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ROADMAP TO HEALTH

30 DAYS WILL CHANGE YOUR LIFE



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The Cause of Chronic Health Problems

WHAT IF: There was an entity that caused a cancer that never existed before, created a new skin disease, and **QUADRUPLED CARDIOVASCULAR DISEASE IN MEN OVER 40?**

It would be the lead story on all of the news networks, would be on the cover of several magazines, and it would be the subject on many talk shows. The funny thing is that this has actually happened. The cause of all of these health problems already exists—and it happened within a single generation! It happened to the Inuit living in Northern Canada. Prior to 1940, these people ate the traditional foods of their ancestors—their diet had been the same for centuries. After 1940 military bases began to appear and many began to eat at base cafeterias, abandoning their traditional diet. This sudden increase in disease was caused by the Western Diet. Eating the type of diet that we take for granted causes disease. Some women developed breast cancer, which was unheard of before 1940. Teenagers began to have acne, another condition that didn't exist before they began eating a more "civilized" diet. Diabetes, heart disease, high blood pressure, obesity, and gross obesity all became more common. This result happens pretty consistently when a population abandons its traditional diet and begins eating a Western diet. Weston Price documented this in his book, *Nutrition and Physical Degeneration*.

Dr. Weston Price

In the 1930s Dr. Weston Price, a dentist, traveled the world and compared people in "civilized" societies to their same ethnic group living away from civilization. He looked at isolated people in Europe, Africa, Asia, and the Pacific Islands. He found that "uncivilized" people did not have the chronic health problems we have. They had very little cancer or heart disease, no obesity, sinusitis, allergies, diabetes, GERD, etc. Even their bone and teeth structure was better (see below). The person eating a traditional diet is on the right.



The Western Diet Creates Inflammation

There is more to inflammation than pain: MOST DISEASE IS THE RESULT OF INFLAMMATION. Heart disease, Crohn's disease, allergies, and even cancer all are inflammatory conditions. By getting inflammation under control, you not only reduce pain but improve your health in general. You may have heard the names of some of the chemicals involved in inflammation in drug commercials. Some examples of these pro-inflammatory chemicals are prostaglandins, cytokines, interleukins, and leukotrienes. Drugs that treat allergies and reduce pain and inflammation work by affecting these chemicals. Similarly, diet and supplements can also affect the amount of these chemicals and the inflammation that they produce.

Inflammation and the diet: Research has shown that sugar, refined food, and processed food can all increase chemicals that produce inflammation. Insulin insensitivity can produce inflammation. Insulin insensitivity is the result of eating too many refined carbohydrates (refined sugar and starch products, like sweets, pasta, and white bread). People with insulin insensitivity tend to be overweight, carrying excess weight in their belly, thighs, and buttocks. Studies have shown that people who are overweight tend to produce more inflammatory chemicals than people who are not overweight.

The point is that the lifestyle you lead and the food you consume can not only influence the amount of pain you feel but can promote health and slow down the disease process as well. Research appearing in the *Journal of the American Medical Association* (2004;292:1440-1446) has shown that diet can reduce inflammation.

30 Days Will Change Your Life

It may seem strict, but... This is a 30-day program. Diet and some basic supplementation can reduce pain and improve almost any chronic health problem. You can do anything for 30 days. The program is strict, but once the 30 days are over, you can relax the discipline a bit. At the end of the 30 days, some of the "forbidden" foods will be allowed. Just remember that coming off the program is an opportunity to make some of the improvements to your health and well-being permanent. At the end of this handout is some advice on ending the 30-day plan.

- 1. Avoid obvious junk:** You probably already know that these substances undermine your health, so avoid them (even after the 30 days are over). This includes refined sugar, refined starch, chemical additives (if it wasn't available 10,000 years ago, it is not good for you), artificial sweeteners, and commercial oils (use only extra virgin olive oil).
- 2. Eat plenty of fruits and vegetables:** Plenty means that at least $\frac{3}{4}$ of your diet (by volume) should be fresh produce. They provide fiber and nutrients; vegetables create an environment favorable to good bowel flora.
- 3. Avoid GMOs:** (Genetically modified foods). Genetically modified foods tend to be heavily sprayed with chemicals. Some are designed to survive being sprayed with the herbicide glyphosate (which has recently been linked to cancer). They harm the digestive tract by disrupting the bowel ecology.
- 4. As much as possible, eat organic foods.** The more chemicals you avoid, the better off you

will be. Sometimes organic foods are not available, so do the best that you can.

