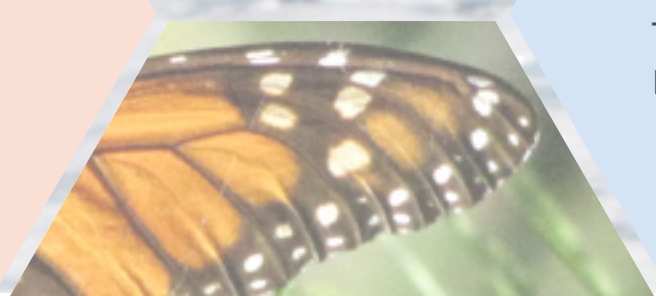




eCookbook

volume one



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volume one

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All background photos in this publication were taken by The New Self-Health Movement at Asilomar and Monterey Peninsula, California. A special thanks to Britta our ebook designer!

The eBook was designed by Britta @ The Luxe Co. www.theluxeco.com.au

introduction

It occurred to me after much contemplation that something bigger than myself was needed to make a real difference in the current state of well-being.

The New Self Health Movement (The NSHM) was founded to provide a resource platform for health coaches who are graduates of the Institute for Integrative Nutrition, myself included, and all who are seeking to improve their knowledge and overall wellness.

We formed a large group of Integrative Nutrition Health Coaches and Authors dedicated to share with you, our health and well-being knowledge and perspective.

The movement is based on the belief that everyone can benefit from the offerings of our group. On our sites you'll find access to a valuable community resource of books, information, products, services, events and self-health retreats. You will be able to contact and interact with health coaches from around the world. Our goal is to inspire, help and educate all that seek health, wellness and happiness. On The NSHM website you will also find blog posts by the Health Coach Authors covering a wide variety of health related subjects and issues including self-care, well-being events, food, nutrition, meditation, diabetes, autism, cancer, pets, drinking water, genetically modified organisms, food politics; to name a few. Each Health Coach will bring their unique knowledge and insight to a specific area of expertise and wellness trends. As this community grows and expands so will your experience here. The intent is for our site and its members to be the one stop resource for all your self-health needs.

These series of free ecookbooks will enable you to get to know us better, our mission and engage in learning some healthy cooking options.

enjoy!

Debbi Sanzo-Davis
Founder & Director
The New Self-Health Movement



our team

The NSHM Coaches group consists of a dynamic cooperative of graduates from the Institute for Integrative Nutrition, many of whom are published wellness authors.

This global team was formed to address the full spectrum of health, wellness and self-relationship issues we all face every day. Our unique personal assist method incorporates techniques of guided self-empowerment in a supportive network. Our goal is to help all wellness seekers and the health curious become informed and self-reliant on their path to self-improvement. We are dedicated wellness professionals committed to making a positive healthy impact in all communities.

For a complete list of all the Integrative Nutrition coaches visit our websites:

www.thenewself-healthmovement.com

and

www.selfhealthretreats.com

*please consider joining us at one
of our retreats or events!*



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smoothies

super nutritious and quick to make!

karen ann kennedy

www.thecaringcoachingcenter.com

Karen Ann Kennedy's commitment to wellness and service is at the heart of her life and career. As a black belt in Tae Kwon Do, a decorated United States Army veteran, and a longtime Human Resources Director, it is only natural that Karen would launch The Caring Coaching Center, to support others in reaching their health, fitness, and lifestyle goals. As the company's President, CEO, and "Coach in Chief," Karen provides individual, group, and corporate health and wellness coaching that is flexible, fun, and free of denial. As Karen likes to say: "Little changes. BIG results!"

Thanks to her studies at The Institute for Integrative Nutrition, the world's largest nutrition school, Karen is well versed in the importance of nutrition and healthy living.

Karen shares her knowledge and passion for healthy living as a regular contributor to The Huffington Post, and in her own blog Carrots Don't Scream When You Boil Them.

Born, raised, and still residing in her beloved hometown of Philadelphia, Karen offers Caring Coaching to clients nationwide.

Karen Ann Kennedy
Certified Health Coach
President & CEO, The Caring
Coaching Center, LLC
karen@thecaringcoachingcenter.com



YOUR BEST YEAR YET
by karen ann kennedy

KAREN ANN KENNEDY'S CHOCOLATE PEANUT BUTTER CUP SMOOTHIE

- ◆ ½ frozen banana
- ◆ 1 tablespoon cacao powder
- ◆ 1 tablespoon peanut butter
- ◆ 1 tablespoon protein powder
- ◆ 1½ cups coconut, soy, dairy, or milk of your choice
- ◆ ½ tsp cinnamon
- ◆ Honey to taste (optional)
- ◆ Ice

METHOD

Blend and enjoy!

kimberly petrosino

www.happyhealthyhearts.net

Becoming a Health Coach and an advocate for healthy living was not exactly my obvious destiny. In fact, if someone had told me five years ago that today people would be coming to me for health advice and that I'd have a book about nutrition and wellness, I would have laughed at them! My journey up until this point was one of many setbacks and baby steps. When I took a moment to look back and realized that those baby steps added up to an amazing personal transformation, my book "The Small Change Solution" was born.

After college and into my later twenties, my life unfolded in a pretty typical way – job, boyfriend, apartment, good family life, good friends. When I envisioned my future I saw myself advancing at that same company, getting married, having kids, and living a "standard" life, happy and relatively successful.

Then in March 2013, around 10:15 on a Friday night, my phone rang. Life as I knew it was over. My father, the light and joy in my life, the man I had just seen laughing and

in seemingly perfect health just five days before, was gone. I was 28 years old and he was only 57. It was a heart attack, with no prior warning signs. I was completely shattered.

After months trying to decide my next step while incessantly researching heart disease, I found my calling. I became certified as a Health Coach, published my book, and now I am on a mission to spread the word about the importance of heart-healthy living to as many as I can reach. If I can help prevent one young woman from losing her father too soon, I know I will have done my job.

Kimberly Petrosino
Author and Motivational
Speaker
Certified Holistic Health Coach
Happy Healthy Hearts
www.facebook.com/kimberly-athappyhealthyhearts
Phone: 631-561-8367



THE SMALL CHANGE SOLUTION by kimberly petrosino

KIMBERLY PETROSINO'S BLUEBERRY PANCAKE BREAKFAST SMOOTHIE

SERVES ONE

Dietary Consideration: Vegan

- ◆ 1 banana
 - ◆ ¼ cup oats
 - ◆ 1 cup blueberries
 - ◆ 1 generous scoop maple flavored peanut butter (if you don't have maple, your favorite peanut butter will do)
 - ◆ Almond milk to cover
- *Use organic ingredients if possible

METHOD

Blend all ingredients and enjoy!



breakfast & baked goods

great way to start and sustain your day

alexandra roach

www.alexandraroach.com

Why German Seed Bread? ... because it reminds me of my heritage and provides dense nutrition at home and on the go.

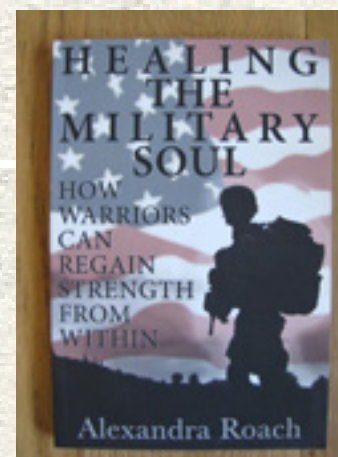
But please, let me tell you a bit more about myself and my story. I have been a military Spouse for over 15 years. I was born and raised in Germany. My Soldier and I got married when he was stationed overseas. We were very young and certainly thought we were smart, experienced, and ready for the ride together. He brought me back to his country and we had three beautiful children. We endured many difficulties throughout the years and those were not related only to separations and deployments that the Army put us through.

Over the years, I noticed that the whole family was battling several health issues, although we were young and physically active. My husband suffered from severe upper GI tract issues. He was eating his anti-acid medication like candy and his stomach was more than just upset. He had constant heartburn, food got stuck regularly during meals to the point where he had to regurgitate it, and he was diagnosed with a severe case of Gastro-esophageal Reflux Disorder. On multiple occasions, he

had to get his esophagus widened to counter-balance the spasms. I, on the other hand, battled chronic sinusitis, which at the end would turn into laryngitis to the point where I was not able to speak for weeks. The kids were always clogged up, had runny noses, coughs, or skin problems. Our son's ears were infected regularly to the point where he got tubes put in his little ears for them to drain.

At some point, it hit me. We were not meant to be this sick all the time! I wanted to make a change when a friend pointed me toward nutrition and the healing properties of food. I started cooking more, preparing fresh food, buying farm-fresh, reading labels, learning about nutrients, herbs, and spices. At times, we would eliminate certain food groups to see what that change did for our bodies. We went through many self-experiments: vegetarian, vegan, dairy-free, gluten-free, macrobiotic, ... you name it, chances are, we have tried it. In the end, it worked! For us, BALANCE is a big word. It seems that we found our family's balance.

**RYT, Tai Chi and Meditation Instructor,
Reiki Master**



HEALING THE MILITARY SOUL by alexandra roach

ALEXANDRA ROACH'S GERMAN SEED BREAD

SERVES: 4-6

Dietary Consideration: Dairy-Free

- ◆ 200g white flour & 200g wheat flour
(I use a mixture of Kamut and Spelt flour, which comes from grains that were soaked, dehydrated, and freshly milled for smooth digestion.)
- ◆ 100g rolled oats
- ◆ 50g flax meal
- ◆ 50g flax seeds
- ◆ 50g raw or roasted sunflower seeds
- ◆ 50g sesame seeds, toasted
- ◆ 50g chopped walnuts
- ◆ 50g raw or roasted pumpkin seeds
- ◆ 2tsp sea salt
- ◆ ¼ cup honey
- ◆ 1 package and 1 level tsp of yeast (or 11 grams)
- ◆ 2 cups of lukewarm water
- ◆ 1 tbs. Apple Cider Vinegar

METHOD

Whisk together:

1 package and 1 level tsp of yeast (or 11 grams)

2 cups of lukewarm water

Then add:

1 tablespoon apple cider vinegar, whisk and set aside

Stir together:

All dry ingredients and add the honey. Then add wet ingredients to dry ingredients, until entire mixture is wet. Butter (use EVOO if keeping it dairy-free) loaf pan and coat the bottom of pan with a layer of oats. Put dough in pan, pat down evenly on top. Put 1 cup of water in each corner of the oven in a small, shallow ovenproof dish. Put bread loaf in center of COLD oven and then turn oven on to 395 degrees, bake for 1 hour.

