases. Drinking freshly made vegetable juices gives you these vital substances in a concentrated form.

Biophotons

There’s one more substance, more difficult to measure than the others, that’s present in raw foods. It is being studied scientifically in tubes and is named biophotons. It’s light energy that the plants absorb from the sun, and it is found in the living cells of raw foods such as fruits and vegetables. Photons have been shown to emit coherent light energy when uniquely photographed (using Kirlian photography). This light energy is believed to have many benefits when consumed; one in particular is thought to aid cellular communication. Biophotons feed the mitochondria of the cells, which produce ATP—our body’s energy fuel. Biophotons are also believed to contribute to our energy, vitality, and a feeling of vibrancy and well-being.

Frequently Asked Questions

Now that you know why juice is so effective for good health, you may have some questions about juicing. Below I will address some of the questions I am most commonly asked about juicing.

Why juice? Why not just eat the fruits and vegetables?

Though I always tell people to eat their vegetables and fruit, there are at least three reasons juice is important and should also be included in the diet. First, we can juice far more produce than we would probably eat in a day. It takes a long time to chew raw veggies. Chewing is a very good thing. I highly encourage it. However, we have only so much time for chewing raw foods. One day I timed how long it would take for me to eat five medium-size carrots. (That's what I often juice along with cucumber, lemon, ginger root, beet, kale, and celery.) It was about fifty minutes of chewing. Not only do I not have that kind of time every day, but also my jaw was so tired afterward that I could hardly move it.

Secondly, we can juice parts of the plant we would not normally eat, such as stems, leaves, and seeds. I juice things I know I would rarely or never eat, such as beet stems and leaves, celery leaves, the white pithy part of the lemon with the seeds, asparagus stems, broccoli stems, the base of cauliflower, kohlrabi leaves, radish leaves, and ribs of kale.

Thirdly, juice is broken down, so it spares digestion. It is estimated that juice is at work in the system in about twenty to thirty minutes after it is consumed. When we have ailments, juice is therapy for this very reason. When the body has to work hard to break down veggies, for example, it can spend a lot of energy on the digestive process.

Juicing does the work for you. So when you drink a glass of fresh juice, all those life-giving nutrients can go to work right away to heal and repair your body, giving it energy for its work of rejuvenation.

JUICING RECOMMENDATIONS FOR DIABETICS AND PREDIABETICS

I've often heard people say they can't juice because they have diabetes. You can juice vegetables if you have sugar metabolism problems, but you should choose low-sugar veggies and only low-sugar fruits such as lemons, limes, and cranberries. Carrots and

beets would be too high in sugar. You could add one or two carrots to a juice recipe or a very small beet or part of a beet, but they should be diluted with cucumber juice and dark leafy greens. You may use cranberries, lemons, and limes, but other fruits are higher in sugar and should be avoided. Berries are low in sugar, especially blueberries, and can be added to juice recipes.

Green apples are lower in sugar than yellow or red apples. But I don't recommend that you use even green apples unless you have your blood sugar under control. Keep your juices very low in sugar.



I've worked with people who have reversed their diabetes by juicing low-sugar vegetables and eating many more living foods, along with a low-glycemic, high-fiber diet.

SPRINKLE CINNAMON IN YOUR JUICE

Researchers have suggested that people with diabetes may see improvements by adding $\frac{1}{4}$ to 1 teaspoon of cinnamon to their food. A twelve-week London study involved fifty-eight type 2 diabetics. After twelve weeks on 2 grams (about $\frac{1}{2}$ teaspoon) of cinnamon per day, study subjects had significantly lowered blood sugar levels, as well as significantly reduced blood pressures.¹

Don't we need the fiber that's lost in juicing?

It's true that we need to eat whole vegetables, fruit, sprouts, legumes, and whole grains for fiber. We drink juice for the extra nutrients; it's better than any vitamin pill. And for weight loss I recommend vegetable juices for appetite control. I also recommend juice as therapy. I cover more than fifty different

ailments in my book *The Juice Lady's Guide to Juicing for Health* that can be improved with juice therapy, diet, and nutrients. Whole fruits and vegetables have insoluble and soluble fiber. Both types of fiber are very important for colon health. It's true that the insoluble fiber is lost when you juice. However, soluble fiber is present in juice in the form of gums and pectins. Soluble fiber is excellent for the digestive tract. It also helps to lower blood cholesterol, stabilize blood sugar, and improve good bowel bacteria. Don't worry about the fiber that is lost when you juice. Think about all the extra nutrition you are getting. Fresh juice is one of the best vitamin-mineral cocktails you could drink. You may not need as many nutritional supplements when you juice, so that could save you money in the long run. Drink your juice as a smart addition to your high-fiber diet.

Are most of the nutrients lost with the fiber?

In the past some groups have thought that a significant amount of nutrients remained in the fiber after juicing, but that theory has been disproved. The US Department of Agriculture analyzed twelve fruits and found that 90 percent of the antioxidant nutrients they measured was in the juice rather than the fiber.² This makes fresh juice a great supplement in the diet.

Is fresh juice better than commercially processed juice?

Fresh juice is "live food" with a full complement of vitamins, minerals, phytochemicals, and enzymes. It also contains biophotons that revitalize the body. You feel better when you drink fresh juice! In contrast, commercially processed canned, bottled, frozen, or packaged juices have been pasteurized, which means the juice has been heated and many of the vitamins and enzymes have been killed or removed. And the light energy is virtually gone. If you look at a Kirlian photograph of a cooked vegetable or a pasteurized glass of juice, you'll see very little "light" or no light emanating from them. This means the juice will have a longer shelf life, but it won't give your body life.

Making your own juice also allows you to use a wider variety of vegetables and fruit you might not otherwise eat, such as kale, beets with leaves and stems, lemon with the white part, stems, seeds, and chunks of ginger root. Some of my recipes include Jerusalem artichokes, jicama, green cabbage, celery leaves, asparagus stems, broccoli stems, kale, and parsley. These sweet, crisp tubers and healthy greens are not found in most processed juices.