5. **Eat slowly, chew your food thoroughly.** Ideally, chew your food until it is liquid. You will be satisfied with less food and you will have better digestion. Your saliva has enzymes that facilitate digestion. Also, it is easier to digest small particles than large ones. Not chewing well stresses your digestive system and can lead to poor absorption of nutrients, digestive problems like gas and bloating and promote the growth of harmful bacteria in the digestive tract.
6. **Follow a modified Paleo diet** (quinoa and sweet potatoes are allowed). Avoid complex carbohydrates. This means no starchy foods or disaccharides. Starches include corn, potatoes, rice, wheat, etc. Also, beans contain complex carbohydrates and are to be avoided (remember, this is only for 30 days). A disaccharide is a sugar that needs to be broken down by the digestive system, like lactose (so no dairy is allowed). The exceptions are sweet potatoes and quinoa.
7. **Drink plenty of water** (divide your weight by two for the number of ounces of water you need per day).

Why Go Paleo?

The idea behind the Paleo Diet is that people were healthier when they were hunter-gatherers. When people settled into villages and began to cultivate wheat and other grains and to consume dairy, their health declined. There are no grains (wheat, rice, corn etc,) potatoes, dairy products, or any other source of complex carbohydrates (like beans) allowed on the diet. There are many advantages to the Paleo Diet. It is low in food allergens, like wheat, dairy, corn, and soy. It is very good for digestion. Americans eat a disproportionate amount of complex carbohydrates, and many believe that is the reason there is so much GERD, irritable bowel syndrome and inflammatory bowel disease. We have modified the program a little to allow sweet potatoes and quinoa. **When you eat sweet potatoes, make sure to take 8x Pancreatin from Zorex to help to digest them.**

Other considerations:

- **Alcohol:** Do not drink alcohol on the program. If you feel that you cannot avoid it for 30 days, you may need to consider the possibility of addiction. Some of the recipes include wine, but the alcohol is cooked out of the dish.
- **Smoking:** Tobacco is an addiction. The 30-day program may present you with the opportunity to quit. Some people with follow the program for 30 days and continue to smoke, then do it for another 30 days and quit during that cycle. If you feel that you cannot quit, do the program anyway. It will still help.
- **Caffeine:** If you drink a lot of coffee or tea, ideally, you should stop. Caffeine, however, is addictive and some people experience withdrawal symptoms when it is given up. If this is an issue for you, try doing the program for 30 days while consuming the caffeine. Then do a second 30 days and give it up.
- **Prescription medication:** Discuss this with your doctor. For the most part, you will need to continue your medication. If you are diabetic, you may want to monitor your blood sugar while following the program as your medication needs may change. Again, discuss this with your doctor.

Use the SymptomQuiz & Fine-Tune Your Wellness Program

Our “civilized” diet has done damage beyond creating inflammation. Over time, poor diet (chemical exposure, drug therapy, and other assaults on our health) create problems that go beyond inflammation and nutrient depletion. Switching to a healthy diet will begin to undo the damage. While diet is the most important thing, supplementing with vitamins, herbs, or other natural substances can often speed your return to health. Go to our website and take the SymptomQuiz. Bring the results in for a consultation and our Wellness Plan can be customized to fit your needs and individual health issues. These are the issues covered by the SymptomQuiz.

