

# FOOD HEALTH NUTRITION

The title 'FOOD HEALTH NUTRITION' is written in large, bold, black, sans-serif capital letters. Each letter is partially replaced by a colorful food icon. The 'O' in 'FOOD' is a cluster of blueberries. The 'A' in 'HEALTH' is a head of green broccoli. The 'I' in 'NUTRITION' is a green chili pepper. The 'O' in 'NUTRITION' is a stalk of green asparagus. The 'O' in 'NUTRITION' is a bright orange carrot. The 'O' in 'NUTRITION' is a red strawberry with green leaves.

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**Does Food Matter?**

Saturday, June 18th  
10:00 am–12:00 pm  
Grace Community Church

Hosted by:  
Jennifer Mejia, Kathy Robinson,  
Tina Gallas & Lea Ann Hirth



**“So whether you eat or drink or whatever you do, do it all for the glory of God.”**

**1 Corinthians 10:31**

**“No temptation has overtaken you except what is common to mankind. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can endure it.”**

**1 Corinthians 10:13**

**“Or do you not know that your body is a temple of the Holy Spirit within you, whom you have from God? You are not your own, for you were bought with a price. So glorify God in your body.”**

**1 Corinthians 6:19–20**

**“Beloved, I pray that all may go well with you and that you may be in good health, as it goes well with your soul.”**

**3 John 2**





Removing GMO's are great however, its NOT enough, we MUST GO ALL THE WAY!  
Conventional NON organic, non-GMO foods are still loaded with cancer-causing pesticides, herbicides, and fungicides known to cause, estrogen dominant cancers such as breast, ovarian, cervical, prostate, and thyroid.

Hormonal imbalances, allergies, asthma and digestive issues are also a result of eating these pesticide-laden foods.

My point here is, we MUST consume the origin of our food and that is ORGANIC.  
Organic is the only way nature intended and the only way the body will recognize what we are eating.

In short, non-GMO by itself does not mean organic. ORGANIC means both non-GMO and without the use of any chemical cocktail.



**thefoodbabe**

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**Vs**



No GMO's Allowed

Synthetic Pesticides Allowed

Roundup Herbicides Allowed

Hexane Allowed

Sewage Sludge Allowed

Antibiotics Allowed

Ractopamine Allowed

No GMO's Allowed

No Synthetic Pesticides Used

No Roundup Herbicides Used

No Hexane Used

No Sewage Sludge

No Antibiotics

No Ractopamine

**FOOD BABE**  
*Vani Hari*

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Source: The Wealth of Health

## IS YOUR DEODORANT TOXIC?

**ALUMINUM** - linked to Breast Cancer

**PARABENS** - disrupt our delicate hormonal balance, which can lead to early puberty or increased risk of hormonal cancers.

**PROPYLENE GLYCOL** - can cause damage to the central nervous system, liver and heart.

**PHthalates** - linked to a higher risk of birth defects.

**TRICLOSAN** - classified as a pesticide by the FDA.

Headaches, dizzy spells, and body aches

Insomnia

**A lack of energy**

**Palpitations**

Shortness of breath

Anxiety stress and mood swings

**Depression**

Loss of appetite

Inability to concentrate

Weaker immune system

**How do toxins impact us?**

FOOD PESTICIDES AND CHEMICALS

TIN POISONING

FLUORIDE

DIESEL

BPA (BISPHENOL A)

LEAD

MERCURY

OVER 4000 CHEMICALS

ALUMINUM, PARABENS

DRY CLEAN PERC (PERCHLOROETHYLENE)

FLAME RETARDANTS

INSECT PESTICIDE

AMMONIA, MANGANESE

EXHAUST AND POLLUTION

# TOXINS



## 12 Healthy Food Swaps

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1. Swap a sugar-laden soft drinks with pure infused water just by adding your favorite fruit. Examples: apple pieces, chopped strawberries, fresh mint, and a twist of lime. I like to eat grapes and sip water when I'm at work. Be creative!
2. Swap a prepackaged snack with a fresh piece of fruit with raw nut butter of choice. I enjoy eating almonds, cashews, or seeds. My favorite snack is cashews and bananas together.
3. Swap the hydrogenated, disease-forming canola, corn, safflower and soy oils for extra virgin coconut, or red palm oil for cooking, baking and smoothies.
4. If your a meat eater, swap the drugged-up hormone-laden, factory-farmed meats and eggs for grass fed & pasture-raised.
5. Swap your chips, fries, and crackers, for some healthy nuts or maybe some oven roasted potatoes. I love roasted potatoes in the oven with some salt, pepper, a little butter or olive oil.
6. Swap over-processed refined sugar sweets for whole fruits. I allow myself to eat as much fruit as I wanted in order to get off of the over processed sugary foods.
7. Swap your sugar-laden cereal for some healthy oatmeal. I enjoy eating oatmeal with blueberries and strawberries in it.
8. Swap salad overly processed salad dressings for some homemade salsa. I make homemade salsa almost daily!
9. Swap a fast food chain meal for a home cooked meal of real food.
10. Swap refined salt for real unrefined celtic or Himalayan salt and get the life-giving minerals back into your body. Pink Himalayan salt is my go-to salt.
11. Swap artificial sweeteners for real, organic raw honey, pure maple syrup or coconut sugar. I don't use any added sugar, instead, I get my sugar from fruits!
12. Swap a stored juice for a fresh pressed raw juice made in a juicer. I prefer to eat the whole form to get all of the fiber—I find it to be more filling this way.

## HEALTHY BAKING SWAPS

INSTEAD OF THIS:

TRY THIS:



FOOD BABE

## CRACKER SWAPS

INSTEAD OF THIS:

TRY THIS:



FOOD BABE

## Hummus Swap

INSTEAD OF THIS:

TRY THIS:



**Ingredients:** Cooked Chickpeas (Water, Chickpeas), Water, Tahini (Ground Sesame), Soybean Oil, Garlic, Salt, Citric Acid, Potassium Sorbate.