Remarks: You can interchange seeds and flours to make whatever mix you like. You could also add raisins or cranberries... have fun playing around. Oh, and if you want to make more than one loaf at a time, just double or triple the recipe.

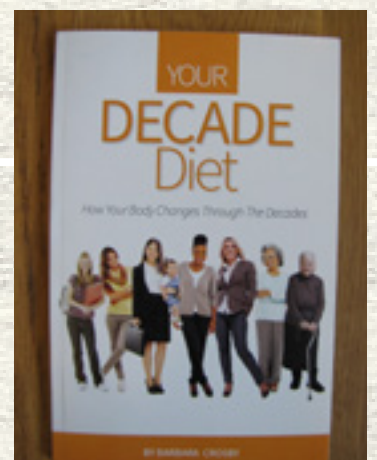
Enjoy! ~ Alexandra

barbara crosby

www.motivationalcenter.net

Barbara Crosby's experience in counseling and body imaging spans nearly three decades. She has coached and counseled over 7,000 individuals. In late 2014, Barbara published an in-depth manual for professionals, the equivalent of a one-year training program, called The Art of Weight Loss Coaching. She also co-authored Your Decade Diet, How Your Body Changes through the Decades, with certified health coach, Mark Carlson. Barbara has been featured on Fox News, Channel 4, Channel 7, The Daily News, New York Times, The Bloomberg Forum, radio, and in national magazines including GQ, Elle, Vogue, Fitness and Family Circle. Harper's Bazaar chose her as one of the Best Food Gurus in New York. She is included in The Women's Record's listing of the Best Women on Long Island for Health Care Professionals. She also created nutritional programs for The Learning Annex in New York City. Her proprietary practice, The Motivational Center, has helped thousands of individuals achieve long-term weight loss success. In 2006, with over 25 years of individual practice, Barbara decided to expand

her business and incorporate the new health care for the 21st century – Fundamental Medicine – by introducing The Motivational Center's new Health Coaching program. Fundamental Medicine is learning how and why the body can be out of balance. Food is medicine, not just calories. In many instances with proper nutrition and lifestyle changes, the body can heal itself. Barbara's extensive knowledge and experience has made her a leading expert on anti-aging health and weight loss for today's growing population of baby boomers. Barbara is a member on the Board of Regents at Winthrop Hospital in Mineola, New York and is a member of The American Diabetes Association and NAPW (National Association of Professional Women). She is a former member of the International Board of Directors of the Salk Institute, The American Red Cross and Sierra Tucson. Her studies include Adelphi University, The Dietary College of Nutrition and the Institute for Integrative Nutrition where she earned her Certification as a Nutrition and Holistic Health Practitioner.



YOUR DECADE DIET
by barbara crosby

BARBARA CROSBY'S OATMEAL PANCAKES

SERVES 3

- ◆ 6 egg whites
- ◆ 1 cup low fat cottage cheese
- ◆ 1 teaspoon vanilla
- ◆ 1 teaspoon cinnamon
- ◆ Stevia, to taste

METHOD

In a blender, mix above ingredients until you have a smooth consistency.

Slowly add 1 cup Steel Cut Oatmeal, blending until you have a batter-like consistency.

Spray a griddle or large frying pan with Pam. Spoon desired amount of batter into pan, cook until done.

Enjoy with sugar-free Maple Syrup.

Makes 8-10 pancakes, depending on the size you make them.

(Recipe from The Art Of Weight Loss Coaching)

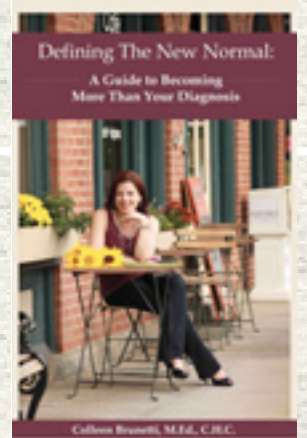
colleen brunetti
www.colleenbrunetti.com

Colleen Brunetti is a certified Integrative Nutrition Health Coach, author and teacher. She works with educators and parents - those fabulous people who put their all into caring for children, but sometimes struggle to take needed time for themselves. Whether eating better, losing weight, or just coming up with some healthy routines the whole family will love, Colleen is there to offer her clients support, education, and accountability. She loves to offer workshops and group and individual coaching. You can learn more about Colleen's work here: www.ColleenBrunetti.com

Colleen also works with people with major illness - teaching them to thrive, not just survive, no matter the diagnosis. Diagnosed with an incurable and degenerative lung disease in 2008, and after an initially very dark time, Colleen overhauled everything. She attacked her illness not only from a medical perspective, but also made concentrated efforts to get her life back in balance - mind, body and soul. She is now thriving

and defying every odd. In 2014 she published the definitive how-to manual that teaches every patient how they too can take control of their diagnosis. It is called "Defining The New Normal: A Guide to Becoming More Than Your Diagnosis" and the book can be found at: www.DefiningTheNewNormal.com

Colleen Brunetti
Facebook: www.facebook.com/ColleenBrunetti
Twitter: @ColleenBrunetti



**DEFINING THE NEW NORMAL:
A GUIDE TO BECOMING MORE
THAN YOUR DIAGNOSIS**
by colleen brunetti

COLLEEN BRUNETTI'S OATMEAL STIR-IN PUMPKIN MUFFINS

MAKES 18 SMALL MUFFINS.

Dietary considerations: Allergen friendly!

- ◆ 1 cup oats
- ◆ 1 cup non-dairy milk (I used vanilla almond)
- ◆ ¼ cup coconut oil (melted)
- ◆ 1 cup puree pumpkin
- ◆ 2 cups gluten free flour blend (I used Pamela's mix. Can use regular flour if desired.)
- ◆ 1 tsp baking powder
- ◆ 1/3 cup brown sugar
- ◆ 1/3 cup white sugar
- ◆ 1 tsp cinnamon
- ◆ ¼ tsp nutmeg

Optional stir-ins: juice sweetened raisins, raisins, chopped nuts, mini chocolate chips

METHOD

Heat oven to 350. Warm milk in a saucepan and pour over oats - set aside to soak. In a separate bowl, combine coconut oil and pumpkin. Mix in remaining dry ingredients and combine well. Stir in oats and milk (oats will have soaked up milk). Add stir-ins as desired.

Line muffin tin with paper liners. Fill just to the top. Bake for approximately 20 minutes, or until just beginning to brown on top.

kate chapman

www.katechapmanhealth.com

Kate Chapman (CHHC, AADP) is – first and foremost – a Storyteller. And a Pixie. She uses her passion for storytelling (and sprinkling Pixie Dust) as an actress, singer, teacher, writer, International Inspirational Speaker, and Health Coach. Her resume spans continents and disciplines, including five Broadway shows (“Mary Poppins,” “Les Miserables,” “The Pajama Game,” “Sweet Smell of Success,” and “Saturday Night Fever”), as well as portraying “Mrs. Claus” for the Radio City Christmas Spectacular for five years. In 2005, at the height of her obesity and ill-health, she began “another voyage into weight loss.” Only this time she tried a different approach than “dieting.” By 2008, Kate lost 100 pounds by gently changing her diet and exercise patterns slowly over time. That weight loss allowed her to reclaim her health and reverse multiple diseases, and led her to the Institute for Integrative Nutrition where she received her Health Coach training. She has appeared on The Today Show, The Dr. Oz Show, and The View, as well as in The Huffington Post, DailyMail

UK, Prevention Magazine, and First for Women Magazine, among others. Today Kate combines her 25 years of experience in front of an audience with her personal knowledge, training, and passion for wellness to motivate and educate others about health, diet, disease reversal, and the joys of a life unencumbered by illness and excess weight. Her first book, “A Pixie’s Prescription: A Fun Toolkit for A Feel Better Life” is currently available on Amazon.com. You can learn more about her on FaceBook at Kate Chapman Health, or on her website, www.katechapmanhealth.com. She’s also really fun to Google! (She’s the one from Broadway – not England.)



A PIXIE’S PRESCRIPTION
by kate chapman

KATE CHAPMAN'S PIXIE'S YUMSPIRATION MOM'S CARROT CAKE

My mother, Linda Coffman, created this recipe in order to use up all the pulp she produced from juicing each morning. It's a brilliant way to use something normally thrown away – AND it's really delicious cake.

- ◆ 3 Tbs. butter
- ◆ 3 Tbs. brown sugar
- ◆ 3 c. whole wheat flour
- ◆ 1 tsp. soda
- ◆ 1 tsp. salt
- ◆ ½ tsp. baking powder
- ◆ 2 tsp. cinnamon
- ◆ 1 tsp. stevia
- ◆ 2 c. pulp from juicer
(use carrots, apples, beets – no stringy vegetables)
- ◆ 2 eggs
- ◆ 2 c. milk
- ◆ 1 tsp. vinegar

METHOD

In a large bowl, cream butter and brown sugar together. In a small bowl, combine flour, soda, salt, baking powder, cinnamon, and stevia. Mix lightly with your hands. Add to creamed butter and sugar, again, mixing lightly with your hands. Add pulp and continue mixing lightly with your hands. In another bowl whisk eggs, milk, and vinegar. Pour liquid into flour mixture and stir with spoon until all flour is wet. Pour into ungreased baking pan and bake at 350 degrees for 30-32 minutes.



appetizers & snacks

quick to prepare, fresh and full of goodness

aubree deimler
www.peacewithendo.com

After spending years in school pursuing degrees in Political Science and Business Administration, Aubree eventually fell upon her true passion...health and wellness. This stemmed from her official diagnosis of endometriosis at 29 years old. This painful, chronic condition spurred her inner researcher to find a solution.

Rather than follow the conventional suggestion of drugs and surgery she took an alternative road on a journey of whole healing - on a physical, emotional and spiritual level... and the rest is history.

As her body started to heal, Aubree was inspired to share a message of hope on her blog at www.peacewithendo.com and later in her book: From Pain to Peace With Endo: Lessons Learned on the Road to Healing Endometriosis.