- **Insulin Insensitivity:** Eating too much sugar and refined carbohydrates is making us sick; 100 million Americans are living with diabetes or insulin insensitivity (also called pre-diabetes). About 75% of the people with insulin insensitivity do not know they have the condition. The Roadmap to Health diet will help. Taking things like magnesium, B vitamins, berberine, or other supplement can improve results.
- **Upper GI Digestion:** Some people do not digest well. Often this is due to inadequate production of enzymes by the pancreas or HCl by the stomach. Digestive support can improve the absorption of vitamins and minerals. Also, improving digestion is often beneficial to patients with allergies, gastric reflux, fatigue, and many other chronic conditions.
- **Intestinal Mucosa:** This is the lining of the GI tract. You may have heard the term “leaky gut”. The intestine becomes inflamed, and things that are normally kept out of the body get into the body. Many scientists believe that this is the source of a lot of chronic health problems, including allergies and autoimmune disease.
- **Microbial Issues in the GI/Dysbiosis:** You have several pounds of bacteria in your intestines—they belong there. The produce vitamins, protect the GI lining, remove toxins, and keep pathogens in check. The wrong kind of bacteria produce toxins, irritate the GI lining, and deplete vitamins. The Western diet causes the wrong kind of bacteria to grow. The Roadmap to Health diet is designed to grow healthy bacteria. Often supplementation can speed results.
- **Liver:** Food additives, environmental toxins, and even sugar can burden the liver. Supplementation to support the liver is often helpful.
- **Gallbladder:** Poor diet (and other things) can thicken the bile. It can eventually lead to gallstones. It can lead to poor absorption of certain vitamins. Supplements can help thin the bile.
- **Immune System:** Poor diet and environmental challenges can lead to poor immune function. Supplementation often helps here.
- **Adrenal:** The adrenal glands help you respond to stress. Intense stress, extended stress, or even poor diet can massively affect your health. Taking supplements to support the adrenal can help to mitigate the damage and make it easier to deal with stress.
- **Hypothyroid:** There are 13 million Americans with undiagnosed hypothyroidism. Many are “borderline”. Often supplementation is beneficial.
- **Allergies:** Allergies are the 6th leading cause of chronic illness, with over 100 million Americans suffering from allergy. This is a condition that responds very well to natural healthcare.
- **Vitamin/Mineral Deficiency:** A lifetime of poor eating can lead to many subclinical nutrient deficiencies.

The SymptomQuiz will help us begin to find your core health issues. You will be given a score for each of the categories on the previous page. They will be mild, moderate, significant, or major. We simply need to focus a single category where you scored “major”. Follow the Wellness Program for 30 days and retake the quiz. You will find that your **Total Health Score** will improve.

Keep it Going

Follow the Wellness Plan for 30 days (supplementing for one of your “major” categories) and retake the SymptomQuiz. Compare the “Wellness Score” from the two quizzes. It should have improved. The Wellness Score is like a golf score—you want it to be low. It can be as high as 350, you want to get it below 100.

After 30 days we can change the plan. We can focus on a new problem, do more testing to improve the problem we are working on, and we can change the diet. You can follow the new plan for another 30 days and retake the SymptomQuiz. You can keep going, repeating the process until you feel as good as you deserve to.

Biotics Research has designed high-quality supplements that can help replace what a lifetime of eating a “Western” diet has deprived us.

Changing the Diet at the End of 30 days:

If the program helps you, as it will for most people, change your habits slowly. This is an opportunity to find out if some “good” foods are giving you a problem. Many people have a problem with consuming wheat, dairy, soy, or other commonly eaten food.

- **Continue to avoid the “obvious junk”:** Of course, there may be parties or special occasions where you may break discipline. Just continue to understand that these foods are bad and avoid them as much as possible. This also goes for avoiding GMOs. Continue to eat organic foods as much as possible.
- **Continue to eat more fresh produce than other foods:** Try to make sure that at least 50% of what you eat (by volume) is fresh fruits and vegetables.
- **Break the Paleo discipline slowly:** One of the reasons the Paleo diet is included in this program is that it helps with digestive issues. Also, many of the foods avoided are foods, like wheat and dairy, that are problematic for many people. If you consume a food that is not allowed on the Paleo diet, do not consume another one for 24 hours. If you have wheat on Tuesday, for example, do not have dairy until Wednesday. If you feel worse after eating the food, it is something that you should avoid AND, do not have another “forbidden” food for 72 hours. For example, if you have wheat on Tuesday and have symptoms (bloating, fatigue, sinus issues, etc.), do not have dairy until Friday. Also, continue to avoid the wheat (and probably other gluten grains).
- **We may see that some “permitted foods” are a problem:** Some people may have problems with some of the foods that are permitted on the diet. For example, some people have nut or egg allergies. This diet is a starting point, and we can fine-tune it to fit you individually.