**Ingredients:** Organic Garbanzo Beans, Organic Extra Virgin Olive Oil, Water, Organic Tahini (Sesame Seeds), Sea Salt, Organic Garlic Powder, Organic Ground Rosemary, Organic Lemon Juice Concentrate, Citric Acid.

FOOD BABE

## HEALTHY NUT BUTTER SWAPS

INSTEAD OF THIS:

TRY THIS:



FOOD BABE

## Cancerous Weedkiller Found In Hummus

Conventional Sabra Classic Hummus

Conventional Sabra Roasted Pine Nut Hummus



110 ppb to 743 ppb glyphosate



349 ppb glyphosate

Organic Sabra Simply Roasted Red Pepper Hummus



83 ppb glyphosate

FOOD BABE

Conventional Butter

Vs.

Pastured Organic Butter



\* Butter from cows fed almost entirely GMO corn and soy

\* Harmful pesticides eaten by conventional cows can end up in their milk

\* Produces less nutritious butter



\* Butter from cows fed naturally on a pasture.

\* Only fed organic grass & feed = no synthetic pesticides!

\* Up to 50% more vitamins A and E

\* Up to 400% more beta carotene

FOOD BABE

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## Replace Processed Taco Seasoning Packets!





## Why aren't you making your own taco seasoning?



Ingredients: Chili Pepper, Corn Starch, Salt, Onion Powder, Maltodextrin, Spice, Sea Salt (potassium magnesium chloride, salt). **Contain 2 % or less of:** Vegetable Oil (canola oil and/or soybean oil), Silicon Dioxide (anticaking agent), Citric Acid, Sugar\*\*, Natural Flavor. \*\*Adds a trivial amount of sugar

FOOD BARK

## Why aren't you making your own taco seasoning?



INGREDIENTS: WHEAT FLOUR, SALT, GARLIC\*, CHILI PEPPERS\*, MALTODEXTRIN, SPICE, ONIONS\*, PAPRIKA, SUGAR, CONTAINS LESS THAN 2% OF SILICON DIOXIDE AS AN ANTICAKING AGENT, NATURAL FLAVOR, YEAST EXTRACT, SOYBEAN OIL, MALIC ACID. \*DRIED

CONTAINS: WHEAT.

Kraft

NET WT 1 OZ (28g)

FOOD BARK

# Lea Ann

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## Why Is Pork Bad For You: A Biblical Perspective

Dr. David Jockers

Why is pork bad for you? People always ask me about the safety or cautionary wisdom to take when eating pork and other pig products. I was raised following many of the biblical cultural foundations with the intention to live as Jesus had lived. For this reason, I have never consumed pig products. My parents had taught me this practice and so I listened back then. Now as an adult I have researched the Biblical practices and nutritional and toxicity reasons and I am convinced that there is valid scientific reasoning why pork is bad for you.

My personal health philosophy is to honor God with my mind, body and spirit by consuming maximal nutrients and minimal toxins. I have learned to not endorse the consumption of pig meat following much research into Biblical principles and the detoxification systems of pigs and their intrinsic animal nature.

Pigs function much like trash cans in that they will eat anything they find, which explains one of the reasons why pork is bad for you. I also do not believe humans were originally intended to eat pigs.

As discussed in the Bible, the Hebrew people avoided pig products and pork as a dietary belief. Pigs are an unclean meat stated by Leviticus because they do not chew their cud. Even today's researchers support that pigs are not fit for human consumption because of the high toxicity level they carry (1).

"And the pig, though it has a divided hoof, does not chew the cud; it is unclean for you."  
Leviticus 11:7

The Hebrews are warned about the rationale regarding their uncleanliness from eating unclean food. Pigs are naturally scavengers that will eat anything they come in contact with and are dirty animals. Pigs are well known to show cannibalistic behaviors by eating their own dead carcasses as well as consuming food scraps, insects and their own fecal matter. Pigs are even known to kill and eat their own young.

Why is pig meat toxic? As the Bible says, animals that "chew the cud" are called ruminants. Ruminants partially chew their food when it is first swallowed. These animals have a special digestive process in which 4 stomachs digest and regurgitate food for additional chewing. Cows, goats and sheep are examples of common ruminants (9).





## Pork: What's the Big Deal?

1. A pig is a real garbage gut. It will eat anything including urine, excrement, dirt, decaying animal flesh, maggots, or decaying vegetables. They will even eat the cancerous growths off other pigs or animals.
2. The meat and fat of a pig absorbs toxins like a sponge. Their meat can be 30 times more toxic than beef or venison.
3. When eating beef or venison, it takes 8 to 9 hours to digest the meat so what little toxins are in the meat are slowly put into our system and can be filtered by the liver. But when pork is eaten, it takes only 4 hours to digest the meat. We thus get a much higher level of toxins within a shorter time.
4. Unlike other mammals, a pig does not sweat or perspire. Perspiration is a means by which toxins are removed from the body. Since a pig does not sweat, the toxins remain within its body and in the meat.
5. Pigs and swine are so poisonous that you can hardly kill them with strychnine or other poisons.
6. Farmers will often pen up pigs within a rattlesnake nest because the pigs will eat the snakes, and if bitten they will not be harmed by the venom.
7. When a pig is butchered, worms and insects take to its flesh sooner and faster than to other animal's flesh. In a few days the swine flesh is full of worms.
8. Swine and pigs have over a dozen parasites within them, such as tapeworms, flukes, worms, and trichinae. There is no safe temperature at which pork can be cooked to ensure that all these parasites, their cysts, and eggs will be killed.
9. Pig meat has twice as much fat as beef. A 3 oz T-bone steak contains 8.5 grams of fat; a 3 oz pork chop contains 18 grams of fat. A 3 oz beef rib has 11.1 grams of fat; a 3 oz pork spare rib has 23.2 grams of fat.
10. Cows have a complex digestive system, having four stomachs. It thus takes over 24 hours to digest their vegetarian diet causing its food to be purified of toxins. In contrast, the swine's one stomach takes only about 4 hours to digest its foul diet, turning its toxic food into flesh.
11. The swine carries about 30 diseases which can be easily passed to humans. This is why God commanded that we are not even to touch their carcass (Leviticus 11:8).