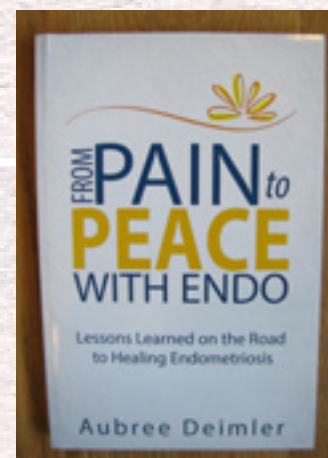
She continued her education at the Institute for Integrative Nutrition (IIN) where was equipped with extensive knowledge in holistic nutrition, personalized coaching

and preventive health.

As a certified Integrative Health Coach and founder of Peace With Endo, Aubree is deeply passionate about wellness and inspiring other women with endometriosis to reconnect with a life filled with love and positive rhythms.

Aubree is available for speaking events on the subjects of nutrition, healthy lifestyle, stress management and overcoming suffering. She also hosts annual wellness retreats aimed at bring women with endometriosis together in a peaceful, healing environment.

To connect with Aubree and stay up to date on current happenings please visit www.peacewithendo.com or connect via social media: www.facebook.com/peacewithendo www.twitter.com/peacewithendo www.pinterest.com/peacewithendo



**FROM PAIN TO PEACE
WITH ENDO**
by aubree deimler

AUBREE DEIMLER'S SWEET AND SPICY NACHOS RECIPE

SERVES: 2

Dietary considerations: Gluten free, Dairy free, Grain free

- ◆ 1 sweet potato
- ◆ 1 mashed avocado
- ◆ 1 chopped jalapeno
- ◆ 3 chopped green onions
- ◆ juice from 1/2 a lime
- ◆ 1/4 tsp mustard powder
- ◆ 1/4 tsp garlic salt
- ◆ dash of cayenne pepper
- ◆ sea salt to taste
- ◆ black pepper to taste
- ◆ grapeseed oil or coconut oil to grease the pan

METHOD

Preheat the oven to 375 degrees. Line a cookie sheet with foil and lightly grease with coconut oil. Slice the sweet potato into thin slices and arrange them on a cookie sheet, add sea salt to taste. Put this in the oven and cook for 25 - 30 minutes (until the slices are crispy). While this cooks, combine the rest of the ingredients in a small bowl. When the sweet potato slices are done transfer them to a plate and top with the avocado mixture.

jeanine finelli
www.jeaninefinelli.com

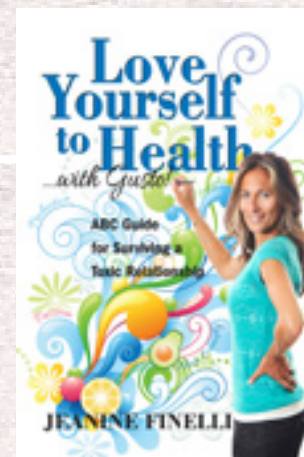
Jeanine Finelli is a Certified Health Coach and 2008 graduate of the Institute of Integrative Nutrition in NYC.

She is the founder of Love Yourself to Health, and has a background in the pharmaceutical software industry, which includes Sales and Marketing, and Project Management. She is currently the Health Coach at Essential Health and Wellness in Cary, NC, and works along side a brilliant team of prevention- minded doctors. She teaches wellness and healthy eating at Legacy Freedom, a 90 day out patient drug and alcohol program that embodies a holistic approach to healing. She is also a published author with her first book titled Love Yourself to Health...with Gusto! -ABC Guide for Surviving a Toxic Relationship.

Jeanine has such a deep appreciation for healthy relationships that support a life of love and self- nourishment. At the age of sixteen she was in a life threatening auto accident, and it was that tragic event that triggered an insatiable quest for wellness and wholeness inside and

out. She was only seventeen when she was desperate to understand which foods fostered a landscape for healing and which ones didn't. Combine that with a decade long toxic relationship from which she emerged healthier than when she went in, and you get a gal who is deeply passionate about helping you to fall in love...with yourself! She is a proud mom of two, and knows that toxic people are just as derailing to your wellness as committing nutritional slaughter is. Her inner travel bug has taken her to sweet spots such as Bora Bora, Rio, Spain, Charleston, S.C, and the Big Apple. Jeanine loves the natural high that a Latitude Adjustment provides, and knows that everything tastes better when it feeds the soul too because Love is Kind and that begins with loving yourself!

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Like Love Yourself to Health on FB
#lovewithgusto



**LOVE YOURSELF TO HEALTH
WITH GUSTO**
by **jeanine finelli**

JEANINE FINELLI'S BELLA'S BRUSCHETTA

SERVES 6-8

- ◆ 1 long and thin loaf of Italian or French bread
- ◆ 24-32 ounces organic grape tomatoes (assorted colors if you can find them!)
- ◆ 2 large garlic cloves
- ◆ Fresh basil
- ◆ Dried oregano
- ◆ Olive oil
- ◆ Roasted eggplant dip (homemade recipe below or store bought) OR 1 container of part skim Ricotta cheese

METHOD

Preheat oven to 350. Slice the bread into thin slices - about $\frac{1}{4}$ to $\frac{1}{2}$ inch thick - this makes each bruschetta still very low carb per serving, but crisps the bread enough to enjoy as a finger food without it falling out of your hand and onto your lap. Line the slices up on a cookie sheet and using a pastry brush- brush both sides with olive oil. Bake 5 to 7 minutes on each side until light brown and crispy - be careful not to over bake as they get harder as they cool and breaking a tooth on bruschetta won't be super fun- remove from oven and cool. Wash and dry the tomatoes - cut them in half. Place on a baking sheet drizzled with olive oil, 2-3 pinches of dried oregano, 3-4 pinches of salt, drizzle again -cover evenly.

Roast tomatoes on 200-225 degrees (ovens vary) for about 2 hours until nice and soft stirring once or twice - Remove from oven and cool (You can read a book, meditate, catch up on emails or do laundry while they are roasting!)

In the mean time - gently rub a raw garlic clove on one side of each piece of cooled bread (I like a hint of garlic and no more than that which is why I don't chop it and add it to the tomatoes) Spread a thin layer of the pureed roasted eggplant OR the ricotta on the garlic side of the bread. Place a spoonful of the cooled tomato mixture on top of the cheese or eggplant Arrange them all on a serving dish and sprinkle ...with extra Gusto...fresh chopped basil on top. Don't worry about being neat here...the "rustic-ness" makes it look bellissimo!

If you can't get store bought quality eggplant spread: Peel the skin off of 2 eggplants and slice very thin or in small cubes Place on a baking sheet and drizzle with olive oil - add 2-3 pinches of salt...then drizzle with olive oil again. Roast on 375 for 20-30 or minutes until soft enough to puree in blender or bullet (gently stir once) - add extra olive oil to blend smoothly (you can do this ahead of time and keep in the refrigerator -just warm it up before spreading it on the bruschetta) Extra eggplant is a great cheese or hummus substitute

Buon Appetito!

lisa miles jackson
www.carpediemwellness.org

Lisa Miles Jackson is the author of Savvy Secrets, Eat, Think & Thrive; Seven Steps to Optimal Health. She has a small exclusive private practice and teaches and speaks at various venues and corporations. Lisa is also the Executive Director of an Integrative Wellness program for a large Oncology group. Her passion is to inspire wellness through education on the body's innate ability to heal from within and through empowering, fun and transformational strategies.



**SAVVY SECRETS,
EAT, THINK & THRIVE;
SEVEN STEPS TO
OPTIMAL HEALTH**
by lisa miles jackson

LISA JACKSON'S NACHO CHEESE DIP

- ◆ 1 cup sunflower seeds soaked 1/2 hour
- ◆ 1 lemon juiced
- ◆ 1 small tomato
- ◆ 1 T white miso
- ◆ 1 tsp white miso chick pea
- ◆ 1 tsp sea salt
- ◆ 1/2 to 1 cup water
- ◆ 1 clove garlic
- ◆ 1/2 cup in red bell pepper
- ◆ 1 T nutritional yeast
- ◆ Optional jalepeno pepper

METHOD

Add all ingredients in a blender or food processor, add 1/4 c water at a time until desired consistency.

Can also be used for Cheesy broccoli and sprouted rice or make thinner and use as a soup or pour over kale chips and dehydrate.

michele pence

www.mindbodyhealthmatters.com

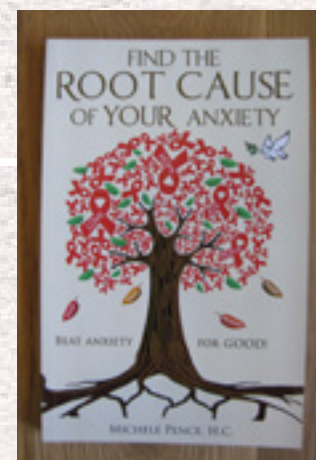
Michele Pence received her BA in Psychology from UCF and has worked in sales and marketing for over a decade. As a graduate from the Institute for Integrative Nutrition as a Certified Health Coach, she has taken her love for everything health and her passion for helping others to the next level. Michele is also a Board Certified Holistic Practitioner through AADP, a Certified Personal Trainer, author, mentor, and sales and marketing expert. Her greatest treasure in life is her family, including her two sons and husband. She is also a lover of Jesus Christ and volunteers weekly at her church.

Michele specializes in helping others uncover the root causes to their problems; whether health related, relationship related, or food related. Working with Michele is like working with a close friend that comes alongside you to encourage you along the way in reaching your personal goals. Michele shares her own personal journey of success overcoming the root causes of her anxiety in her book "Find the Root Cause of Anxiety: Beat Anxiety for GOOD".

You can learn more about her book at: http://www.amazon.com/Find-Root-Cause-YOUR-Anxiety-ebook/dp/B00OMG2Y98/ref=sr_1_1?ie=UTF8&qid=1423676695&sr=8-1&keywords=find+the+root+cause+of+your+anxiety

Michele is available, by phone, to work with clients all over the world. She offers a complementary 15 minute phone consult to first time potential clients, enabling both parties the ability to determine if they'd like to work with one another.

Please email her at Michele@mind-bodyhealthmatters.com if you'd like to schedule an appointment with her today.