How long can fresh juice be stored?

The sooner you drink fresh juice after you make it, the more nutrients you'll get. However, you can store juice and not lose too many nutrients by keeping it cold in an insulated container or covered in the refrigerator. You can also freeze it. Many busy moms are choosing to make a large batch of juice on the weekends and freeze it in individual containers.

On a personal note, when I had chronic fatigue syndrome, I would juice in the afternoons when I had the most energy and store the juice covered in the refrigerator and drink it for the next twenty-four hours until I juiced my next batch. I got well doing that.

How much produce is needed to make a glass of juice?

People often ask me if it takes a basket of produce to make a glass of juice. Actually, if you're using a good juicer, it takes a surprisingly small amount. For example, the following items yield about one 8-ounce glass of juice: five to seven large carrots or one large cucumber. The following each yield about 4 ounces of juice: one large apple, three to four large (13-inch) ribs of celery, or one large orange. The key is to get a good juicer that yields a dry pulp. I've used juicers, even expensive models, that ejected very wet pulp. When I ran the pulp through the juicer again, I got more juice and the pulp was still wet. If the rotation speed (RPM) is too high or the juicer is not efficient in other ways, you will waste a lot of produce.

Will juicing cost lots of money?

If you were to crunch the numbers, you would find that the cost of a glass of juice is less than a latte. With three or four carrots, half a lemon, a chunk of ginger root, two ribs of celery, three or four green leaves, and half a cucumber, you will probably spend two dollars to three and a half dollars, depending on the season, the area of the country you live in, and the store where you purchase your produce. But wait—there are also hidden savings. You may not need as many vitamin supplements.

What's that worth? And you'll probably need far fewer over-the-counter medications such as painkillers; sleeping aids; antacids; laxatives; and cold, cough, and flu medications. That's a whopping savings! And then there's time not lost from work. What happens when you run out of sick days? Or if you're self-employed, you've missed out on income each day you're sick. With the

immune-building, disease-fighting properties of fresh juice, you should stay well all year long.

The Basics of Juicing

Juicing is a very simple process. Simple as the procedure is, though, it helps to keep a few guidelines in mind to obtain the best results.

- *Wash all produce before juicing.* Fruit and vegetable washes are available at many grocery and health food stores. Or you can use hydrogen peroxide and then rinse. Cut away all moldy, bruised, or damaged areas of the produce.
- *Always peel oranges, tangerines, tangelos, and grapefruit* before juicing, because the skins of these citrus fruit contain volatile oils that can cause digestive problems such as stomachaches. Lemon and lime peels can be juiced, if organic, but they do add a distinct flavor that is not one of my favorites for most recipes. I usually peel them. Leave as much of the white pithy part on the citrus fruit as possible, though, since it contains the most vitamin C and bioflavonoids. Bioflavonoids work with vitamin C; they need each other to create the best uptake for your immune cells. Always peel mangoes and papayas since their skins contain an irritant that is harmful when eaten in quantity.

I also recommend that you peel all produce that is not labeled organic even though the largest concentration of nutrients is in and next to the skin. For example, nonorganic cucumbers are often waxed, trapping the pesticides. You don't want the wax or pesticides in your juice. The peels and skins of sprayed fruits and vegetables contain the largest concentration of pesticides.

- *Remove pits, stones, and hard seeds* from fruits such as peaches, plums, apricots, cherries, and mangoes. Softer seeds from cucumbers, oranges, lemons, limes, watermelons, cantaloupes, grapes, papayas, and apples can be juiced without a problem. Because of their chemical composition, large quantities of apple seeds should not be juiced for young children under the age of

two, but they should not cause problems for older children and adults.

- *The stems and leaves of most produce can be juiced.* Beet stems and leaves, strawberry caps, celery leaves, radish leaves, and small grape stems are all fine to juice, and they offer nutrients. Discard larger grape stems, as they can dull the juicer blade. Also remove carrot tops and rhubarb greens because they contain toxic substances. Cut off the ends of carrots since this is the part that molds first.
- *Cut fruits and vegetables into sections or chunks* that will fit into your juicer's feed tube. You'll learn from experience what can be added whole and what size chunks work best for your machine. If you have a large feed tube, you won't have to cut up a lot of produce.
- *Some fruits and vegetables don't juice well.* Most produce contains a lot of water, which is ideal for juicing. The vegetables and fruits that contain less water, such as bananas and avocados, will not juice well. They can be used in smoothies and cold soups by first juicing other produce, then pouring the juice into a blender and adding the avocado, for example, to make a raw soup or green smoothie. Mangoes and papayas will juice but make a thicker juice.
- *Drink your juice as soon as you can* after it's made. If you can't drink the juice right away, store it in an insulated container such as a thermos or another airtight, opaque container and in the refrigerator if possible. You can store juice for up to twenty-four hours. Light, heat, and air will destroy nutrients quickly. Be aware that the longer juice sits before you drink it, the more nutrients are lost. You can also freeze the juice. If juice turns brown, it has oxidized and lost a large amount of its nutritional value; it is not good to drink it at this point as it may be spoiled. Melon and cabbage juice do not store well; drink them soon after they've been juiced.
- When I was very sick with chronic fatigue syndrome, I had only enough energy to juice once a day. I would store some of the

juice for up to twenty-four hours. I got well doing that, so I know the juice had plenty of nutrients even in the stored amount.

LIVING FOODS INCREASE VITALITY and BETTER HEALTH

LIVING FOODS ARE a great weapon against the ravages of allergies and asthma. Unlike those prepackaged, nutrient-depleted snacks, living foods “love you back” by giving you a plethora of life-giving nutrients. That equates to higher energy levels, weight loss, detoxification, mental clarity, increased vitality, and fewer allergic or asthmatic episodes. Eating a wide variety of produce gives you a powerhouse of vitamins, minerals, enzymes, phytonutrients, and biophotons. Raw foods, which are rich in antioxidants, also help the body remove toxins, thus helping to keep you from getting ill.