12. The trichinae worm of the swine is microscopically small, and once ingested can lodge itself in our intestines, muscles, spinal cord or the brain. This results in the disease trichinosis. The symptoms are sometimes lacking, but when present they are mistaken for other diseases, such as typhoid, arthritis, rheumatism, gastritis, MS, meningitis, gall bladder trouble, or acute alcoholism.

13. The pig is so poisonous and filthy, that nature had to prepare him a sewer line or canal running down each leg with an outlet in the bottom of the foot. Out of this hole oozes pus and filth his body cannot pass into its system fast enough. Some of this pus gets into the meat of the pig.

Published By: pmnews  
6th October, 2014

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## Health Risks of Eating Pork



- ▶ Contains harmful microorganisms
- ▶ Causes gastroenteritis
- ▶ Leads to bacterial and parasitic infections
- ▶ Increases risk of cancer & heart disease

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## 10 Health Benefits of Drinking WARM Lemon Water

Lemon water is one of the most known body detoxes out there. There are so many benefits proven by science that some people have started to incorporate it into their daily diets. But why drink warm or hot lemon water instead of cold? Quite a few studies have uncovered many reasons as to why it works better.

### 1. Keeps You Hydrated

Just like regular water, lemon water helps keep you hydrated. Carrying your lemon water with you makes you actually think about the amount of water you're drinking daily. Lots of people don't like the taste of water alone, so adding lemon with warm water improves the taste and enhances the mixing process.

### 2. Helps Improve Digestion

As a morning ritual, some people drink warm or hot lemon water as a natural laxative. According to Marin Weight Loss, a cup of water with ½ a lemon will help wake up your body and flush your system, which has been in rest mode overnight.

### 3. Gives Immune System a Boost

Health Beat writer Sage Robinson and Marin Weight Loss both agree that lemon water can provide a much-needed immunity boost. Nutrients like Vitamin C, calcium, iron, magnesium, potassium, and fiber get absorbed by your body for a fresh start to your day.

### 4. Improves Mucus Flow

Along with the added nutrients of the lemon, Healthline writer Annette McDermott says the warm water will help things flow in the body and alleviate symptoms of the common cold. Robinson says the concoction can help alleviate stress and fight viral infections.

### 5. Aids in Weight Loss

There are not many studies that argue that lemon water actually promotes weight loss. However, the Journal of Clinical Biochemistry and Nutrition says the polyphenol antioxidants found in lemons are said to help curb the appetite, which then promotes the body to lose weight. Lemons also contain a special type of fiber called pectin fiber that helps you feel full longer.

### 6. Healthier Skin

Water works naturally to improve the skin, but the added benefits from Vitamin C help reduce skin wrinkling, dry skin from aging, and damage from the sun according to McDermott. The warm water paired with Vitamin C works as an "elixir" to improve the inside and outside appearance of the skin.

## 7. Natural Liver Aid

The liver is the part of the body that flushes waste and toxins out. Miran says adding a cup or two to your diet wakes up the liver, stimulates proper stomach acid production, and activates bile production—the enzyme used to break down toxins in the body. McDermott says citrate, a component of citric acid, makes urine less acidic and helps things flow smoother.

## 8. Provides Vitamin C

Along with all its uses stated above, Vitamin C has a ton of ways it helps the body function. McDermott says that it can reduce the risk of cardiovascular disease and stroke but also lower blood pressure. While lemons don't top the list of fruits with Vitamin C, they still contain a pretty good amount.

## 9. Freshens Breath

Lemons have a very strong odor that is sometimes used to hide other smells like garlic, onions, etc. According to McDermott, you can use the same concept to combat bad breath. Drinking a glass of warm or room temperature lemon water after meals or first thing in the morning stimulates saliva and prevents dry mouth which is said to lead to bad breath caused by bacteria.

## 10. Reduces Inflammation

Robinson says that drinking lemon water daily decreases the amount of acidity in your body and removes uric acid from joints. Uric acid buildup on joints is linked to severe joint pain, so the less you have the more free your joints are to operate correctly.



# 4 Anti-Cancer DIET TIPS

To prevent cancer the easy way:

- 1 Eat **organic** whenever possible.
- 2 Choose **raw or clean** frozen if fresh product isn't available in your area.
- 3 Fill half your plate each meal with **non-starchy** vegetables.
- 4 Cut back drastically on **grains & sugars**.

The TRUTH About  
**CANCER**<sup>™</sup>

## 15 FOODS TO AVOID ON THE ANTI-INFLAMMATORY DIET

- |                 |                         |
|-----------------|-------------------------|
| 1 White Sugar   | 9 Red Meat              |
| 2 Sweeteners    | 10 Artificial Chemicals |
| 3 Peanuts       | 11 Trans Fats           |
| 4 Alcohol       | 12 MSG                  |
| 5 Dairy         | 13 GMO Corn             |
| 6 Gluten        | 14 Fried Foods          |
| 7 Vegetable Oil | 15 High Sodium          |
| 8 Refined Carbs |                         |