**FIND THE ROOT CAUSE
OF YOUR ANXIETY
by michele pence**

MICHELE PENCE'S IRRESISTIBLE KALE CHIPS EVEN YOUR KIDS WILL LOVE!

Dietary consideration: Full Gaps Diet approved

- ◆ 2 Loving hands
- ◆ 1 Kale Bunch
- ◆ 1 Medium to large Bowl
- ◆ 1 tablespoon Extra Virgin Olive Oil
(Cold pressed preferably)
- ◆ 1/2 tsp Sea Salt (Celtic or Himalayan)
- ◆ 1 tsp to a pinch of Paprika
- ◆ 1 Large baking tray
- ◆ Oven

Prep time: 5 -10 minutes

Baking time 10-12 minutes

METHOD

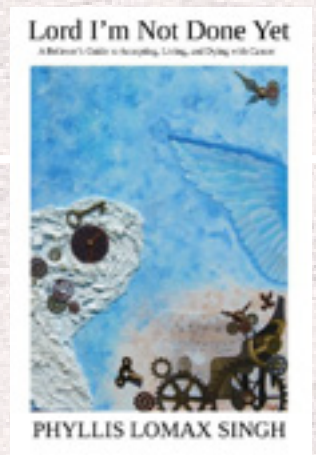
Preheat your oven to 400 degrees. Take your Kale Bunch and wash them under running water. Then pat them dry with paper towels, you don't want them dripping wet. Try to get off as much of the moisture as you can. Then start by removing the center ribs and stems from 1 bunch kale; tear the leaves into 3-to-4-inch pieces and place them in your bowl. Don't over fill your bowl so you have enough room to toss your kale chips in your oil, etc. Once the desired amount of kale chips are in your bowl, add in 1 tablespoon of your olive oil (I usually eye this) and toss, then I add in 1/2 teaspoon of sea salt and toss again. You don't want your kale leaves dripping with oil, so just lightly toss them in the oil and salt. The sea salt will help the kale chips really taste like chips. Once you're done with that, lay your kale chips out on your baking tray. Try not to overlap them as best as you can. Then sprinkle your paprika over top of your kale chips. You can use up to 1 teaspoon of paprika or just a pinch, make it to your liking. Put them in the oven for about 10-12 minutes or until the kale chips edges are browned and crisp. Roughly per serving (about 2 cups): Calories 60; Fat 4 g (saturated 1 g); Cholesterol 0 mg; Sodium 170 mg; Carbohydrate 6 g; Fiber 2 g; Protein 2 g

Oven temperatures do vary so please keep an eye on your Kale chips. If you need to take them out of the oven sooner (the edges are starting to really brown faster than time above says) then go ahead and take them out of the oven. Or if the kale chips edges aren't browning then keep them in a little longer. You get the idea.

phyllis lomax singh
www.lordimnotdoneyet.com/

Phyllis Lomax Singh, author of LORD I'M NOT DONE YET: A Believer's Guide to Accepting, Living, and Dying with Cancer, is a registered nurse and a Certified Holistic Integrative Health Coach specializing in chronic illness and cancer. She takes her audience on a positive journey as she shares her personal story of how she chose a non-traditional path to healing when it was virtually unheard of. What stands out about her presentation above all else is her generosity of heart and her belief in God's power to heal a disease even when the medical profession says it can't be done. She is a graduate of Kent State University, The Institute of Integrative Nutrition, and has furthered her studies by attending classes at Duke, Vanderbilt, Penn State, and Arizona State Universities, and the University of Southern California, and Copenhagen. In addition to her Toxic Free Zone workshops, Lomax Singh is the founder of the LINDY Café, a safe place for those facing death to come and share a cup of coffee and speak freely of their fears as they face the possibility

of death. She is an accomplished mixed media artist as well as a published poet, and Creative Art author. Her mystery novel, THE INHERITANCE, will be available on Amazon Spring 2015.



LORD I'M NOT DONE YET
by phyllis lomax singh

PHYLLIS LOMAX SINGH'S SPICY ROASTED CHICKPEAS

Dietary Consideration: Vegan Healthy Snack

- ◆ 15-ounce can organic garbanzo beans
- ◆ 2 T olive or peanut oil
- ◆ ½ tsp Garlic powder
- ◆ ½ tsp Onion powder
- ◆ ½ tsp Paprika
- ◆ ½ tsp Garam masala
- ◆ ½ tsp Turmeric
- ◆ Sprinkle of salt

METHOD

1. Preheat oven to 400F.
2. Pour the beans into a colander and rinse with water. Roll out onto paper towel and dry beans. Discard any loose skins.
3. Move beans to a bowl and drizzle with oil and dry ingredients. Coat all beans well and pour a single layer on a cookie sheet. Roast for 30-40 minutes on middle rack until the beans are a deep golden brown and crunchy. Shake the pan at the half-way mark to bake evenly and to make sure the beans do not burn.
4. Store in air-tight container.

Options: Add quartered walnuts or pecans to the mix for added flavor.



soups

comfort and nutrition in a bowl

andrea f. begent
www.begentlewellness.com

Andrea F. Begent helps men and women struggling with eating & preparing healthy meals to understand the connection between their food choices and their body & mind, so they can release the stress around food and begin celebrating life. Andrea's soul mission is to continue to infuse her own and others' lives with love and healthy cuisine! Andrea is a certified Integrative Nutrition Health & Positivity Coach and a certified Health Supportive Chef. She also has a bachelors in Education and is the author of "Satisfying Salads: Healthy Helpings for the Soul" and "Positivity is Powerful: 365 Affirmations." She is currently working on her next two books "Food-Attitude" and "Satisfying Soups." Through her love for sharing delicious wholesome food with others, coaching and motivational speaking, she helps individuals and groups move toward a life of health and happiness. Andrea lives her life from a place of love, follows her heart and continually pursues her dreams. Andrea believes every

person deserves a life filled with joy & love and with the right tools to shift your perspective anything is possible. As a holistic wellness professional, Andrea is certified by the American Association of Drugless Practitioners (AADP).

Andrea F. Begent
BeGentle Wellness
www.begentlewellness.com
www.facebook.com/begentlewellness



POSITIVITY IS POWERFUL
by andrea f. begent

ANDREA F. BEGENT'S COCONUT CURRY VEGETABLE SOUP

SERVES: 4-6 BOWLS

Dietary Considerations: Vegan / Gluten, Soy
& Tree Nut Free / Contains Coconut

- ◆ Olive oil
- ◆ 2 large yellow onions, diced
- ◆ 6 large garlic cloves sliced
- ◆ 2 teaspoons cumin
- ◆ 2 tablespoons plus
- ◆ 1 teaspoon curry powder
- ◆ 1 tablespoon + 1 teaspoon turmeric
- ◆ 2 tablespoons + 2 teaspoons dijon mustard
- ◆ 2 cups low sodium vegetable broth
- ◆ 2 x 14.5 oz cans coconut milk
- ◆ 3 cups water
- ◆ 2 teaspoons sea salt (or to taste)
- ◆ 2 teaspoons black pepper (or to taste)
- ◆ 2 teaspoons apple cider vinegar (or to taste)
- ◆ 3-4 cups chopped/sliced vegetables of choice
(carrots, broccoli, green beans, red bell pepper, bean sprouts, etc.)
- ◆ ¼ cup chopped cilantro

METHOD

Coat ½ the bottom of a large pot with a thin layer of olive oil. Heat oil on medium heat. Add onion and garlic and reduce heat to low. Cook until the onion is translucent. Add the spices to the pot and stir into the onion/garlic/oil mixture until fragrant. Next add the Dijon mustard to the pot and stir. Now add the broth, coconut milk and water and whisk until smooth. Increase heat to medium. Once heated through, season with sea salt, black pepper and apple cider vinegar to taste. Mix in chopped vegetables and cook for about 5 minutes, allowing the vegetables to keep some crunch/bite. Add sprouts right before serving. Plate soup in bowls and top soup with chopped cilantro.

Optional: Add cubed organic tofu, cooked chicken or cooked brown rice vermicelli noodles after step 8 if desired

chantal di donato

www.liveleanhealth.com

Chantal is a Certified Holistic Health Coach and founder of Live Lean Health. She graduated from the Institute of Integrative Nutrition in NYC, and undergoing training at Aditya Yoga School to become a yoga teacher. Her journey started 16 years ago after two years long battle with anorexia and 15 years destructive relationship with food, which forced her to then turn her life around due to health issues. Having traveled around the world and loving different flavor's, particularly, Lebanese, Peruvian and Thai food, she became extremely passionate about food and the healing properties of each single meal we have. She believes medicine is on our plates. Author of the Live Lean Health Plan, The Live Lean Detox plan and creator of the Live Lean inspirational Cards, speaker and contributor to OM YOGA MAGAZINE.



THE LIVE LEAN HEALTH PLAN by chantal di donato

CHANTAL DI DONATO'S BUTTERNUT AND APPLE SOUP

SERVES 6

Dietary considerations: Gluten Free, Vegan, Dairy Free

SOUP

- ◆ 1 butternut squash
- ◆ 2 apples
- ◆ 3 spoons of olive oil
- ◆ 1 red onion
- ◆ 1 bunch parsley
- ◆ ½ teaspoon ginger
- ◆ 1 liter organic vegetables stock
- ◆ 4 spoons of coconut cream

TOPPINGS

- ◆ 1 spoon Toasted pumpkin seeds
- ◆ 1 spoon Pecan nuts
- ◆ Organic whole meal or gluten free chopped bread
(for the croutons)

METHOD

Peel and slice the butternut and apples and place in pre-heated oven tray with olive oil - roast for 30 minutes

In a pan, heat the 3 spoons of olive oil and sauté the onions

Add all ginger and parsley.

Add the roasted butternut and apples to the pan and add the vegetables stock and boil for 30 minutes or so and then liquefy with a hand blender

Add the coconut cream

Meanwhile, make little squares out of the bread and grill for 20 minutes

Once the soup is ready place the croutons, pumpkin seeds and croutons

Serve and enjoy!

sherri mraz
www.cookinyogi.com

No need for Fad Diets with a step by step meal planner and recipe guide that is designed to improve your health. Sherri Mraz, The Cookin' Yogi will guide you through five healthy dinners per week, for twelve weeks. Sherri is a holistic health coach and award winning chef, who teaches her clients how to cook healthy delicious meals for themselves and their entire families. Her approach infuses mind, body and spirit. Now you can use her plans right in your own home. This book is not only filled with recipes, shopping lists and meal plans, but it also teaches sustainable healthy living. You will find many inspirational tips and will be shown how to use whole foods to create simple easy dinners. You will find many of your comfort recipes, only remade. Healthy eating is about enjoying natural, unprocessed foods that taste good. After the twelve weeks you will have an arsenal of go to meals, taking the confusion out of dinner. Your mind, body and spirit will be fed and you may never again have to figure out how to answer the question,

"What's for dinner?"