Do not limit food. Eat when you are hungry. Many will lose weight on the program, but do not try to turn this into a “diet”. What you eat is much more important than how much you eat. Ask the practitioner who gave you this document for the Zorex Weight-Loss Plan. It has some small changes that make this an effective weight-loss program.

Restaurant survival:

Eating out presents some challenges. It is almost impossible to know if your food is organic or free of GMOs (except in some high-end restaurants). Do the best that you can. Order salad (simple vinegar and oil dressing—creamy dressings tend to be full of chemicals) and as many vegetables as you can. Have chicken, meat or fish that is broiled and without breading. Even in a fast-food restaurant you can have hamburger (without the bun) and a salad. You can remove the breading from fried chicken. Just follow the dietary discipline as much as you can.

Eating plan: 7 days of meal suggestions. These are just ideas. Eat what you like (as long as you follow the parameters of the plan).

Day 1	Breakfast	Apple with almond butter or almonds
	Lunch	Tuna (mix it with olive oil, chopped onion and celery). Serve it on carrot sticks or cucumber slices.
	Dinner	Quinoa, large salad (with olive oil and vinegar dressing) and cooked vegetables
Day 2	Breakfast	Beef patty, sliced tomatoes
	Lunch	Steak or beef vegetable soup, large green salad
	Dinner	Beef vegetable soup, large green salad

Day 3	Breakfast	Quinoa, fruit
	Lunch	Chicken vegetable soup, large green salad
	Dinner	Chicken, large green salad, cooked vegetables
Day 4	Breakfast	Melon, raw nuts
	Lunch	Baba ghanoush, tabbouleh (made with quinoa instead of cracked wheat), carrot sticks and cucumber slices.
	Dinner	Salmon or any fish, large green salad

Day 5	Breakfast	Vegetable omelet (chopped onion, spinach, bell peppers, or any desired vegetable)
	Lunch	Stir fried vegetables with your choice of meat, poultry, or fish
	Dinner	Fajitas (your choice of meat), avocado, salad (salsa is allowed)
Day 6	Breakfast	Quinoa, fruit
	Lunch	Tuna (mix it with olive oil, chopped onion and celery). Serve it on carrot sticks or cucumber slices.
	Dinner	Fish, cooked vegetables, and large green salad

Day 7	Breakfast	Any fruit, any raw nuts
	Lunch	Chicken or chicken vegetable soup
	Dinner	Chicken, salad, and sweet potato

If weight is not an issue, snack if you must (best not to snack). If you do snack, simply eat anything within the parameters of the program.

Recipes

We've included some recipes to make the task easier. The program is not difficult to follow if you can plan meals and eat food that you enjoy. The biggest problem some people have is knowing what to eat, especially if the program represents massive changes in eating habits.

Breakfast

Breakfast Quinoa #1

1 cup quinoa
2 cups unsweetened apple juice
1 cup raisins
Cinnamon (to taste)
1 tsp vanilla extract

Cook quinoa in apple juice until tender. Add raisins, and vanilla extract.

Breakfast Quinoa #3

2 ½ cups almond milk
1 cup quinoa
1 cup blueberries
3 tbsp honey
1 tsp grated lemon peel
1 tbsp lemon juice

Cook the quinoa in 2 cups of almond milk until tender. In the other ½ cup of almond milk, add the honey, lemon peel, and lemon juice. Heat the mixture and stir until blended. Add mixture to the quinoa and add the blueberries.

Breakfast Quinoa #2

1 cup quinoa, cooked
2 bananas
½ cup sliced strawberries
1 ½ cups almond or coconut milk
3 tbsp honey

Place the bananas, strawberries, honey, almond (or coconut) milk into a blender and puree. Heat in a saucepan under medium flame and add the quinoa, stirring constantly. Cook for about 10 minutes, stirring constantly. Place in small bowls and refrigerate.

Other breakfast suggestions: Eggs are permitted, but not toast or potatoes. You can have Pica de Gallo or sliced avocado or tomato with your eggs. You can chop up vegetables and cook them into an omelet. Sausage or bacon is not permitted, but a hamburger patty or steak is.