The TRUTH About  
**CANCER**<sup>™</sup>



Have

Avoid

**Fruit:** anything fresh, canned, jarred, dried or frozen

**Vegetables:** anything fresh, canned, jarred, dried or frozen

**Whole Grains:** oats, rice cakes, brown rice, barley, grits, whole wheat tortillas, quinoa, corn, plain popcorn

**Seeds and Nuts:** all seeds and nuts and their butters (such as almond or peanut butter)

**Legumes:** dried, canned or frozen, such as beans and lentils

**Oils:** only good-quality oils such as coconut or olive oil

**Water:** it is suggested it be the only beverage during the fast

**Seasonings:** to flavor foods such as herbs, vinegar and salt

All Processed Foods

All Refined Foods

All sweeteners, including sugar and honey

All dairy

All caffeinated and carbonated drinks

All meat and animal products

All solid fats

All leavened bread

All deep-fried foods



# EXERCISE

*not only changes your  
body, it changes your  
mind, your attitude  
and your mood.*



**5 digit: 9-XXXX**

Starting with 9

✓ Organic

**5 digit: 8-XXXX**

Starting with 8

✓ **GMO GE**

**4 digit: XXXX**

Conventionally grown

✓ **Contains pesticides**

the detox market

# THE TRUTH ABOUT FRUIT SUGAR



1. Handled differently by the body than processed sugar
2. It is simple sugar (intrinsic) which the body & brain run on
3. Optimal form of energy for us
4. Brings alkalinity and vitality to our cells
5. Reverses acidosis and strengthens cells
7. All sugars are *NOT* the same
8. Fruit sugar does *NOT* need to be limited
9. Does *NOT* cause diabetes



## WATER IN THE HUMAN BODY

Brain	<b>75% Water</b>
Blood	<b>83% Water</b>
Heart	<b>79% Water</b>
Bones	<b>22% Water</b>
Muscles	<b>75% Water</b>
Liver	<b>85% Water</b>
Kidneys	<b>83% Water</b>



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thefoodbabe



### 1 - Banana Nut

Serves 2

Prep Time: 5 minutes

#### Ingredients:

- 1¼ cups rolled oats
- 1¼ cups almond or coconut milk
- 1 ripe banana, peeled and mashed
- ½ cup plain yogurt
- ¼ cup chopped walnuts
- 1 scoop Truani protein powder
- 1 tablespoon chia seeds
- 1 teaspoon vanilla extract
- ½ teaspoon ground cinnamon
- ¼ teaspoon sea salt

#### Optional Toppings

- Sliced bananas
- Chopped walnuts
- Unsweetened coconut flakes

Directions: Place all the ingredients in a jar and mix well to combine. Place in the refrigerator overnight to set. Serve with desired toppings. Enjoy!

## 2 - Pineapple Matcha

Serves 2      Prep Time: 5 minutes

Ingredients:	Optional Toppings
1 cup rolled oats	Sliced pineapple
1 tablespoon chia seeds	Chopped almonds
2 teaspoons matcha powder	
1/4 cup coconut flakes	
2 tablespoons raw honey or maple syrup	
1 teaspoon vanilla extract	
1/4 teaspoon sea salt	
1/4 cups almond or coconut milk	
1 cup chopped pineapple	

Directions: Place all the ingredients in a jar and mix well to combine. Place in the refrigerator overnight to set. Serve with desired toppings. Enjoy!

## 3 - Strawberry Coconut

Serves 2      Prep Time: 5 minutes

Ingredients:	Optional Toppings
1 cup rolled oats	Sliced strawberries
1 tablespoon chia seeds	Chopped almonds
1/2 cup chopped strawberries	Unsweetened coconut flakes
1 teaspoon lemon zest	
1/2 lemon, juiced	
1 to 2 tablespoons raw honey	
1 teaspoon vanilla extract	
1/4 teaspoon sea salt	
1/4 cups almond or coconut milk	

Directions: Place all the ingredients in a jar and mix well to combine. Place in the refrigerator overnight to set. Serve with desired toppings. Enjoy!

## 4 - Apple Cinnamon

Serves 2      Prep Time: 5 minutes

Ingredients:	1/2 teaspoon ground cinnamon
1 cup rolled oats	1/4 teaspoon sea salt
1 cup almond or coconut milk	
1 apple, peeled and shredded	
1/2 cup plain yogurt	
1/4 cup chopped walnuts	
1 scoop Truvani protein powder	
1 tablespoon chia seeds	
1 teaspoon vanilla extract	

Directions: Place all the ingredients in a jar and mix well to combine. Place in the refrigerator overnight to set. Serve with desired toppings. Enjoy!



## Keto-Friendly Blackberry Clafoutis

This Easy Keto-Friendly Blackberry Clafoutis recipe brings a traditional French dessert to the low-carb table. This creamy dessert takes only minutes to pop in the oven.

Course Dessert, Cuisine French, low-carb

Prep Time 5 minutes

Cook Time 40 minutes

Total Time 45 minutes

Servings 8

Calories 88 kcal

### Ingredients

Coconut oil or butter (for greasing pan)

2 cups fresh blackberries (about 8 oz)

½ cup unsweetened original almond milk

¾ cup coconut milk (the thick stuff from a can)

3 large eggs

⅓ cup super fine almond flour

¼ cup granulated stevia/erythritol blend or Monk fruit sugar

2 teaspoons vanilla extract

⅛ teaspoon sea salt

### Instructions

1. Preheat oven to 350° Fahrenheit. Grease a 9" round baking dish or pie pan with butter or coconut oil.
2. Arrange blackberries in a single layer in the prepared pan.
3. Add almond milk, coconut milk, eggs, almond flour, stevia/erythritol blend, vanilla extract, and sea salt to a blender.
4. Pulse the blender a few times to thoroughly blend the custard ingredients.
5. Pour the custard into the prepared baking dish over the blackberries.
6. Bake the clafoutis in the preheated oven for 40–50 minutes or until center is set and a knife inserted in the center comes out clean.
7. Allow to cool about 10 minutes to allow the custard to set before cutting. If desired, dust with powdered erythritol or inulin to garnish. This dish is best served will still warm from the oven.