**THE COOKIN' YOGI'S,
MORE ENERGY, LESS WAIST
by sherri mraz**

SHERRI MRAZ' BUTTERNUT ACORN SQUASH & CARROT SOUP

As the holidays draw near one common fear I hear from people is that they are going to gain weight. Being faced with all the delicious tempting meals and treats and the more you eat the more you want. This does not have to be your experience with a little planning you will enjoy your holidays.

Holiday's bring people together. It is a great gift to finally be able to carve out time to be with family and friends. People are festive, friendlier and generous. All this also takes a lot of energy. To counteract the constant push you need to eat warm and grounding foods. Nature naturally provides the correct foods for the seasons. All root vegetables so abundant this time of year have this grounding soothing effect on the body and mind.

Root vegetables also naturally satisfy your sweet cravings. Almost everyone craves sweets. Rather than depending on processed sugar add corn, carrots, onions, beets, winter squashes, sweet potatoes, and yams to your diet. The longer you cook them the sweeter they get. Other vegetables that cut sugar craving may surprise you; red radishes, daikon, green cabbage and burdock. These vegetables are also known for their fat burning qualities.

Enjoy your holidays. Eat healthy before you go to a party that you know will not be providing a healthy menu. Bring a healthy dish; it will be appreciated by all, and lastly when you do eat something decadent savor it with your body and soul.

You don't want to miss it!

- ◆ 1 acorn squash cut up
- ◆ 1 pound bag of organic carrots cut up
- ◆ 1 medium onion chopped
- ◆ 2 inch piece of fresh ginger
- ◆ 6 tbs. unsalted organic butter
- ◆ 3 tbs. dark brown sugar
- ◆ 5 cups broth, I use water with organic vegetable powder added to taste (3 or 4 tbs.)
- ◆ Dash cayenne pepper
- ◆ Salt to taste
- ◆ Fresh parsley
- ◆ Fresh cilantro

METHOD

Place first bunch of ingredients in slow cooker and set to low and cook all day or place in heavy bottom stock pot and cook till soft. When cooking is completed puree all ingredients together with an immersion blender, regular blender or food processor. If using a regular blender or food processor do small batches at a time. Blend in a dash of cayenne pepper and salt to taste. Serve warm with chopped parsley and/or cilantro.

joyce c wallace
www.kalebandit.com

A graduate of the University of Maryland School of Nursing, BSN program, Joyce went to work in a hospital setting as a Registered Nurse working with chronically ill heart patients. After years of nursing, Joyce left to raise two beautiful healthy children, what she still considers one of her most important gifts to date.

With health care changing and retirement approaching Joyce felt the absolute need to take hold of her own health and to live a vibrant life full of energy for as long as possible. With that goal, she enrolled in the Institute of Integrative Nutrition, NYC and never looked back. It was a mission of health and wellness and a new way of life. Joyce is a shining spirit and her energy radiates enlightening others about changes in food and lifestyle that transform to wellness. Her book "Navigating the Food Jungle, Is your Diet Making you Sick?" will open your eyes to many of the obstacles to great health. Joyce has always used food

to delight those she loves and now teaches others how healthy food and lifestyle create a life of wellness. An avid cook and gardener, her wellness cookbook is in the near future.

Joyce C Wallace, RN
Certified Integrative Health Coach
and Member of the Association of
Drugless Practitioners
joycecw Wallace@gmail.com



**NAVIGATING THE
FOOD JUNGLE
IS YOUR DIET
MAKING YOU SICK?**
by joyce wallace, RN

JOYCE WALLACE'S THAI COCONUT SHRIMP AND CAULIFLOWER SOUP

SERVE: MAKES 2 BOWLS

Dietary Considerations: Gluten Free, Lactose Free, Grain Free, Soy Free, Egg Free

- ◆ 1 Tablespoon Coconut Oil
- ◆ 1 Tablespoon Fresh Grated Ginger
- ◆ 2 Cloves Fresh Garlic, grated
- ◆ 1 Tablespoon Fresh Turmeric (if available), grated (Substitute, 1/2 tsp turmeric powder)
- ◆ 2 Whole Spring Onion, chop keeping the white part and green part separate)
- ◆ 1 Teaspoon Green Curry Paste
- ◆ 13.5 Ounces Coconut Milk Lite, I prefer organic milk, BPA Free Cans
- ◆ 6-8 Ounces Pure Coconut Water
- ◆ 3 Inch Lemon Grass, using the side of your knife, slightly crush the stalk to allow flavors to release
- ◆ 1 Teaspoons Honey or Coconut Sugar
- ◆ 1 Teaspoons Salt
- ◆ 1 Cup Organic Red Pepper, Cut into thin 1" long pieces
- ◆ 1 Cup Baby Pac Choi, Cut into thin 1" long pieces
- ◆ ½ Pound Fresh Shrimp, Peeled, Deveined, Washed and Dried (can be cut in half lengthwise as an option for smaller pieces depending on the size of your shrimp)
- ◆ ½ Whole Fresh Lime, Squeeze Juice into the broth
- ◆ ½ Cup Cilantro, Chopped
- ◆ 2 Cups Cauliflower Raw, Grated or Chopped into Pea size pieces

METHOD

In a small soup pot warm the coconut oil then add the ginger, garlic, Turmeric, White part of scallions and Green Curry Paste. Simmer for 2-3 minutes. Prepare the Cauliflower and place in a steamer. You will cook this just before serving. Add the Coconut Milk and Coconut Water, Lemon Grass, Honey or Sugar, Salt to the ginger garlic mixture on low (without boiling) for 10 minutes. Strain the coconut milk broth and return it to pot (I like to put the Lemon Grass back in the broth and remove just before serving. Add the red pepper strips to the coconut milk and warm to a light simmer, add the shrimp and allow shrimp to cook for about 7-8 minutes. Do not rapidly boil the broth. Turn on your steamer and steam the Cauliflower for 3-5 minutes. Hold on the side. When shrimp are cooked, finish with the juice of lime, cilantro and pac choi, taste and adjust for salt, simmer for one minute to finish pac choi. Fill the bottom of two bowls with steamed cauliflower then divide soup among the bowls.

linda barney

www.lindabarneyhealthcoach.com

Linda Barney's "crisis/awakening" occurred when she turned 30 years old and felt more like she was turning 50. She realized that after years of self-hatred, running on stress, and putting everyone else's needs before her own, her body had become sick. Chronic headaches, fatigue, anxiety, digestive issues and minor depression were among the signals her body was sending her that something was not right. Linda began searching for ways to help her body heal, and over the next 17 years studied various spiritual, dietary, and holistic approaches to health and wellness. She began to share what she was learning with others and the rest, as they say, is history.

As a certified holistic health coach and founder of Balanced Health, Balanced Life, Linda is deeply passionate about teaching others to care for their bodies in the most spiritual and loving ways possible.

Clients describe her as "a genuinely sincere and caring coach", and "an amazing health

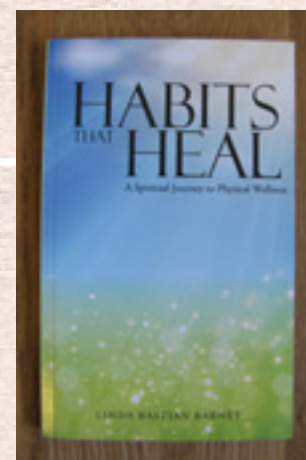
coach who offers real life solutions that produce lasting change!"

Linda is the mother of three grown sons and lives in Syracuse, Utah with her husband Dave and their 4 year old-toy Shi Tzu, Molly.

www.lindabarneyhealthcoach.com

www.habitsthathealbook.com

lbbarney25@gmail.com



HABITS THAT HEAL
by linda barney

LINDA B. BARNEY'S SAUSAGE, BEAN AND KALE SOUP

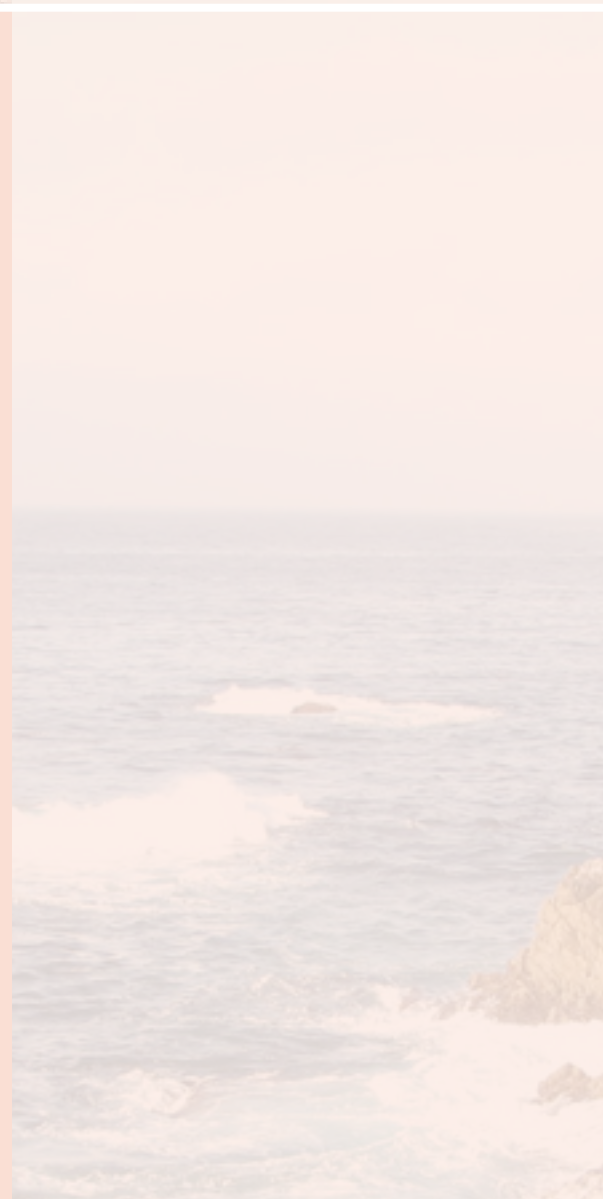
SERVES 4-6

Dietary Considerations: Dairy Free

- ◆ 1 lb. Italian pork sausage
- ◆ 1 medium onion, diced
- ◆ 2-3 cloves fresh garlic, minced
- ◆ 2 cartons (32 oz.) organic chicken broth
- ◆ 2 cans organic pinto beans, rinsed
- ◆ 1 can organic diced tomatoes
- ◆ ½ cup barley
- ◆ 1 large carrot, diced
- ◆ ½ tsp. sage
- ◆ 1/8 tsp. rosemary
- ◆ ¼ tsp. coarsely ground pepper
- ◆ 4 cups chopped fresh kale

METHOD

Brown sausage and onion in a skillet. Add garlic when meat is almost done and sauté for 1 minute longer. Drain excess fat from pan. Transfer meat to a large pot and add broth, beans, tomatoes, barley, carrots, and spices. Bring soup to a boil. Reduce heat and simmer covered for 30 - 40 minutes. Stir in kale and simmer for another 5 -10 minutes.