A diet that is made up of 60 to 80 percent raw foods is a live foods diet, because the majority of the foods are eaten in their natural state. Eating living foods, especially vegetables, sprouts, wild greens, fruits, nuts, and seeds, is the healthiest for the human body. Truly they can transform you from the inside out.

Raw juices and living foods are packed with a cornucopia of nutrients, including biophotons—those light rays of energy the plants get from the sun. When we cook food, those beautiful rays of energy are destroyed or shrink way down. Professor Fritz-Albert Popp and Dr. H. Niggli are two researchers who have found that the light energy in biophotons is an important aspect of food. The more *light* a food is able to store, the more beneficial the food is to your body. Naturally grown fruits and vegetables that are ripened in the sun are strong sources of light energy. Numerous minute particles of light—biophotons, the smallest units of light—make their way into our cells when we eat these foods. They provide our bodies with important information and they control complex processes such as ordering and regulating our cells.¹

Biophotons help to fix errors that have taken place within the body,² causing you to start feeling better, lighter, and more energized as time goes on. Your sleep improves, and you may need less of it. Your mind becomes more alert and creative, and your body comes to life. Your metabolism also ramps up, and you burn more calories helping you get fit with greater ease. In the process your overall health improves. Symptoms of poor health, ailments, allergies, asthma, and other chronic diseases begin to heal. Your whole life changes!

How Living Foods Love You Back

1. *Alkalinity*: Most Americans are slightly acidic because most of the American diet (animal products, grains, sugar and sweets of all kinds, coffee, black tea, sodas, sports drinks, and junk food) is acidic or turns acidic when it's digested. This causes a host of problems from weight gain to joint pain. The body tends to store acid in fat cells to protect delicate organs and tissues. It will hold on to fat cells; it will even make more fat cells to protect you. But a living foods diet, which is dominated with fresh vegetables, vegetable juices, fruit, sprouts, seeds, and nuts, provides an abundance of alkalinity. This neutralizes the acids, and the body can let go of fat cells. Many people report that their bodies also got rid of pain—all sorts of pain throughout the body—when they began juicing and eating a living foods diet.
2. *Hydration*: One of the things lost when you cook food is the water content. Our bodies are about 70 percent water. Live foods contain plenty of water. Approximately 85 percent of many fruits and vegetables is water, so eating raw fresh produce is a wonderful way to obtain water. Plenty of water in our system equates to enzymes being able to carry out their metabolic work, and the easier it is for vitamins and minerals to be assimilated into our cells. The more live energy the water holds in the form of biophotons, the better the individual cells function and the higher the quality of your health.
3. *Superior protein*: Though not a complete protein, raw plants offer quality amino acids. Cooking denatures the proteins in our

food—they coagulate, making them difficult to assimilate. The heat disorganizes their structure, leading to deficiencies of some of the essential amino acids, whereas eating live foods offers amino acids in their best state.

4. *Abundant vitamins:* Many vitamins are destroyed when food is cooked or processed.
5. *Biophotons:* Plants release biophotons, which can only be measured by special equipment developed by German researchers.³ These light rays of energy that plants take in from the sun energize our bodies and help our cells communicate more effectively.
6. *Greater strength, energy, and stamina:* Dr. Karl Elmer experimented with a raw food diet for top athletes in Germany. He saw improvement in their performance when they changed to an entirely raw food diet.⁴ After eating raw food, rather than feeling fatigued or sleepy, most people feel energized. Also, most people eating a high raw food diet experience a more restful sleep and require less of it.
7. *Better mental performance:* Your memory and concentration should be clearer. You should be more alert, more creative, and think more logically.
8. *Improved digestion due to more enzymes:* Enzymes are important because they are the catalysts of nearly every chemical reaction in our bodies. Vitamins and hormones need enzymes to do optimal work. Live foods contain a good mix of food enzymes. But when food is heated above 118 degrees, enzymes are destroyed, which forces our digestive system to work harder than it should. This can result in partially digested fats, proteins, and starches. When our diet is rich in enzymes, it spares our enzyme-producing organs extra work. That equates to better digestion and more energy.
9. *Reduced risk of disease:* A diet rich in raw vegetables and fruit has been shown to lower your risk of cancer and other diseases. Also, according to a study published in the *British Medical*

Journal, eating fresh produce on a daily basis has been shown to reduce your chance of death from heart attacks and related problems by as much as 24 percent.⁵

How to Shop for Living Foods

1. *Choose real, whole food.* These are the foods that are closest to their natural form and, therefore, retain the most nutrient value and deliver the highest health benefits. They are picked after they've ripened, and they are rich in flavor. They retain natural diversity of taste. They have full nutrient and antioxidant content. And if they are organically grown, seasonal, and local foods, they are the healthiest choices possible.
2. *Opt for the freshest fruit, vegetables, and legumes you can find.* Choose food items that have been grown organically to avoid toxic pesticides and to get increased nutrition. Buy from local growers whenever possible, because that produce is fresher than anything trucked in from other locations.
3. *Choose organic produce.* Organic produce doesn't have the many pesticides known or suspected to cause brain and nervous system damage, cancer, disruption of the endocrine and immune systems, and a host of other toxic effects resulting from pesticides that are in our food supply. Studies have also shown that organic produce completely surpasses conventional produce in nutritional content.⁶ When choosing organically grown foods, look for labels that are marked *certified organic*. This means the produce has been cultivated according to strict uniform standards that are verified by independent state or private organizations. Certification includes inspection of farms and processing facilities, detailed record keeping, and pesticide testing of soil and water to ensure that growers and handlers are meeting government standards.
4. *Support your local farms and farmers who sell their produce at farmers markets, local markets, and home deliveries.* Many of the smaller farms can't promote their wares as "organic," but if

you talk with them, you'll learn that they don't use pesticides or chemical fertilizers; they just can't afford to get certified as organic. Buying your produce from a local source is also the best way to insure freshness. The fresher the vegetables and fruit, the more biophotons you'll be receiving.