# Peppermint Patties

## Ingredients

- 1 ½ cups shredded unsweetened coconut ("Let's do Organic" brand tastes best for these)
- 2 Tbsp unsweetened coconut milk
- 2 Tbsp unrefined coconut oil
- ¼ cup raw honey (buy local!), or pure maple syrup
- ½ tsp peppermint extract, or to taste
- 1 cup of dark chocolate, melted

## Instructions

1. In a blender or food processor, pulse the shredded coconut, coconut milk, coconut oil, honey, and peppermint extract.
2. Process just until a smooth paste has formed.
3. Shape this paste into round discs and coat/drizzle with a light coat of your melted chocolate.
4. Place your patties on wax paper, then set in the freezer for about 20 minutes.
5. Store leftovers (tightly wrapped) in the fridge or freezer!

## Creamy Raspberry Nice Cream

### Ingredients

6 ounces fresh raspberries

½ cup raw whole cashews, soaked in warm water at room temperature for at least 2 hours, then drained well

2 bananas, peeled, thickly sliced and FROZEN

### Instructions

1. Purée raspberries and cashews in a blender or food processor until smooth, adding up to ¼ cup icy cold water if needed to completely purée.
2. Add bananas and blend again, scraping down the sides several times, until very smooth.
3. Transfer to a tightly sealed freezer-safe container and freeze until just solid, about 4 hours.

## Food Babe's 3-Minute Sorbet:

### INGREDIENTS:

2 cups frozen mango

1/2 cup filtered water

**Place in a high-powered blender and blend until smooth.**



# Instant Pot Steak and Potato Soup

## Ingredients

½ yellow onion, chopped  
5 cloves garlic, minced  
½ green bell pepper, chopped  
1.5 to 2 pounds beef sirloin steak, chopped into 1.5 to 2-inch cubes  
3 cups yukon gold or red potatoes, chopped into 2-inch chunks  
3 cups beef bone broth  
2 tsp dried oregano  
1 tsp sea salt, to taste

## Instructions

1. Turn on your Instant Pot and press Saute. Add the chopped bacon and cook 1 to 3 minutes, until much fat has rendered.
2. Add the onion and saute, stirring frequently until onion is translucent, about 3 to 4 minutes.
3. Add in the chopped steak and brown a couple of minutes until steak has a nice sear on it. Add the remaining ingredients to the Instant Pot and secure the lid.
4. Press the Pressure Cook button and set the time to 45 minutes. Make sure the pressure release valve is set to Sealing (note: you can also use the Stew/Meat function).
5. Once the Instant Pot has run its cycle, allow it to go into its Keep Warm mode for 10 minutes (or up to 30 minutes if you aren't around). Manually release any remaining pressure.
6. Serve stew with any toppings you like. I just add some chopped green onion and call it gravy, but you can also serve with sour cream, yogurt, cheese, avocado, etc.



## Healthy Caramel Popcorn

### Ingredients

10 cups plain unsalted, organic freshly popped popcorn  
2 tbsp butter  
½ tsp salt  
2 tsp almond milk  
¼ cup maple syrup  
¼ cup coconut sugar  
1 tsp vanilla  
¼ tsp baking soda

### Instructions

1. Preheat oven to 300° degrees. Line a baking sheet or two with parchment paper or a silicone mat. Place popcorn into a large metal bowl. Set aside.
2. In a pot over medium high heat, add the vegan butter, half the salt, the almond milk, maple syrup, coconut sugar and vanilla and stir to combine.
3. Allow to come to a boil and then add in the rest of the salt. Add the baking soda and watch closely. The mixture will change colour and is more susceptible to burning now, so reduce heat and stir frequently for 1 minute. Remove from the heat and pour over popcorn. Working quickly, toss with a spatula to evenly distribute over all the popcorn.
4. Spread popcorn onto the baking sheets until evenly distributed.
5. Bake for 15 minutes. Remove from oven and allow the popcorn to cool on a fresh sheet on parchment paper. They popcorn will crisp up.
6. Eat immediately, or place in an airtight tupperware container to keep crispy. Enjoy!

This popcorn is vegan and gluten free. You can store this in an airtight tupperware container, but it tastes best and crunchy fresh!

# Vegetable Lentil Soup

Yield: 6 servings

## Ingredients

4 c vegetable broth  
3 c cubed peeled butternut squash  
1 c dried lentils, rinsed  
1 c chopped carrots  
1 c chopped onions  
2 tsp minced garlic  
1 tsp dried oregano  
1 tsp dried basil  
1 can (14½ ounces) Italian diced tomatoes, undrained  
1 pkg (9 oz) frozen cut green beans

## Instructions

1. In a 5 qt slow cooker, combine the first eight ingredients. Cover and cook on low for four hours or until lentils are tender.
2. Stir in tomatoes and green beans. Cover and cook on high for 30 minutes or until beans are heated through.
3. Enjoy!

## Keto Cinnamon Swirl Bread

### Ingredients

Cinnamon Swirl:

- ½ cup sugar-free granulated sweetener
- 1 Tbsp ground cinnamon

Low-Carb Quick Bread:

- 1 ¼ cups full-fat coconut milk
- 3 large eggs
- 1 tsp pure vanilla extract, optional
- 2 cups almond flour, packed and leveled
- ⅔ cup sugar-free granulated sweetener
- 3 Tbsp coconut flour\*
- 1 tsp baking powder
- ½ tsp baking soda
- ½ tsp salt

Optional Glaze:

- 1 cup sugar-free confectioners sweetener
- 2–3 Tbsp water

### Instructions

1. Preheat the oven to 350° F and line a loaf pan with parchment paper.
2. In a small bowl, stir together the sugar-free sweetener and cinnamon for the cinnamon swirl mixture. Set aside until ready to use.
3. Whisk together the eggs, full-fat coconut milk, and vanilla extract in a large mixing bowl and mix until well-combined. You can also use a stand mixer or a hand mixer if you prefer. Note: If your coconut milk is separated (this happens when canned coconut milk is cold), heat it in the microwave for 20 to 40 seconds until it is nice and creamy.
4. In a separate bowl, whisk together the almond flour, coconut flour, sugar-free sweetener, baking powder, and sea salt.
5. Pour the flour mixture into the bowl with the wet ingredients and mix until combined into a thick batter.
6. Transfer half of the bread batter to the parchment-lined bread pan and spread it into an even layer.