Soups and Salads

Quick Beef Soup

4 cups beef broth
2 zucchinis, sliced
2 cups green beans, cut into 1" pieces
3 carrots, cleaned and sliced
2 tomatoes, diced
1 cup frozen peas
2 pounds boneless chuck roast
2 cloves garlic, crushed
1 teaspoon fresh rosemary
3 garlic cloves, crushed
Salt and pepper to taste

Cut the chuck into 1" cubes, put it into a pot with the beef broth. Add the vegetables, Rosemary, and garlic into the pot. Simmer until the vegetables are tender.

Cabbage Soup

2 pounds pork neckbones
1 head cabbage
3 tomatoes
3 tablespoons pickling spice
Salt and pepper to taste

Boil neckbones in 4 quarts of water until the meat is tender and separates from the bone. Remove meat from bones and return it to the pot. Chop or grate the head of cabbage, add it to the pot. Chop the tomatoes and add them. Add the pickling spice and simmer for two hours. Salt and pepper to taste.

Quick Chicken Vegetable Soup

4 cups chicken broth
2 zucchinis, sliced
2 cups green beans, cut into 1" pieces
3 carrots, cleaned and sliced
2 tomatoes, diced
1 cup frozen peas
2 pounds chicken thighs
2 cloves garlic, crushed
½ tsp. ground sage
Salt and pepper to taste

Put the chicken thighs in the broth, bring to a boil and simmer until tender. Remove the thighs from the broth, take out the chicken and remove the bones. Put the boneless chicken back in the pot. Cut or tear it into small pieces. Add the vegetables, sage, and garlic into the pot. Simmer until the vegetables are tender. You can cheat a little to save time by using boneless chicken cut into pieces.

Sweet and Sour Coleslaw

1 Head of cabbage, shredded
3 Carrots, grated
¼ cup honey
½ cup clear vinegar
Salt and pepper to taste

Put the grated carrots and shredded cabbage into a bowl.
Heat the vinegar in a small saucepan, dissolve the honey into it. Let cool.
Mix the dressing into the slaw, salt, and pepper to taste.

Quinoa Salad #1

1 cup quinoa, cooked and drained
½ cup oil-packed sun-dried tomatoes, drained and chopped
2 cups roughly chopped fresh spinach
½ cup currants or raisins
½ cup nuts or seeds: sliced almonds, pumpkin seeds, sunflower seeds or chopped walnuts
Salt and pepper to taste

Cook and drain the quinoa, let it cool. Mix with the tomatoes, nuts, and spinach. Add dressing to taste:

Dressing:

Equal parts virgin olive oil and lemon juice (about 2 tbsp. each)
1 clove garlic, pressed
1 tbsp. chopped, fresh basil
1 tbsp. chopped, fresh oregano
1 tsp. honey
Salt and pepper to taste.

Quinoa Salad #3

2 cups cooked quinoa
2 cups flat leaf parsley
3 tablespoons capers
2 tablespoons olive oil
2 pounds yellow and red cherry or plum tomatoes
Salt and pepper to taste

Sauté the capers until they are crisp. Remove them and sauté the parsley, set aside. Cut the cherry tomatoes in half. Add the ingredients to cooked quinoa, toss. Salt and pepper to taste.

Quinoa Salad #2

1 cup quinoa
4 cups of kale, chopped with the veins removed
½ cup chopped cilantro
Juice from 4 limes
½ cup virgin olive oil
1 red bell pepper, de-seeded and chopped
1 red onion, chopped
½ cup sliced black olives

Cook the quinoa, set aside to cool. In a large salad bowl add the kale, cilantro, olives, onion, and red pepper. Mix in the cooled quinoa. Squeeze the limes into the salad, add the oil and toss. Salt and pepper to taste.

Spinach and Beet Salad

1 cup cooked quinoa
1 cup snow peas strings removed and cut in 1" sections
½ cup slivered almonds
1 medium raw beet, peeled and grated
1 cucumber, sliced
2 cups spinach, roughly chopped
1 avocado, cubed

Combine ingredients, toss

Dressing

5 tablespoons lime juice
2 tablespoons olive oil
1 tablespoon chopped cilantro
2 tablespoons honey
½ to 1 teaspoon Dijon mustard, to taste
Salt and pepper to taste

Combine ingredients and whisk or blend until homogenous, add to salad.