5. *Completely avoid irradiated foods.* Nonorganic vegetables, meats, and other products have been irradiated for years. Irradiation (exposure to radiation in very high levels) kills insects and other bugs that may have crawled into foods before being shipped to the grocery store. Irradiation has been shown to produce chromosome damage, and causes nutrient destruction.⁷ Food growers and manufacturers must put the irradiation symbol (radura, which is a green flower within a circle) on the label that the food is irradiated, so avoidance of irradiated foods is possible if you shop carefully.



6. *Say no to genetically modified (GM) plant varieties that have been modified for herbicide tolerance and pest tolerance.*⁸ When trying to avoid the top GM crops, you'll need to watch out for maltodextrin, soy lecithin, soy oil, textured vegetable protein (soy), canola oil, corn products, and high-fructose corn syrup. Other GM crops to avoid include some varieties of zucchini,

crookneck squash, papayas from Hawaii, aspartame (NutraSweet), milk containing rbGH, and rennet (containing genetically modified enzymes) used to make hard cheeses. We must become informed consumers and careful shoppers. We can look at the labels of packaged products to see if they contain corn flour or cornmeal, soy flour, cornstarch, textured vegetable protein (TVP), corn syrup, or modified food starch. Check labels of soy sauce, tofu, soy beverages, soy protein isolate, soy milk, soy ice cream, soy cheese, margarine, and soy lecithin, among dozens of other products. Another hidden danger regarding GMO foods is the splicing of different genes into foods. You might have a peanut gene with a tomato. The unsuspecting consumer could have an attack by eating a food that never posed a problem before. If it doesn't say organic or non-GMO, don't buy it; the chances are strong that they are GMO. To shop smart, see the Non-GMO Shopping Guide, created by the Institute for Responsible Technology, at www.nongmoshoppingguide.com.

7. *Wise up about red meat.* Not all red meat is created equal. In addition to being higher in omega-3 fats and CLA, meat from grass-fed animals is also higher in vitamin E. In fact, studies show the meat from pastured cattle is four times higher in vitamin E than meat from feedlot cattle and, interestingly, almost twice as high as the meat from feedlot cattle given vitamin E supplements. That's beneficial, in that vitamin E is linked with a lower risk of heart disease, asthma, and cancer.⁹ Grass-fed beef is also lower in total fat and particularly the saturated fats linked to heart disease. It's also higher in beta-carotene, the B vitamins thiamine and riboflavin, and the minerals calcium, magnesium, and potassium.

8. *Know the difference between pastured poultry versus free-range or commercial fowl.* Pasture-raised poultry are far healthier than commercial-raised fowl. Pastured poultry are chickens, turkey, ducks, and geese that are raised in bottomless cages or pens outside or on grass where they can peck and scratch at the ground and hunt for bugs and seeds along with their grain. Sometimes they are mistakenly called free-range

chickens, but free-range birds are still kept in confinement; they are just allowed to move about inside their buildings, which are often very crowded so “roaming” is not really possible. When you choose pasture-raised chicken, you avoid hormones, antibiotics, and drugs, which may pose immunological effects and cancer risks for consumers.¹⁰ Commercial poultry are also often fed trace amounts of arsenic in their feed to stimulate their appetites so they’ll fatten quickly for market. Traces of arsenic can be found in the meat we buy.¹¹

9. *Look for eggs from chickens that are raised cage-free on pasture, without hormones, and fed an organic diet that includes green grass.* Eggs from pastured hens contain all eight essential amino acids and are a rich source of essential fatty acids. They also contain considerably more lecithin (a fat emulsifier) than cholesterol. Additionally, eggs from hens bred outdoors have four to six times more vitamin D than eggs from hens bred in confinement.¹² Pastured hens are exposed to direct sunlight, which is converted to vitamin D and passed on to the eggs. And the eggs are rich in sulfur and glutathione as well. For organic pastured eggs, look to co-ops and natural food markets; also seek out local producers, farmers, and homesteaders who pasture their poultry in movable pens or let them roam free.

10. *Buy only wild-caught fish—meaning caught with a boat and hook or net.* The other option is ranched or farm-raised fish, which you should avoid. Farm-raised fish are housed within small pens that are set up in the ocean or in small ponds. The fish are often kept in overcrowded conditions that increase their risk of infection and disease. Farm-raised fish do not have the essential fatty acids that wild-caught fish offer and that are so important for our health. When it comes to animal fat, wild-caught fish are a good source of the healthy omega-3 fatty acids, especially cold-water fish such as salmon, mackerel, and trout. Also, the smaller the fish, the less mercury and other heavy metals that will be stored in the flesh and fat.

How to Cook Living Foods to Reduce Allergies and Asthma

It has been found that radiation exposure can weaken the immune system and cause health-related problems such as cancer and degenerative diseases. It may also cause ailments such as “persistent cough, headaches, sleep disturbances, and gastrointestinal dysfunction,” notes Dr. J. D. Decuyper. She has observed that respiratory illnesses such as asthma, bronchitis, chronic cough, and allergies have been increasing since the late 1970s, which prompted her to do her own investigation on radiation in our food.¹³

Though there are numerous ways that we are exposed to radiation, there are two ways that it enters our food—microwave ovens and irradiation of food. Radiating food in a microwave oven is convenient, and many people use their microwave daily. But studies have shown that it may negatively impact the nutrition of the food, and it may be harmful to the people who eat it.