7. Sprinkle the majority of the cinnamon-sugar mixture over the batter, leaving just 1 to 2 tablespoons for the top of the bread.

8. Pour the remaining batter on top and use a rubber spatula or a spoon to gently spread it over the top of the cinnamon and sugar layer. Sprinkle the remaining cinnamon mixture on top.

9. Use a butter knife to draw a large S shape down the length of the batter. Give the loaf pan a little shake to allow the batter to come back together.

10. Bake on the center rack of the preheated oven for 50 to 60 minutes (I do 50), or until the bread is golden brown and tests clean. Allow the bread to cool for at least 20 minutes before slicing and serving (if you can allow it to cool completely, it will be easier to cut).

To make the optional glaze, stir the sugar-free powdered sugar and water together in a bowl until it reaches your desired consistency. Drizzle over the bread, and enjoy!

## Veggie Meatball Soup

Yields 6 servings

### Ingredients

25 frozen cooked meatballs (½ oz each)  
1 can (28 oz) diced tomatoes, undrained  
3 c beef broth  
2 c shredded cabbage  
1 can (16 oz) kidney beans, rinsed and drained  
1 medium zucchini, sliced  
1 c fresh green beans, cut into 1-inch pieces  
1 c water  
2 medium carrots, sliced  
1 tsp dried basil  
½ tsp minced garlic  
¼ tsp salt  
⅛ tsp dried oregano  
⅛ tsp pepper  
1 c uncooked gluten free pasta  
¼ c minced fresh parsley  
Grated Manchego cheese, optional (or Parmesan if eating dairy)

### Instructions

1. In a 5 qt. slow cooker, combine the first 14 ingredients. Cover and cook on low for 5 ½–6 hour or until vegetables are almost tender.
2. Stir in the pasta and parsley; cook 30 minutes longer or until pasta is tender. Serve with grated cheese if desired.



# Slow Cooker Beef Brisket

Yield: 6-8 servings

## Ingredients

3–4 pounds beef brisket  
½ pound sliced fresh mushrooms  
2 bay leaves  
2 c crushed tomatoes  
1 c chopped onion  
⅓–½ c maple syrup  
½ c balsamic vinegar  
½ c ketchup  
¼ c arrowroot, cassava or tapioca flour  
¼ c cold water

## Instructions

1. Cut brisket in half; place in 5 qt slow cooker. Add mushrooms and bay leaves. Combine the tomatoes, onion, maple syrup, vinegar and ketchup; pour over beef. Cover and cook on low for 6–7 hours or until meat is tender.
2. Remove beef and keep warm. Discard bay leaves. In a large saucepan, combine flour and water until smooth. Gradually stir in cooking liquid. Bring to a boil; cook and stir for 2 minutes or until thickened.
3. Slice meat across the grain. Serve with gravy. Enjoy!

## Almond Green Beans

Yield: 6 servings

### Ingredients

1 ½ pounds fresh green beans, trimmed and cut into 1 ½ inch pieces  
3 T butter, or ghee  
3 T maple syrup  
2 ¼ teaspoons coconut aminos  
2 ¼ teaspoons Worcestershire sauce  
4–5 T sliced almonds, toasted

### Instructions

1. Place beans in a large saucepan and cover with water. Bring to a boil; cook, uncovered, for 8–10 minutes or until crisp-tender.
  2. Meanwhile, melt butter in a large skillet over medium heat. Stir in the maple syrup, coconut aminos, and Worcestershire sauce. Cook for 1 minute or until heated through.
  3. Drain beans; add to the skillet. Cook and stir for 2 minutes or until heated through.
  4. Sprinkle with almonds; toss to coat. Serve with slotted spoon.
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## Festive Dip

Yields: 4 cups

### Ingredients

15 ½ oz black-eyed peas  
1 mdm red pepper, chopped  
1 mdm green pepper, chopped  
⅓ c finely chopped onion  
1 jalapeño, seeded and chopped  
½ c Italian dressing (clean/Homemade or Primal kitchen)

### Instructions

1. Mix together.
2. Serve with Cassava tortilla chips.

# Walnut Fruit Salad

Yields: 6 servings

## Ingredients

2 medium apples, chopped  
2 medium bananas, sliced  
11 oz mandarin oranges, drained  
1 c seedless red grapes  
1 c shredded lettuce  
1 T lemon juice  
⅓ c mayonnaise (healthy like Primal kitchen)  
¼ c raw honey  
½ c chopped walnuts

## Instructions

1. In a large salad bowl, combine the apples, bananas, oranges, grapes, lettuce and lemon juice.
2. In a small bowl, combine mayonnaise and honey.
3. Pour over the salad and toss to coat.
4. Sprinkle with walnuts. Serve immediately.

## Sancocho Estilo Americana (Colombian Chicken Soup)

### Ingredients

- 1 teaspoon olive oil
- 5 scallions, chopped
- 1 tomato, chopped
- 4 cloves garlic, chopped
- ½ onion, chopped
- 6 skinless chicken thighs on the bone
- 1 cup chopped cilantro
- 3 medium potatoes, peeled and chopped into 2 inch pieces
- 3 pieces of yucca, about 2 cups
- 3 ears corn, cut in half
- 1 small green plantain, peeled and chopped into 1" pieces
- 1 tsp cumin

### Instructions

1. In a large pot, saute scallions, onions and garlic in oil. Add tomatoes and saute another minute.
2. Add chicken pieces and season with a little salt. Saute a few minutes, then add yucca and plantain and fill pot with water.
3. Add cumin, salt, pepper, garlic, paprika, and half of the cilantro and cover pot.
4. Simmer on low for about 40 minutes. After 40 minutes, adjust salt and add potatoes, cook and additional 15 minutes.
5. Add corn and cook an additional 7 minutes or until corn is cooked.