Chicken, Mango and Avocado Salad

1 avocado
1 mango
1 cup chicken, cooked and shredded
1 head of Boston bibb lettuce

Peel and cut the mango and avocado into small cubes and add the chicken.
Clean and shred the lettuce. Toss the ingredients together

Dressing

5 tablespoons lime juice
2 tablespoons olive oil
1 tablespoon chopped cilantro
2 tablespoons honey
½ to 1 teaspoon Dijon mustard, to taste
Salt and pepper to taste

Lunch/Dinner

Broiled Salmon with Ginger

4 (4-oz.) salmon fillets
1 tsp. Dijon mustard
4 cloves garlic, pressed
1 tbsp. finely minced shallots
3 tsp. fresh grated ginger
Juice of 1/2 lemon
2 tbsp. tamari (gluten-free soy sauce)
Freshly ground black pepper
Lemon slices, for serving

Heat broiler and line a baking sheet with parchment. In a small bowl, mix together mustard, garlic, shallot, ginger, and lemon juice and season with salt and pepper. Spread mixture all over salmon fillets and broil, 7 to 8 minutes. Garnish with lemon slices and serve.

Chicken Marsala

4 boneless chicken breasts
1 cup sliced mushrooms
1 cup fresh baby spinach
1 cup chicken broth
½ cup Marsala wine
1 tbsp olive oil
2 tsp arrowroot

Sauté the mushrooms in the olive oil until they are tender. Add the spinach and sauté for an additional minute. Add the chicken broth and Marsala wine. Take ¼ cup of the liquid out of the pan and put it into a small bowl. Mix the arrowroot with the liquid in the bowl. Put the mixture back into the pan. Add the chicken breasts and simmer on a low flame until they cook through, turning them occasionally.

Chicken and Zucchini

1 green zucchini
1 yellow zucchini
1 shallot chopped finely
2 cups chicken broth
½ cup honey
½ cup balsamic vinegar
¼ cup finely chopped fresh basil
4 boneless chicken breasts
2 tbsp cup olive oil
Salt and pepper to taste

Mix honey and vinegar into saucepan. Heat gently until it is homogenous and thickened. Add basil. Cut ends off the zucchini and use a vegetable peeler to cut the zucchini into thin strips. Bring the chicken broth to a boil and add the zucchini, cook for three minutes. Put olive oil into a saucepan and heat with a medium flame. Add shallots and cook until tender. Cut the chicken into one-inch strips and add to the shallots and olive oil. When the chicken is finished cooking, add the vinegar/honey sauce, and mix thoroughly. Serve over the cooked zucchini.

Chicken and Vegetables

2 c. cherry tomatoes
3 c. sliced carrots
2 yellow bell peppers, thinly sliced
1 zucchini cut into cubes
1 yellow zucchini cut into cubes
1 small red onion, cut into ½ inch pieces (peel, take off the ends, cut in half, cut each half into ½ inch slices, then cut ½ inch slices perpendicular to the original cuts).
1 lb. boneless skinless chicken breasts, cubed

FOR THE MARINADE

½ c. extra-virgin olive oil
Juice of 4 limes
½ c. freshly chopped cilantro
4 cloves of garlic, minced or pressed
Salt and pepper to taste

Make marinade: In a medium bowl, combine olive oil, lime juice, garlic and cilantro and season with salt and pepper. Whisk until combined. Pour marinade over veggies and chicken and season with more salt and pepper. Toss until completely combined. You can mix the chicken, vegetables, and marinade 6-12 hours before baking.

Preheat oven to 400°. Place the chicken and vegetables in a shallow baking dish. Bake until vegetables are tender, and chicken is cooked through, 40 minutes

Balsamic Chicken with Peaches

1 tbsp. extra-virgin olive oil
4 boneless skinless chicken breasts
kosher salt
Freshly ground black pepper
2 cloves garlic, minced
1 shallot, chopped
4 large peaches, sliced
¼ cup balsamic vinegar
2 tbsp honey

Add garlic and shallot to skillet and sauté in olive oil for 2 minutes. Add peaches and cook until softened, 5 minutes more.

Put honey and vinegar in a small saucepan. Heat until homogenous and thickened. Add mixture to the peaches, shallot and garlic mixture.