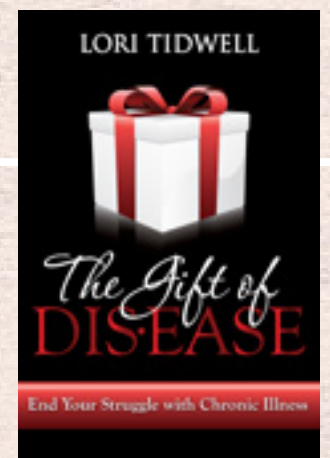


lori tidwell
www.loritidwell.com

9 years ago I woke up feeling like I had the flu. I had a fever, I had a really bad headache, and I was just really sick and miserable. This was becoming my normal. I rolled over and I was looking at my nightstand and all the medications – there were 8 of them. I just thought, “There has to be a better way to live, there has got to be a better way to do this.” I sat up and started to cry uncontrollably. In that moment I cried out to God, “I don’t care if I have 5 days or 50 years to live, I don’t want to spend one more day like this.” “What do I need to do?” An answer came immediately, “Go off all your medications.” “I’ll show you what to do.” So, I took a leap of faith. And that was the beginning of my journey that lead me to where I am today, living a healthier, happier, medication and symptom free life!

I love my work as a Health Coach, Energy Healer, and Mentor. I am passionate about giving people

a hand up out of the abyss that is chronic illness, using principles that align the body, mind, and spirit to achieve whole health and healing. When I am not working, you’ll find me outdoors riding my bike, with my nose buried in a book, or hanging out with my 4 sons and husband of 29 years. I LOVE my LIFE!



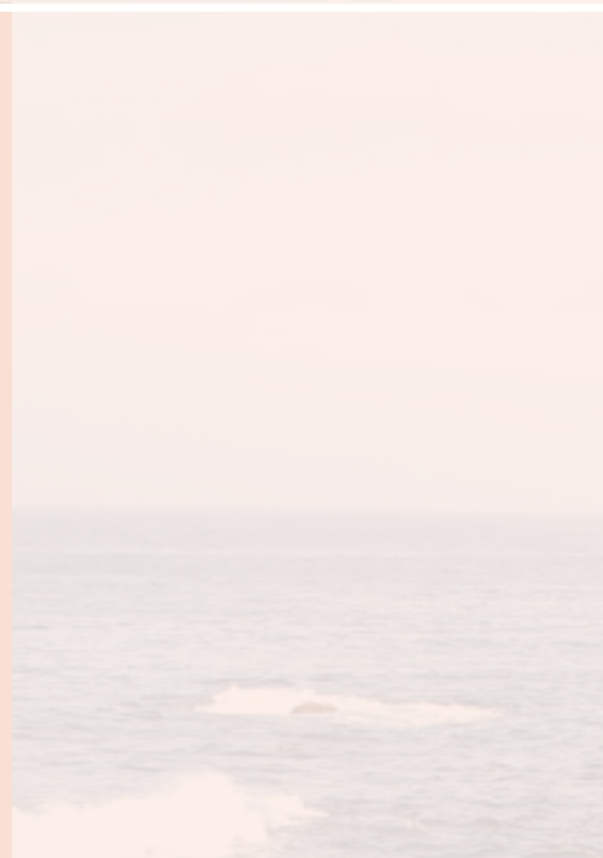
THE GIFT OF DISEASE
by lori tidwell

LORI TIDWELL'S CHILI SOUP (RAW)

- ◆ 2 cups chopped tomatoes
- ◆ 1 cup dried tomatoes soaked in 3 cups water
- ◆ ½ cup raisins Ground in food processor
- ◆ ½ cup olive oil
- ◆ 2 cups mushrooms Ground in food processor
- ◆ ¾ cup minced celery leaves
- ◆ ¾ cup minced onions
- ◆ ¼ cup lemon or lime juice start with less
- ◆ 1 clove garlic, minced
- ◆ ¼ cup chili seasoning or more to taste
- ◆ hot peppers if desired
- ◆ 4 cups fresh or frozen corn

METHOD

Add all ingredients together. Warm to 105 degrees



tara gesling
www.cultivatinghealth.org

Tara Gesling is a Functional Diagnostic Practitioner, Integrative Nutrition Health Coach, Holistic Organic Gardening and Food expert, Speaker and Author of the Best-selling book "The 180 Degree Wellness Revolution; Simple Steps To Prevent and Reverse Illness."

At the age of 28, Tara was disabled and found herself in a wheelchair with no hope for recovery.

Diagnosed with late stage Reflex Sympathetic Dystrophy, Chronic Pain Syndrome, Autoimmune Thyroid disease, Fibromyalgia, Chronic Fatigue, Arthritis, Allergies and a myriad of other ailments, she has made it her personal mission to educate others about the power of food and self-care to bring astonishing transformation to one's life.

Tara has 25+ years experience in health and wellness and biological/ organic gardening and farming. She is a Master Gardener, Master Gardener Instructor and certified in Permaculture. She is a graduate of the Institute of Integrative Nutrition in New York and is a board-certified and accredited member of the American Association of Drugless

Practitioners. Tara is the founder of Cultivating Health, LLC and lives on a farm in Virginia with her husband and daughter.

Tara Gesling
Cultivating Health, LLC



**THE 180°
WELLNESS REVOLUTION**
by tara gesling

TARA GESLING'S CHICKEN SOUP

- ◆ 2 chicken quarters
- ◆ 5 large carrots (cut up)
- ◆ 2 celery sticks
- ◆ 1-2 cups leek (to taste)
- ◆ 1 parsnips (optional)
- ◆ ¼ celery root or 1 tsp celery seeds
(optional but highly recommended)
- ◆ 4 pellets allspice
- ◆ 4 pellets peppercorn
- ◆ 1 tbsp sea salt or Himalayan salt

METHOD

Prep: 20 minutes. Start with organic or grass fed chicken whenever possible. Put all ingredients into a pot of filtered water and bring to a boil, then turn to low. Simmer for 1-1 ½ hours to make chicken soup and stock. Skim any fat and residue that settles on the top. When done, meat will practically fall off of the bones. Remove bones.

Note: You can add more vegetables to this recipe and when you're not cleansing, you can add noodles. This is one of my all time favorites and it is yummy. You can double or triple this recipe and freeze the extra. I've stored mine in the freezer for up to six months. I have found that the flavor can get even better after sitting overnight in the fridge and then removing the bones the next day.



salad

an essential ingredient to your health

alissa monteleone

www.ebe-thebook.com

After becoming pregnant with my first child I knew it was time to take my health seriously. I was 36. At my initial doctor's visit, I learned I was eligible for a variety of tests because I was "AMA". Great! What's AMA? Advanced Maternal Age. Really? (You can imagine what I was eligible for when I had my second child at 41.)

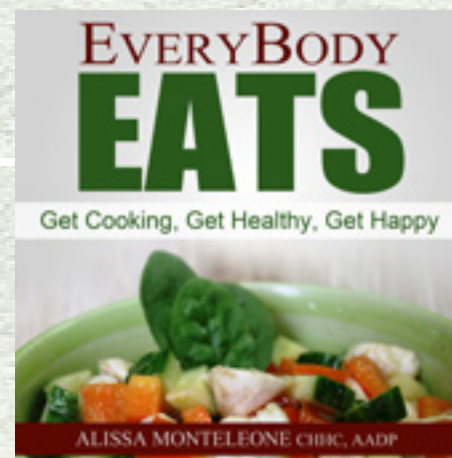
This blew me away. As I saw it, my life was just getting started and yet they were calling me old. I still didn't know what I wanted to be when I grew up. I worked in restaurants for years; learned to cook and make a mean cocktail, both of which I enjoyed freely. I ran a successful marketing business and a personal chef business in Boston before earning a Master's Degree in Critical Creative Thinking: but that was all just for fun.

The only consistent thing in my life was my struggle with food. I loved food and I used food. Food was always present. It made me happy, made me sad, made me fat and ultimately controlled me. I knew that being a mom required me to start choosing to be healthy, no matter what my age.

So I stopped dieting. I stopped feeding my emotions and started nourishing my body. I stopped taking food for granted and started appreciating it for more than a way to fill me up. I still love food; I simply don't allow it to control me.

I now know what I want to be when I grow up. I offer people a message of simple health through self discovery. I encourage people to start educating themselves and trusting their own bodies. I share my love for food and all the wonderful rituals that go along with preparing a good meal. Best of all, I have fun doing what I do.

I invite you to take control of your health. Visit me at www.ebe-thebook.com and learn how my book EveryBody EATS is a simple first step to the ART of Happy Eating.



EVERYBODY EATS
by **alissa monteleone**

ALISSA MONTELEONE'S BEST BROCCOLI SALAD

Dietary Considerations: Gluten Free, Vegetarian

This salad gets even the "I hate vegetables" people to eat broccoli. I make both a vegetarian and a meat eaters' version and honestly I don't know which one I like better. Here's the vegetarian. You can substitute vegetarian mayonnaise for the mayo and yogurt if you avoid eggs and dairy.