While the dangers of using microwave ovens are still embroiled in battle and controversy, it is highly recommended that you not use a microwave at all—even for heating water. I recommend that you only use your stovetop, oven, toaster oven, countertop grill, or convection oven. Recently a friend sent an e-mail to me about a woman who conducted a home experiment with two similar plants. She watered one with cooled microwaved water and the other with tap water. The microwave-watered plant died rather quickly.

Choosing organic living foods, which means raw or dehydrated and whole foods, feeds the body superior nutrition and does not stress the body with toxins from preservatives, pesticides, and fillers. The nutrients they provide support the immune system, adrenal glands, and nervous system, all of which affect a person’s allergic and asthmatic responses. Also avoiding foods you are sensitive to, such as wheat, dairy, soy, sweets, and corn will remove stress from your body and allow your immune system to function more effectively. Purchase high-quality whole foods, and you will be investing in your health—one of the best investments you can make.

7

JUICE, SMOOTHIE, and LIVING FOOD RECIPES to ALLEVIATE ALLERGIES and ASTHMA

Juices

Allergy Relief

Parsley is a traditional remedy for allergic reactions. You need to juice a bunch as soon as possible after a reaction occurs. It can help open airways when sipped.

1 bunch parsley

2 celery stalks

1–2 carrots, scrubbed well, tops removed, ends trimmed

1 lemon, peeled if not organic

½ cucumber, peeled if not organic

Cut produce to fit your juicer's feed tube. Juice all ingredients and stir. Pour into a glass and drink as soon as possible. Serves 1.

Asthma Helper

Radish is a traditional remedy for asthma.

5 carrots, scrubbed well, tops removed, ends trimmed

5–6 radishes with leaves
1 green apple
½ lemon, peeled if not organic

Cut produce to fit your juicer's feed tube. Juice all ingredients. Stir and pour into a glass. Serve at room temperature or chilled, as desired.
Serves 1.

Congestion Helper

In Chinese medicine, mustard greens provide what's known as "hot energy," which is good for congestion and poor circulation.

3 carrots, scrubbed well, tops removed, ends trimmed
2 ribs of celery with leaves
2–3 mustard leaves
1 cucumber, peeled if not organic
1 apple (green is lower in sugar)

Cut produce to fit your juicer's feed tube. Juice carrots and celery. Roll mustard leaves and place in juicer. Push the greens through with the cucumber and apple. Stir the juice and drink as soon as possible.
Serves 1–2.



Healthy Sinus Solution

Radish juice is a traditional remedy to open up the sinuses and support mucous membranes. The best sinus healer is a liver cleanse.

2 tomatoes

6 radishes

1 lime, peeled if not organic

½ cucumber, peeled if not organic

Cut produce to fit your juicer's feed tube. Juice all ingredients and stir. Pour into a glass and drink as soon as possible. Serves 1.

Immune Builder

Studies show that garlic has a compound that has a natural antibiotic-like effect. It is antibacterial, antifungal, antiparasitic, and antiviral, but it must be consumed raw to have this effect. So juice it up for your immune system.

1 handful watercress
1 turnip, scrubbed, tops removed, and ends trimmed
3 carrots, scrubbed well, tops removed, and ends trimmed
1 to 2 garlic cloves
½ green apple such as Granny Smith or pippin

Bunch up the watercress. Cut produce to fit your juicer's feed tube. Tuck the watercress in the feed tube and push through with the turnip. Juice the remaining ingredients, finishing with a carrot. Stir the juice, pour into a glass, and drink as soon as possible. Serves 1.

Liver Life Tonic

Dandelion juice is a traditional remedy for cleansing the liver.

1 handful of dandelion greens
3–4 carrots, scrubbed well, tops removed, ends trimmed
1 cucumber, peeled
1 lemon, peeled

Bunch up dandelion greens. Cut produce to fit your juicer's feed tube. Tuck the greens in the feed tube and push through with a carrot. Juice the remaining ingredients. Stir the juice, pour into a glass, and drink as soon as possible. Serves 1.

Lung Rejuvenator

Turnip juice has been used as a traditional remedy to strengthen lung tissue.

1 handful of watercress
1 dark green lettuce leaf
1 small turnip, scrubbed well, tops removed, ends trimmed

2-inch-thick chunk of jicama, scrubbed well or peeled
2–3 carrots, scrubbed well, tops removed, ends trimmed
1 garlic clove with peel
½ lemon, peeled if not organic

Bunch up watercress and roll in lettuce leaf; push through juicer slowly. Cut produce to fit your juicer's feed tube. Juice all remaining ingredients. Stir the juice, pour into a glass, and drink as soon as possible. Serves 1.



Perky Parsley

1 bunch of parsley
2 dark green lettuce leaves
3 carrots, scrubbed well, tops removed, ends trimmed

- 2 ribs of celery with leaves
- 1 cucumber, peeled if not organic
- 1 lemon, peeled if not organic

Cut produce to fit your juicer's feed tube. Wrap parsley in lettuce leaves and push through juicer slowly. Juice remaining ingredients and stir. Pour into a glass and drink as soon as possible. Serves 1–2.

Spinach Power Up

- ½ cucumber, peeled if not organic
- 1 small handful of parsley
- 1 green lettuce leaf
- 3 carrots, scrubbed well, tops removed, ends trimmed
- 2 ribs of celery with leaves
- ½ beet, scrubbed well, with stem and leaves
- ½ lemon, peeled if not organic

Cut produce to fit your juicer's feed tube. Start with cucumber; then wrap parsley in lettuce leaf and push through the machine slowly. Juice all remaining ingredients and stir. Pour into a glass and drink as soon as possible. Serves 1–2.

Spring Veggie Tonic

Asparagus is a natural diuretic that helps flush toxins from the body and promotes kidney cleansing. This juice is a great tonic for the kidneys, and it is a great way to use up asparagus stems.