In a separate skillet over medium heat, heat oil. Season chicken with salt and pepper and cook until golden and no longer pink, 8 minutes per side. Put on plate and top with balsamic vinegar and peach mixture.

Vegetable Casserole

1 zucchini, sliced
1 yellow zucchini, sliced
1 sweet potato, peeled and cut into cubes
1 onion, peeled and cut into eighths
1 red bell pepper, seeded and cut into 1-inch pieces
2 tbsp chopped fresh rosemary
¼ cup olive oil
¼ cup chicken or vegetable broth
Salt and pepper to taste

Mix all the ingredients into a baking pan, mix thoroughly and place into a pre-heated 400-degree oven for 30 minutes.

Snacks and Side Dishes

Potato-Like Parsnips

2 lb. parsnips, peeled and cut into 2" pieces (like French fries)

¼ cup extra-virgin olive oil

2 tsp. dried basil

1 tsp. garlic powder

Salt and pepper to taste

Preheat oven to 425°. Spread parsnips on 2 large baking sheets, being sure to not overcrowd. Mix olive oil, basil, garlic powder, salt, and pepper into a small bowl. Brush the parsnips with the mixture, turn them over and brush the other side.

Roast until golden and easily pierced with a knife, about 30 minutes, turning once halfway through.

Pico de Gallo

3 tomatoes

1 Vidalia (sweet) onion

2 cups fresh cilantro (chopped)

2 limes

1 jalapeno pepper

Sea salt to taste

Finely dice tomatoes and onion. Split the jalapeno pepper and remove the seeds. Dice the pepper finely (to taste—use less if you do not want it too hot) and remove the white membranes if you do not want it too hot). Mix the tomatoes, onion, jalapeno, and cilantro together. Cut the lime into wedges and squeeze into the vegetables. Add salt, toss.

Sesame Green Beans

1-pound fresh green beans cut into 2-inch pieces

¼ cup sesame seeds

2 tbsp peanut oil

¼ cup chicken broth

Heat oil and add sesame seeds. Brown the seeds slightly. Add green beans and cook, continually stirring for a few minutes. Add chicken broth. Cover pan and simmer on low until beans are tender.

Guacamole

1 ripe avocado

¼ cup pico de Gallo

1 tsp lemon juice

¼ tsp cumin

Peel and mash the avocado in a bowl. Add the other ingredients and mix thoroughly

Cashew Asparagus

½ pound asparagus, with the hard ends broken off
1 teaspoon sesame oil
2 teaspoons peanut oil
¼ teaspoon fresh ground ginger
1 clove garlic, minced
1 cup cashews

Heat the peanut oil and the sesame oil in the wok. Add garlic and ginger, brown slightly over medium heat. Add cashews. Add the asparagus and stir-fry until the asparagus is bright green and a little tender.

Zucchini Fritters

2 large zucchinis
3 large eggs
2 cloves of garlic (crushed in a press)
¼ teaspoon basil
¼ teaspoon oregano
Salt and pepper to taste
Olive oil

Grate the zucchini and remove any excess moisture with a clean, dry towel. Mix in the eggs, garlic, oregano, and basil. Mix thoroughly. In a frying pan, put in the olive oil (½ inch depth). On medium heat, let the oil get hot. Add the zucchini mixture on scoop at a time, flattening with a spatula. Brown on one side, flip and brown the other. Salt and pepper to taste.

Spinach and Mushrooms

½ pound fresh spinach, roughly chopped
10 ounces sliced mushrooms
2 cloves garlic, minced
1 small onion, chopped
¼ cup fresh basil, chopped
2 tablespoons olive oil
2 tablespoons balsamic vinegar
½ cup white wine
Salt and pepper to taste

Sauté the onions and garlic in the olive oil until the onions become translucent. Add the mushrooms and cook for 3-4 minutes until they shrink. Add the spinach, basil, wine, and vinegar. Cover and simmer for 5 minutes. Add salt and pepper.

Bok Choy

3 bunches of baby bok choy, cleaned with the ends removed
2 cloves garlic, minced
¼ teaspoon red pepper flakes (more or less, to taste)
1 tablespoon grated ginger
2 tablespoons peanut oil
1 tablespoon sesame oil
½ cup chicken broth

Sauté the pepper flakes, garlic and ginger in the sesame and peanut oil. Add the bok choy and stir to mix with the oil. Add the chicken broth and cover the pan. Simmer for 2-3 minutes, until steam is produced. Uncover the pan and continue to cook another 3-4 minutes (until the liquid is gone and the bok choy is tender).