# Chicken Soup/ Stock

## Ingredients

1 whole chicken (free range, pastured or organic)  
2-4 chicken feet (optional)  
3-4 quarts cold-filtered water  
1 T raw apple cider vinegar  
4 medium-sized onions, coarsely chopped  
8 carrots, peeled and coarsely chopped  
6 celery stalks, coarsely chopped  
2-4 zucchinis  
4-6 T extra-virgin coconut oil  
1 bunch parsley  
5 garlic cloves  
4 inches grated ginger  
2-4 T Celtic sea salt

## Instructions

1. If you are using a whole chicken, remove fat glands and gizzards from the cavity. By all means, use chicken feet if you can find them—they are full of gelatin. (Jewish folklore considers the addition of chicken feet the secret to a successful broth.)
2. Place chicken or chicken pieces in a large stainless steel pot with the water, vinegar, and all vegetables except parsley. Bring to a boil, and remove scum that rises to the top. Cover and cook on low heat for 12–24 hours. (I remove chicken and bone it after about an hour and then put the bones back in for 12–24 hours.)
3. The longer you cook the stock, the richer and more flavorful it will be. About five minutes before finishing the stock, add parsley. This will impart additional mineral ions to the broth.
4. Remove from heat. (The skin and smaller bones, which will be very soft, may be given to your dog or cat.) Strain the stock into a large bowl and reserve in your refrigerator for use as a base for other soups.





## Description:

We are at a crossroads. Opioid and alcohol abuse are leaving a path of destruction in their wake. Pornography is desecrating families. Obesity is skyrocketing and plaguing millions, reaching epidemic levels in children. Heart disease and cancer are—by far—the leading “killers” in America. And on and on it goes, from nicotine to caffeine to food. As a society, we are out of control. But are there answers? Yes, absolutely—if we once again set our sights on God’s truth.

One of the greatest joys associated with pastoring is seeing others filled with the Spirit of God: “You will seek Me and find Me, when you search for Me with all your heart” (Jeremiah 29:13). My goal is to fan the flames of passion toward God. This book is not a step-by-step guide written from a medical perspective; it’s a biblically centered resource pointing you to the One who has the answers.

[This book can be purchased on Amazon!](#)

YouTube video:

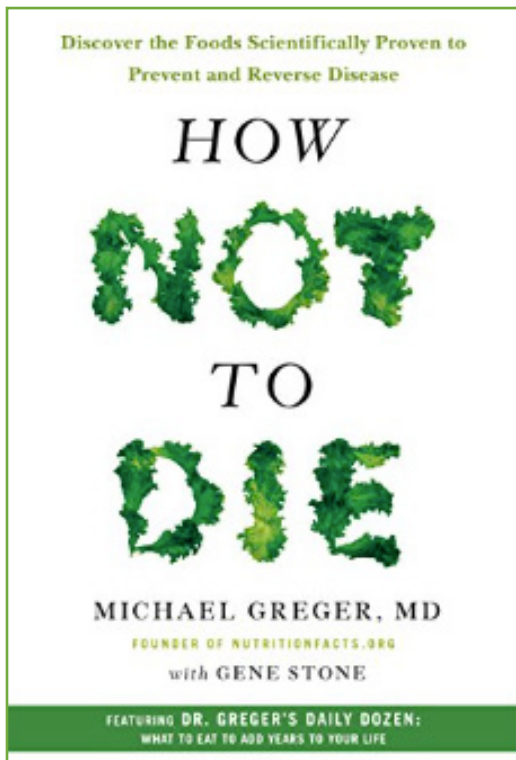
## Learn How This Doctor Healed Her Multiple Sclerosis Through Diet and Lifestyle | Dr. Terry Wahls

After being diagnosed with Progressive Multiple Sclerosis, Terry Wahls depended on a tilt-recline wheelchair for four years. However, she realized that she could improve her health on a cellular level by focusing on lifestyle and diet. Her incredible story of recovery is really a story of creating health and vitality, instead of focusing on treating the symptoms of disease. On this episode of Health Theory with Tom Bilyeu, Dr. Terry Wahls explains how a focus on cellular health can lead to extraordinary outcomes, even for people struggling with severe chronic illness.

Her website: [terrywahls.com](http://terrywahls.com)

Scan the QR code to watch the YouTube video!





From the physician behind the wildly popular NutritionFacts website, *How Not to Die* reveals the groundbreaking scientific evidence behind the only diet that can prevent and reverse many of the causes of disease-related death.

The vast majority of premature deaths can be prevented through simple changes in diet and lifestyle. In *How Not to Die*, Dr. Michael Greger, the internationally-renowned nutrition expert, physician, and founder of NutritionFacts.org, examines the fifteen top causes of premature death in America—heart disease, various cancers, diabetes, Parkinson’s, high blood pressure, and more—and explains how nutritional and lifestyle interventions can sometimes trump prescription pills and other pharmaceutical and surgical approaches, freeing us to live healthier lives.