- 1 tomato
- 1 cucumber, peeled if not organic
- 8 asparagus stems
- 1 lemon, peeled if not organic

Cut produce to fit your juicer's feed tube. Juice all ingredients and stir. Pour into a glass and drink as soon as possible. Serves 1–2.

The Morning Energizer

3–4 carrots, scrubbed well, tops removed, ends trimmed
1 cucumber, peeled if not organic
1 small beet, scrubbed well, with stems and leaves
1 lemon, peeled
1-inch chunk ginger root, peeled
½ green apple

Cut the produce to fit your juicer's feed tube. Juice all ingredients and stir. Pour into a glass and drink as soon as possible. Serves 1–2.

Twisted Ginger

4 carrots, scrubbed well, green tops removed, ends trimmed
1 handful parsley
1 lemon, peeled
1 apple
2-inch piece fresh ginger root, peeled

Cut produce to fit your juicer's feed tube. Juice ingredients and stir. Pour into a glass and drink as soon as possible. Serves 1–2.

Wheatgrass Light

1 green apple, washed
1 handful wheatgrass, rinsed
½ lemon, peeled

2–3 sprigs mint, rinsed (optional)

Cut produce to fit your juicer's feed tube. Start with the apple and juice all the ingredients and stir. Pour into a glass and drink as soon as possible. Serves 1.



Teas

Healing Tea

This tea is very good for sore throat, cold, flu, and infections.

2-inch-chunk fresh ginger root, juiced

Juice of ½ medium lemon, peeled if not organic

2 cups purified water

1 Tbsp. loose licorice tea or 1 licorice herbal tea bag (optional)

4–5 whole cloves

1 cinnamon stick, broken

Dash cardamom

Dash nutmeg

Place all ingredients in a saucepan and simmer for about ten minutes. Strain and drink while warm. Serves 1.

Harmonize Energy Tea

- 1 Tbsp. rose hips
- 1 Tbsp. chicory root
- 1 Tbsp. chamomile
- 1 Tbsp. red clover
- 1 Tbsp. rose buds

Bring three cups of water to boil in a pot. Place the roots and berries in first, reduce the heat and simmer, covered, for 10 min. Add the leaves and flowers, turn the heat off, and let steep, covered, for another 10 min. Strain and drink through the day. Each tea blend can be used twice.

Smoothies

Calcium Booster

Kale is packed with calcium in a form that is assimilated by the body far better than the calcium in dairy products—and that's a great bonus for your bones!

- 1 cucumber, peeled if not organic
- 1 cup chopped kale
- 2 pears (Asian or Bartlett)
- 1 avocado
- 6 ice cubes

Chop cucumber, kale, and pear. Place in the blender and process until smooth. Add the avocado and ice, and blend until creamy. Serves 2.

Cherie's Green Morning Blend

½ English cucumber, peeled if not organic and cut in chunks

1 avocado, peeled, seeded, and cut in quarters

1 cup loosely packed baby spinach

Juice of 1 lime

1 Tbsp. green powder of choice (optional)

2–3 Tbsp. ground almonds (optional)

Combine all ingredients in a blender and blend well. Sprinkle ground almonds on top, as desired. Serves 1.

Coconut Green Delight

Coconut oil is an ally in breaking the yeast-fat cycle. It is very effective at killing *Candida albicans*. Its medium-chain fatty acids split open the protective outer coating of yeast cells, thus killing the yeast.

1 cucumber, cut in chunks

1 cup raw spinach, kale, or chard, chopped

1 avocado, peeled, seeded, and cut in quarters

½ cup coconut milk

1 Tbsp. organic virgin coconut oil

Juice of 1 lime or lemon

Combine all ingredients in a blender and process until smooth. Serves 2.

Green Berry Delight

1 cucumber, peeled if not organic

½ apple

1 cup berries (blueberries, raspberries, or blackberries), fresh or thawed if frozen
3–4 dark green leaves (collards, Swiss chard, or kale)
1-inch chunk ginger root
Juice of ½ lemon
1 avocado, peeled, seeded, and cut in chunks

Cut the cucumber and apple in chunks. Place the cucumber, berries, and apple in a blender and process until smooth. Chop the greens and ginger and add to the blender along with the lemon juice and avocado. Process until well blended. Serves 2.

Sweet Green Tahini

1 apple, washed and juiced (about ½ cup juice)
1 stalk of celery with leaves, juiced
1 Tbsp. tahini (sesame butter)
1 banana, peeled and cut in chunks
½ cup packed baby spinach
6 ice cubes

Combine all ingredients in blender and process until creamy and smooth. Serve chilled. Serves 1.

Green Smoothie Supreme

1 broccoli stem (save the florets for steaming, if you like)
1 apple
1 lemon
½ cucumber, peeled if not organic, cut in chunks
1 handful of spinach
1 small handful of parsley

1 cup blueberries (fresh or frozen)
1 kiwifruit
1 avocado, peeled, seeded, and cut into chunks
2–3 drops stevia
4–6 ice cubes, as desired

Juice the broccoli stem, apple, and lemon. Pour the juice in the blender, and add the cucumber, spinach, parsley, blueberries, kiwi, and avocado. Add stevia if you like it sweeter and ice cubes if you like it cold. Blend until the mixture is smooth and creamy. Serves 2.



Dr. Nina's Green Vitality Smoothie

1 bunch of spinach
1 pear
3 pineapple guavas (optional)
½ tsp. raw honey
5-10 stems Italian parsley
1 Tbsp. goji berries

1 cup purified water
¼ cup organic coconut milk

Place all ingredients in a blender and blend until smooth. Serves 2.

Dr. Nina's Sweet Dandelion Smoothie

1 pear, Bartlett or Asian
1 apple (green has less sugar)
1 large handful dandelion greens
1 cup coconut milk
Juice of ½ lemon
¼ cup flaxseeds
6 ice cubes (optional)

Place all ingredients in a blender and process until a creamy shake.
Serves 2.