- ◆ 4 cups fresh organic broccoli
- ◆ 1 small red onion diced
- ◆ ½ cup toasted pumpkin or sunflower seeds
- ◆ ½ cup organic raisins or dried cranberries
- ◆ ½ cup grass fed cheddar cheese, shredded (optional)
- ◆ Sauce
- ◆ 2/3 cup homemade or organic mayonnaise
- ◆ 1/3 cup organic whole milk yogurt
- ◆ 1 tsp garlic powder
- ◆ 1 tsp smoked paprika
- ◆ Salt and pepper to taste

METHOD

1. Place all the salad ingredients into a large mixing bowl and combine.
2. In a small bowl, mix together the sauce ingredients reserving the salt and pepper.
3. Add half the sauce to the salad ingredients and stir. Continue to add more sauce until all the pieces are coated.
4. Let the salad sit for at least 15 minutes and taste. It takes a bit for the smoked paprika's' flavor to blossom. Season with salt and pepper to taste.

anita shah

www.simplyfreshlifestyle.com

As a child, I was always told by doctors that I was healthy; however, my body was telling me something was not quite right. I attended my yearly visits with my primary doctors, spoke to them of my concerns, and every time, I was told I was young and healthy and had nothing to worry about. I did not want my education to be interrupted, so I took the satisfaction in knowing that my doctors confirmed I was fine. I continued to attend school, eventually graduating from Rutgers University with a Bachelor's Degree in Mathematics and Communication, and a Masters Degree in Education. Soon after graduation, I took a job in the corporate world. I also decided that I was going to focus on my health. I whipped out my laptop, researched endlessly on the symptoms I was feeling, and realized I needed to be tested for potential problems. I went to my doctor and requested to be tested on certain blood work. My doctor did not feel the tests were necessary, but nevertheless, yielded to my persistent request. The test

results came back abnormal, which led to more testing, which then led to my thyroid surgery, and then the diagnosis of thyroid cancer. Having been diagnosed and then surviving cancer gave me a wake-up call and a second chance to life. I wanted to learn about food and nutrition, which I believed were the root cause of my health problems. I took this second chance and gave myself permission to pursue my passion and true calling in life. I believe that health and happiness all starts with the foods you eat from your plate and the "foods" that nourish your mind and body. I am passionate about educating, helping, and inspiring individuals and families to lead a Simply Fresh Lifestyle, a life filled with health and happiness.



EAT NAKED FEEL FABULOUS
by anita shah

ANITA SHAH'S BEAUTIFULLY SIMPLE ENERGY BOOSTER SALAD

SERVES: 4

Dietary Considerations: Gluten Free, Dairy Free

SALAD

- ◆ Red Quinoa
- ◆ Choice of Greens: Arugula or Kale
- ◆ Choice of Berries: Strawberries, Raspberries, and/or Blueberries
- ◆ Choice of Nuts: Pine Nuts or Slivered Almonds
- ◆ Chia Seeds
- ◆ Flax Seeds

DRESSING:

- ◆ Choice of Oil: Olive or Coconut
- ◆ Lemon
- ◆ Fresh Grounded Black Pepper
- ◆ Himalayan Pink Salt or Sea Salt

METHOD

Cook Quinoa. Simply take two cups of water and let it come to a boil. Add one cup of rinsed quinoa to boiling water. Let the quinoa cook covered under low temperature. Stir occasionally. In approximately 20-30 minutes, quinoa should be cooked. You will notice the water is absorbed and the quinoa looks fluffy.

Transfer quinoa into a bowl. Use a fork to fluff the quinoa. Let it sit for 5-10 minutes.

Mix 2 cups of greens with 1 cup of berries.

Sprinkle your choice of nuts.

Add quinoa to mixture.

Generously add chia seeds and flax seeds.

Squeeze a lemon into the mixture.

Pour in 1 to 2 tablespoons of oil.

Finish with fresh black pepper and salt for taste.

Mix the salad well and enjoy a beautifully simple energy booster!

dorothy holtermann

www.nurturenaturenutrition.com

Dorothy Holtermann is an Integrative Nutrition Health Coach, public speaker, workshop leader, founder of Nurture Nature Nutrition and author of Love Food that Loves You Back. Dorothy adopted her grandmothers' passion for cooking. At the University of Stony Brook, she began "cooking up a storm" in her dorm after her first taste of cafeteria food. She disliked the "health food" of the 70's, claiming it should be served in a bucket. Her first career was a health counselor of the "Health Shop," a self health care project at the University.

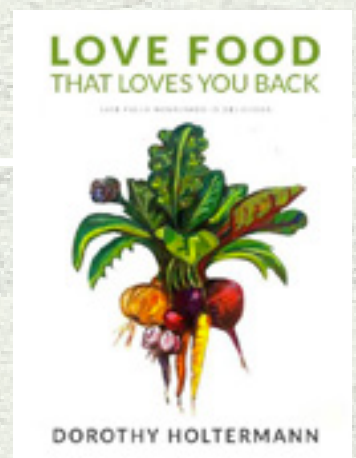
Dorothy and her family were pioneer residents of two new neighborhoods in the 90's: Battery Park City in NYC and Seaside, Florida. She had a complex life as wife, mom, executive, attorney, real estate investor, toy store owner, and community advocate. Dorothy continued to cook up a storm, creating delicious food that delighted people.

A bad year turned into a bad decade of "disease & disasters" that included the discovery that her daughter had cystic fibrosis, 9/11 displacement from Battery Park City, loss of properties in the Florida Gulf. She succumbed to the "disease care" system, and began using prescription drugs to control

sleep, anxiety and depression.

In 2011, her wakeup call came at her doctor's office when she was told, "You are not going to live out your lifespan." She was shocked when the solution offered to her was a calorie book. Having poor results eating health food that she did not like, she experienced transformation in her health and life by eating food she loved that also loved her body, mind and spirit back. Her mission is to share her experience of lovingly reclaiming her health and happiness, losing 70lbs, and eliminating a 10 year dependence on prescription drugs for anxiety, depression and insomnia.

Dorothy Holtermann Coach
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917-751-0674



**LOVE FOOD
THAT LOVES YOU BACK**
by dorothy holtermann

DOROTHY HOLTERMANN'S CLEOPATRA BEET AND KALE SALAD

Dietary Consideration: Vegan

This delicious and visually lovely heart healthy salad is named after Cleopatra. Beets are reputed to have been her favorite vegetable. I love that this salad is wonderful refrigerated for up to 3 days. (But return to room temperature to serve.) Serves 6.

- ◆ 3 large beets (about 3 cups when cut into wedges after cooking)
- ◆ 2 cups of fresh mint or basil leaves, chopped
- ◆ 5 Tbsp olive oil
- ◆ 2 Tbsp balsamic vinegar
- ◆ 2 Tbsp fresh lemon juice
- ◆ 1 Tbsp of tamari or soy sauce
- ◆ ½ cup chopped walnuts
- ◆ 4 cloves of garlic, crushed and minced
- ◆ 6 cups of fresh kale, cleaned, thick stems removed
- ◆ Sea salt

METHOD

Kale salad

In a salad bowl, crush 2 cloves of garlic, add 2 Tbsp of lemon juice, 3 Tbsp of olive oil.

Add 6 cups of torn kale and sprinkle some sea salt.

Lovingly mix well with hands and set aside to soften.

Beet salad

Wash and trim beets, leaving 1" root and 1" stem intact.

Place trimmed beets in a medium saucepan and cover with water.

Bring water to a boil and simmer beets, covered, for 20-25 minutes or until you can easily slice into one.

Rinse beets in cold water and remove skins by rubbing firmly.

Allow beets to cool completely.

Slice beets into wedges.

In a bowl add remaining ingredients (2 cloves of garlic, 1 Tbsp of tamari or soy sauce, 2 Tbsp of balsamic vinegar, 2 Tbsp olive oil, chopped mint or basil, and walnuts and mix together.

Toss in beets until well-coated.

Arrange beet salad on the kale salad (but do not mix)

Serve!

irene drabkin

www.irenehealthcounselor.com

Irene Drabkin is an educator and a speaker known for offering attention-grabbing, highly effective workshops and programs on a variety of nutrition and lifestyle topics that help people manage stress, improve energy, and lose weight without constant dieting and deprivation. She is a Transformational Wellness Expert and an Integrative Nutrition Certified Health Counselor accredited by Columbia University Teacher's College and the American Association of Drugless Practitioners.

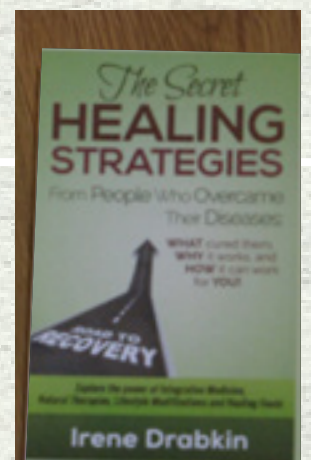
The Power of the Educated Patient: Proven Strategies for Reclaiming Your Health and Well-Being That You Won't Find in a Conventional Medical Office

The Secrets to how Savvy Patients Overcame their Diseases through Integrative Medicine, Natural Therapies, Lifestyle Modifications, and Healing Foods.

WHAT cured them, WHY it works, and HOW it can work for You!

Do you or your loved ones struggle with an illness or fragile health? Are you frustrated by the lack of results? Concerned about the side effects of prescription medications? Tried numerous diets and treatments only to be left exhausted and confused? Are you looking for the evidence of the power of the Alternative and Integrative Medicine approach? In search of the references you can share with your family and friends, or with your patients and clients? Have you ever wished that a fairy would appear and present you with a strategy for speedy healing and the best gift of all: Good Health?

To order the book, email Irene Drabkin at IreneHealthCounselor@gmail.com.



THE POWER OF THE EDUCATED PATIENT - PROVEN STRATEGIES FOR RECLAIMING YOUR HEALTH AND WELLBEING THAT YOU WON'T FIND IN A CONVENTIONAL MEDICAL OFFICE by irene drabkin

IRENE DRABKIN'S ROOT VEGETABLE & AVOCADO SALAD

SERVES 4 PEOPLE

**Dietary Considerations: Delicious, Super Easy
& Perfectly Vegan!**

(My Enhanced version of the traditional Russian vinegret)
Great for lunch as a meal
Awesome for dinner as a side dish
Also fulfilling for breakfast and ideal for snack as it contains all the
needed nutrients
to provide the energy to start or stay on top of your day!