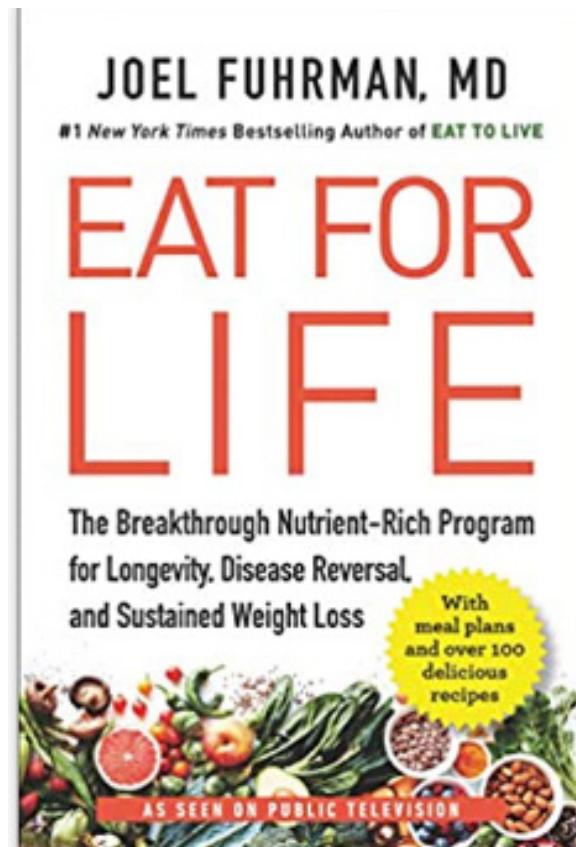
The simple truth is that most doctors are good at treating acute illnesses but bad at preventing chronic disease. The fifteen leading causes of death claim the lives of 1.6 million Americans annually. This doesn’t have to be the case. By following Dr. Greger’s advice, all of it backed up by strong scientific evidence, you will learn which foods to eat and which lifestyle changes to make to live longer.

History of prostate cancer in your family? Put down that glass of milk and add flaxseed to your diet whenever you can. Have high blood pressure? Hibiscus tea can work better than a leading hypertensive drug—and without the side effects. Fighting off liver disease? Drinking coffee can reduce liver inflammation. Battling breast cancer? Consuming soy is associated with prolonged survival. Worried about heart disease (the number 1 killer in the United States)? Switch to a whole-food, plant-based diet, which has been repeatedly shown not just to prevent the disease but often stop it in its tracks.

In addition to showing what to eat to help treat the top fifteen causes of death, *How Not to Die* includes Dr. Greger’s Daily Dozen—a checklist of the twelve foods we should consume every day. Full of practical, actionable advice and surprising, cutting edge nutritional science, these doctor’s orders are just what we need to live longer, healthier lives.

Scan the QR code to watch the YouTube video presentation *How Not To Die: The Role of Diet in Preventing, Arresting, and Reversing Our Top 15 Killers*.





## New York Times Bestseller

How to stay healthy and boost immunity with #1 New York Times bestselling author Dr. Joel Fuhrman's no-nonsense, results-driven nutrition plan.

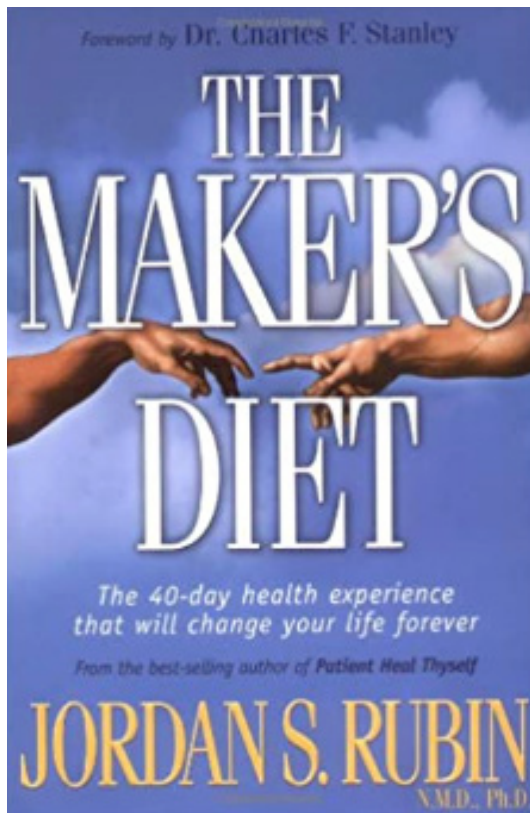
As a family physician for over 30 years and #1 New York Times bestselling author Joel Fuhrman, M.D. will tell you that doctors and medications cannot grant you excellent health or protection from disease and suffering. The most effective health-care is proper self-care and that starts with changing the way we eat.

Eat for Life delivers a science-backed nutrition-based program that prevents and even reverses most medical problems within three to six months. This is a bold claim but the science and the tens of thousands who have tried this approach back it up.

**The truth is: you simply do not have to be sick.**

Most Americans are deficient in the vitamins, minerals and phytonutrients found in plants (micronutrients), and consume too many fats, proteins, carbohydrates (macronutrients). The results of this standard diet is that we are not only shortening our lives but damaging our energy, vitality, and daily health by eating packaged and processed foods, excessive meat and dairy, and unsustainable amounts of salt and sugar. What we need is to consume foods rich in phytonutrients such as greens, beans, onions, mushrooms, berries, and seeds. These delicious and abundant foods contain the largest assortment of micronutrients and when consumed in adequate quantities they prevent and reverse diabetes and heart-disease, lower cholesterol and blood pressure, and reduce hunger and food cravings.

Rooted in the latest nutritional science and complete with recipes, menu plans, and testimonials, Eat for Life offers everything you need to change the course of your health and put this life-changing program to work for you.



Are you looking for a health plan that is biblically based and scientifically proven? The Maker's Diet is just that. Using a truly holistic approach to health, this groundbreaking book leads you on a journey that will change your life.

The Maker's Diet will help you:

- Boost your immune system
- Attain and maintain your ideal weight
- Have abundant energy
- Improve your physical appearance
- Reduce stress
- Improve digestion

Discover how Jordan Rubin's faith-based journey from near death to vital health led him to uncover the timeless principles of the world's healthiest people.