Living Foods

Walnut Zucchini Greens

1 head of broccoli, lightly blanch broccoli florets under hot tap water until it turns bright green
2 small zucchini, finely shredded in food processor
1 red pepper, finely chopped
2 cups torn romaine or green leaf lettuce
½ cup walnuts, chopped (optional)

Ginger Lime Dressing

¼ cup fresh lime juice

¼ cup sesame oil
¼ cup purified water
2 Tbsp. tamari
2 Tbsp. fresh mint
1 Tbsp. fresh cilantro
1 tsp. ginger root
1 thin slice red chili pepper or dash of cayenne pepper
1 Tbsp. pure maple syrup
1 tsp. Celtic sea salt

Mix first 3 ingredients in bowl. Place veggies on the bed of greens. Sprinkle walnuts over top. Drizzle dressing over salad. Serves 4.

Apple Fennel Salad With Lemon Zest

2 cups fennel, sliced julienne thin
2 cups apple, sliced julienne thin
2 Tbsp. fresh lemon juice
2 Tbsp. lemon zest
2 Tbsp. extra-virgin olive oil
2 Tbsp. fresh, minced thyme
1 sliver of jalapeño, minced
1 tsp. Celtic sea salt

Place the fennel and apple sliced in a bowl; set aside. In a small bowl, whisk together lemon juice, zest, olive oil, thyme, jalapeño, and salt. Pour dressing over fennel-apple mixture and toss. Serves 4.



Nan's Sunflower Pate

Sunflower seeds are an excellent source of vitamin E, the body's primary fat-soluble antioxidant. Vitamin E has significant anti-inflammatory effects that result in the reduction of symptoms in asthma, osteoarthritis, and rheumatoid arthritis, conditions where free radicals and inflammation play a big role.

3 cups sunflower seeds, soaked 8–12 hours, rinse and sprout about 4 hours

1 cup fresh lemon juice

½ cup chopped scallion

¼–½ cup raw tahini

¼ cup liquid aminos or shoyu

2–4 slices red onion, cut into chunks

4–6 Tbsp. chopped parsley

2–3 medium cloves garlic

½ tsp. cayenne pepper

1–2 Tbsp. chopped ginger

1 tsp. cumin

Blend all ingredients in food processor until all the ingredients are smooth and creamy. This mixture should be on the thick side rather than thin. Add a bit of water as needed. Makes 7–8 cups.

Almond Roulade

Collard leaves are an excellent source of calcium and a fairly good source of magnesium and vitamin K, making this dish outstanding for healthy bones.

Almond Filling

2 cups almonds, soaked 7–8 hours, rinsed well

2 stalks celery, cut ends, finely minced

1 medium red pepper, with seeds and ribs removed, finely diced

1 carrot, cut ends and peel (and chop, if using food processor)

1 small onion, finely minced

Using a juicer with a blank blade such as the Champion or the Omega, or a food processor, homogenize the almonds and carrot, catching them in a large bowl. Or place the soaked almonds and carrot in a food processor and blend until homogenized. To this mixture add celery, red pepper, and onion. Thoroughly knead, integrating all ingredients with your hands. Makes about 3 cups.

Marinated Collard Greens

1 bunch fresh collard greens, wash; remove tough stems and trim out center vein

4 Tbsp. extra-virgin olive oil

Juice of 1 to 2 lemons

1–2 cloves garlic, finely minced

Place extra-virgin olive oil, lemon juice, and garlic in a small bowl and

whisk together. Set aside. Place collard leaves in large rectangular dish, alternating the direction of the leaves as you overlap and stack them. Pour in olive oil mixture, coating all leaves. Set aside for 3 hours before serving. Take collard greens and spread 2–3 tablespoons Almond Filling on one side of each leaf. Roll each collard leaf, forming a roulade. Repeat this process, using up all the Almond Filling and collard greens. Cut each roulade in half or thirds and serve one or two per person. Serves 10–12.

Dr. Nina's Russian Cabbage Slaw

4 cups shredded cabbage
1 cup grated carrot
½ cup dandelion greens or watercress, chopped
4 cloves garlic, minced
Juice of ½ lemon
¼ cup extra-virgin olive oil

Place the cabbage, carrot, greens, and garlic in a bowl; set aside. In a small bowl, whisk together lemon juice and olive oil. Pour over the cabbage mixture and toss well. Serves 4.

Cooked Food Recipes With Raw Foods

I've included some of my favorite cooked food recipes to give you an idea of how to include raw foods with cooked and increase your living foods intake.

Squash and Arugula Enchiladas

Delicata squash is my favorite in this recipe. It features yellow skin with green stripes on an oblong shape. A ¾-cup portion contains just 30 calories, so it's a great choice if you're wanting to lose weight. It's a good source of vitamin C and carotenes. Adding arugula or

watercress gives you an example of combining cooked and living foods.

2 delicata squash or 1 acorn, or about

¼ butternut (other winter squash, sweet potatoes, or yams can be substituted)

1 cup brown rice, cooked

1/2–1 cup chopped arugula

4–6 tortillas (sprouted whole grain, spelt, or gluten free)

1 Tbsp. virgin coconut oil

Salt and pepper to taste



Bake the delicata squash in a preheated oven set at 400 degrees for 30 minutes or until tender but not soft. Add water about an inch deep to the baking pan and they cook faster.

While the squash is baking, cook the rice. (If you want meat in this dish, you can reduce the rice to ½ cup and add ½ pound of ground meat, cooked.)

When the squash is tender, remove from the oven and cut in half. Scoop out the seeds and peel, but if you are using delicata and the skin is tender, you don't need to peel. Cut the squash in chunks and mix with rice; add seasoning to taste and set aside, keep warm.

In a large skillet, heat the oil. Heat the tortillas one at a time until warm and slightly browned, but be careful not to overcook or they will get crisp and won't roll into an enchilada.