Easy Sweet Potatoes

3 Sweet potatoes
1 20 oz can pineapple chunks in pineapple juice

Peel and cut the sweet potatoes into 1" cubes. Put into a baking dish. Pour the can of pineapples over the sweet potatoes. Cover and bake at 350 degrees for one hour (or until the sweet potatoes are soft)

Easy, Tasty Vegetables

1 Medium onion
1 Red bell pepper
4 Cups fresh spinach
Garlic salt
2 tbsp olive oil

Cut the onion into crescents and the pepper into cubes. Heat the oil in a deep saucepan. Add the pepper and onion. Cook until tender. Add the spinach. Liberally sprinkle the garlic salt. Cook until the spinach wilts.

Turn this into a weight-loss program with intermittent fasting. This is a well-researched way to get insulin insensitivity under control and to lose weight. You have an eight-hour window to eat. There needs to be 16 hours between dinner and breakfast the next morning. If you eat dinner at 5:00 pm, breakfast is at 9:00 am the next morning. It works because when you fast you produce glucagon, which is a hormone that helps to break down fat.

In BMJ Case Rep. 2018 Oct 9;2018:bcr2017221854, covered insulin insensitive patients referred to Intensive Dietary Management clinic in Toronto, Canada, for insulin-dependent type 2 diabetes. It demonstrates the effectiveness of therapeutic fasting to reverse their insulin resistance, resulting in cessation of insulin therapy while maintaining control of their blood sugars. In addition, these patients were also able to lose significant amounts of body weight, reduce their waist circumference and also reduce their glycated hemoglobin level.

Need to lose weight?

Ask for our free Weight-Loss Report.

No dieting because diets make you fat!

No-Diet Weight Loss

Supplements to Help You Reach Your Goal

Metabagran is a homeopathic, combined formula for symptoms associated with cellular metabolism. ATP (adenosine triphosphate) is the high-energy molecule that stores the essential energy needed in cell metabolism.

NOW Older Vinegar capsules supplement is a diet "formula" with grapefruit, lecithin, B-6, chromium, kelp, and glucomannan (from konjac root). Take plenty of water with this product in conjunction with a temporary, reduced-calorie diet and regular exercise.

GB Complete is designed to thin the bile, making the removal of toxins easier. It will also help liver function.

2-4 capsules, 3 times a day with meals or as directed by a health care professional.

More than 2 in 3 adults are considered to be overweight or obese.

About one-third of children and adolescents ages 6 to 18 are considered to be overweight or obese.

Not a Diet—Eat as Much as You Like

DIETS MAKE YOU FAT: WHAT You Eat and WHEN You Eat are Much More Important Than HOW MUCH You Eat

Phase 1: For the first three days of the program eat nothing but vegetables and drink nothing but water. Take C.G.F. and GB Complete (both help remove toxins). Studies have shown that detoxification helps with weight loss. Rather than a complicated regimen with powders, packs of vitamins and replacement drinks, this is simple (yet to mention less expensive and much more effective).

Phase 2: Follow this for at least 30-60 days. Here is the program. We will explain why it works on the next page.

1. **Avoid obvious junk:** You probably already know that these substances undermine your health, so avoid them (even after the 30 days are over). This includes refined sugar, refined starch, chemical additives (if it wasn't available 10,000 years ago, it's not good for you), artificial sweeteners, and commercial oils (use only extra virgin olive oil).
2. **Eat plenty of fruits and vegetables:** Plenty means that at least 1/2 of the food you eat (by volume) should be fresh produce.
3. **Avoid GMOs:** Genetically modified foods.
4. **As much as possible, eat organic foods.**
5. **Eat slowly, chew your food thoroughly.**
6. **Follow a modified Paleo diet** (quinoa and sweet potatoes are allowed).
7. **Intermittent fasting:** Eat for only eight hours during the day.
8. **Drink plenty of water** (guide your weight by loss for the number of ounces of water you need per day).
9. **Take C.G.F. to address insulin insensitivity and GB Complete to facilitate the**

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