Spoon 2–3 tablespoons of the squash-rice mixture into the center of each tortilla and spread from one end to the other. Add arugula to the top of that mixture and roll each side toward the center. Serve hot. Serves 4–6.

Carrot Sauce With Asparagus and Fresh Peas Over Rice

1 cup brown rice or quinoa
1½ cups carrot juice (about 8–11 carrots)
½ cup raw cashews
2 Tbsp. white or yellow miso
1 pound fresh asparagus
½ cup fresh or frozen peas
2 scallions, chopped
¼ cup marinated sun-dried tomato halves, thinly sliced
2 cloves garlic, pressed
3 Tbsp. finely chopped fresh basil

Cook brown rice or quinoa according to directions.

While rice is cooking, combine the carrot juice, cashews, and miso in a blender or food processor, blending on high until the cashews are no longer gritty and the mixture is smooth and creamy.

Snap off the tops of the asparagus. Cut the tender upper portion into 1-inch pieces.

In a medium-size skillet, combine the carrot juice mixture and asparagus. Bring to a boil and then reduce the heat to simmer, stirring occasionally for 2–3 minutes. Add the peas and simmer until the asparagus is just tender, about 2 minutes. Add the scallions, sun-dried tomatoes, and garlic, mixing well; simmer for 1–2 minutes. Remove the sauce from the heat.

Divide the rice or quinoa in 4 portions. Top each portion with about ¼ of the sauce and sprinkle chopped basil on top of each portion. Serves 4.

NOTES

Chapter 2—Allergies: When Good Immune Systems Go Bad

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6. Dr. Nina Walsh is a naturopathic physician and practitioner of Eastern medicine. Her love of medicine was born growing up in Russia in a family of physicians, artists, and herbalists. In her own journey to wellness she traveled extensively in Europe, Asia, and the US, studying traditional healing approaches and later completed a formal study of naturopathy and East Asian Medicine at Bastyr University in Kenmore, WA, and Shanghai, China. She is also one of the leaders of the Juice Lady’s Raw Foods and Juice Cleanse Retreats.
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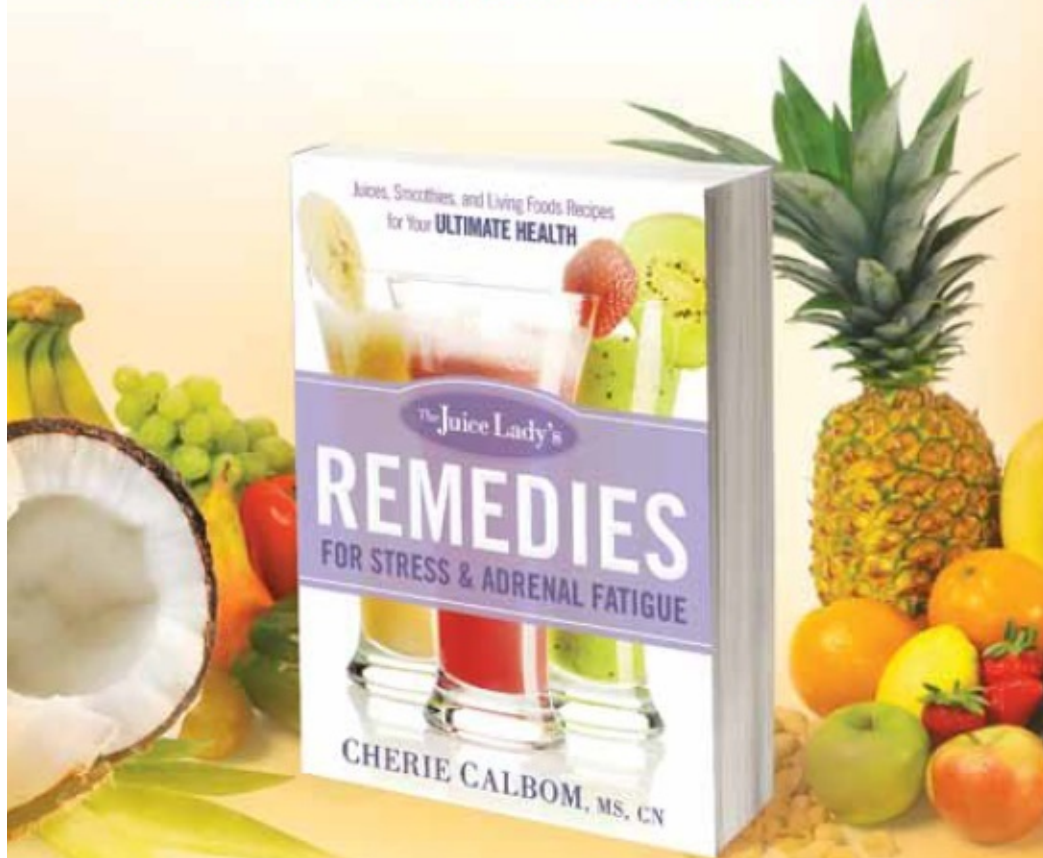
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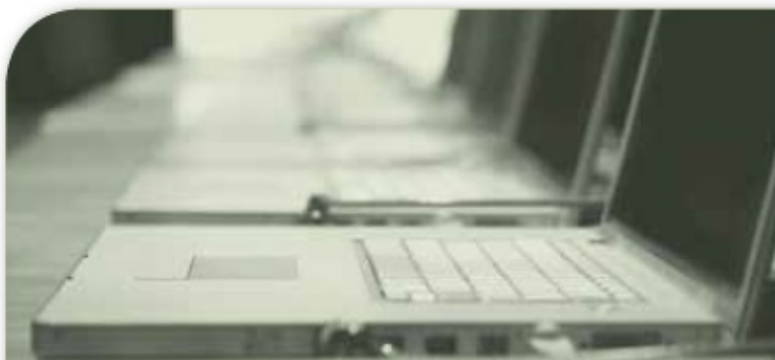
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