I prefer using Non-GMO, organically or locally grown vegetables.

- ◆ 2 cups of Corn – preferably whole kernel sweet frozen corn, but canned corn can be used instead
- ◆ 2 cups of Peas – preferably frozen sweet peas, but canned green peas can be used instead
- ◆ 2 Beets
- ◆ 2 Potatoes
- ◆ 2 Carrots
- ◆ 3-4 tbs with freshly chopped Dill
- ◆ 1 Red onion
- ◆ 2 Salted brined cucumbers (made without vinegar)
- ◆ 1 Avocado
- ◆ Pine nuts, sliced Almonds (optional)
- ◆ Salt to taste (Himalayan Pink Salt preferred)
- ◆ Extra Virgin Olive Oil (vegetable oil also can be used)

METHOD

Place beets, potatoes, and carrots into a Steamer Cooker. Cover with a lid and simmer until vegetables are tender, but not mushy.

After the water boils: the carrot takes about 20 minutes, potatoes take 30 minutes. The beets take the longest - about an hour and they never get as tender as potatoes, if a knife pierces them easily, they are done. Cool and peel the beets, potatoes, and carrots. Their skin will slide off quite easily, no need for a peeler.

Cut all boiled vegetables into small, diced pieces

Peel and cut avocado into small, diced pieces

Put frozen corn and peas into a pot with boiled water seasoned with salt, bring back to a boil. Drain.

Mix cut vegetables, peas and corn with diced onions, pickles, avocado and nuts.

Dress the salad with extra virgin olive oil.

Add some finely cut dill.

Let the salad sit in the fridge for 15-30 to allow flavors to blend.

Enjoy!

sharon johnston

www.changeyourlifefnaturally.com

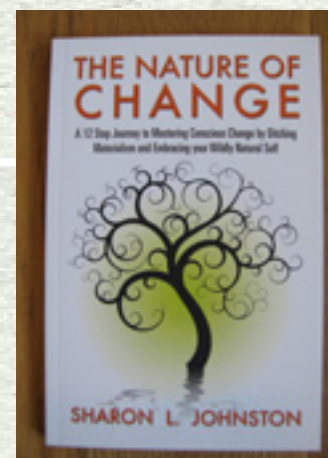
Sharon Johnston is a naturebabe at heart who is happiest when playing in nature. An avid adventurer you will typically find her in a forest, on a mountain or on the water and most likely in another country as she seeks out the most beautiful natural places in the world. She lives by the motto that change is nature's growth engine and thrives on helping others embrace change by reconnecting with their wild being.

Sharon has experienced a whirlwind of change herself. Born in South Africa she spent her childhood as a wild child, barefoot and roaming around in nature, before leaving in her twenties to move around the world in a restless search for meaning. What she found was divorce and a discovery of herself as a co-dependent; the knowledge of which allowed her to rebirth her wild self. Having suffered thirty years with ill-health, Sharon finally found the source of her illness was Lyme disease. By the time this was discovered her body had been overwhelmed with three autoimmune diseases and three bacterial diseases, and was in

complete collapse.

After she lost her job and rebuilt her health, Sharon was impassioned to carve out a new career helping others find health and harmony by combining change, wellness and nature. Sharon wrote a book called *The Nature of Change* which outlines her Five Stages of Conscious Change model, a soul-centered approach to finding balance by getting back to nature. She formed The Natural Change Movement as a program to dive deeper into the concepts in the book, and leads Nature Bathing Immersions where you can learn to retune in to the energy and benefits of our natural world. Sharon has trained in integrative nutrition, shinrin-yoku, and eco-living and is a certified change agent.

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https://twitter.com/Shari_Johnston



THE NATURE OF CHANGE
by sharon johnston

SHARON JOHNSTON'S NATURE'S BOUNTY FRUIT SALAD

SERVES 4

Dietary Consideration: Gluten-free, dairy free, nut-free

- ◆ 1 banana
- ◆ ½ apple
- ◆ ½ cup of melon
- ◆ 1 kiwi fruit
- ◆ ½ cup of papaya
- ◆ ½ cup of blueberries
- ◆ ½ cup of seedless grapes
- ◆ ½ cup of strawberries, halved
- ◆ ½ orange
- ◆ ½ lemon (optional)

METHOD

For a healthy and tasty way to get your daily serving of fruit, you will love this easy dessert.

Wash all fruit.

Chop the banana, apple, melon, and papaya into small pieces.

Layer in a dish and add the blueberries, grapes, sliced kiwi fruit and halved strawberries.

Squeeze the half orange over the fruit and gently mix.

Optional: if you won't be eating the dish immediately, squeeze the lemon over and stir in to prevent the fruit turning brown.

sue brown

www.facebook.com/simplysugarfree

I lost 52 pounds in 52 weeks when I was 52. But mine is not a story of weight loss. It is a story of recovery. From a lifelong struggle with Sugar Addiction.

I've always known that my weight problem was in my head, not my body. That sugar delivered great "highs" and moments of intense clarity and inspiration – and comfort.

But it wasn't until I understood the addictive nature of sugar that I was able to lose weight and – more importantly – conquer the cravings that drove me to eat sweets.

Now I share my story and the simple six-step process I used to conquer my sugar addiction in the book "Simply Sugar Free: Six Simple Steps to Conquer Sugar Addiction".

P.S. I haven't gained back a pound in seven years. Because once your blood sugar and brain chemistry are balanced, you don't need sweets to nourish you – physically or emotionally. Just real, whole food. The way Mother Nature intended. You can connect with me here:

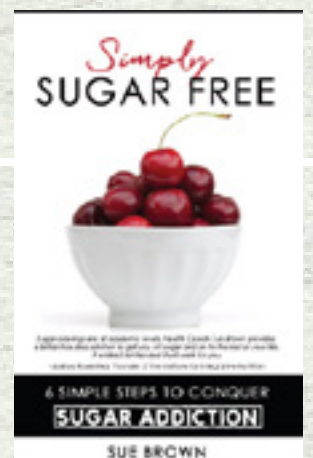
Sue Brown

Facebook: www.facebook.com/simplysugarfree

Twitter: @simplysugarfree

Pinterest: <http://www.pinterest.com/simplysugarfree/>

Blog: <http://simplysugarfree.typepad.com/blog/>



SIMPLY SUGAR FREE
by sue brown

SUE BROWN'S BLACK BEAN AND QUINOA SALAD

SERVES 6 - 8

Even if you're a Sugar Addict, that doesn't mean that all "sweet" foods are off limits! This recipe gets just a hint of sweetness from 1 Tablespoon of Brown Rice Syrup. Brown Rice Syrup is made from cooked brown rice. It has a low Glycemic Index (reported to be about 25), which means it is digested slowly and doesn't create extreme blood sugar crashes. You can substitute Brown Rice Syrup for sugar, honey, corn syrup, maple syrup or molasses. To substitute for sugar, use 1¼ cups Brown Rice Syrup for one cup of sugar, using ¼ cup less of another liquid in the recipe. I buy Brown Rice Syrup at Whole Foods, or you can order it on-line.

SALAD

- ◆ 2 cups black beans, cooked (can use canned beans)
- ◆ 1 cup quinoa, rinsed
- ◆ 2 cups water
- ◆ 1 red onion, peeled and minced
- ◆ 1 red pepper, seeded and diced small
- ◆ 12 ounces cooked chicken breast, shredded (drag a fork through cooked chicken breast to create shredded pieces)
- ◆ 1/4 cup cilantro

DRESSING

- ◆ Juice of 2 limes
- ◆ 2 tbsp. red wine vinegar
- ◆ 1 tbsp. brown rice syrup
- ◆ 1/3 cup olive oil
- ◆ 1 tsp. cumin
- ◆ Sea salt to taste

METHOD

Rinse quinoa.

Bring quinoa and water to a boil. Cover and simmer for 12-15 minutes or until all water is absorbed.

In a large bowl, combine cooked quinoa with beans, red onion, red pepper, cooked shredded chicken and cilantro.

To make the dressing, whisk lime juice, red wine vinegar, brown rice syrup, olive oil, cumin and sea salt.

Pour dressing onto black bean and quinoa salad and mix thoroughly.



entrées

uniquely delicious and beneficial

debbi sanzo-davis

www.thenewself-healthmovement.com

Debbi is the Founder and director of The New Self-Health Movement. Her attention to detail and love of event planning results from her thirty years of service in the travel and hospitality industry. She retired early with one intention: the pursuit of her own health and well-being- which had begun to suffer. Just one year later, she overcame chronic illnesses, lost over seventy pounds and reenergized her life. Debbi an Integrative Nutrition Health Coach and a graduate of the Institute for Integrative Nutrition, is determined to see others succeed and regain their health in the same way. Out of this strong desire to help others, The New Self-Health Movement has become the realization of that dream. It provides a much needed link to all who are seeking their health and well-being and the support they have been looking for. You can reach Debbi at her email address:

debbs@sanzo-davis.com

Please visit our websites and we look forward to meeting you at one of our events:

www.thenewself-healthmovement.com

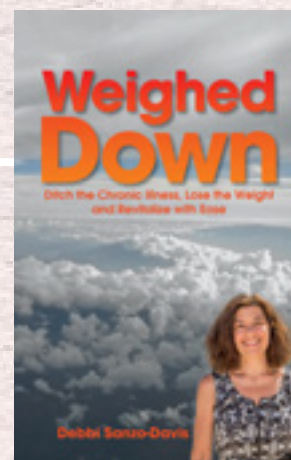
www.selfhealthretreats.com

You can also find us on Facebook:

<https://www.facebook.com/pages/The-New-Self-Health-Movement/1623847491175644>

and twitter:

<https://twitter.com/selfhealth-books>



WEIGHED DOWN
by debbi sanzo-davis

DEBBI SANZO-DAVIS' FOUR SEASONS PASTA

Dietary Consideration: Gluten Free

A favorite dish created and prepared lovingly by her husband Julian Sanzo-Davis.

- ◆ 1 lb brown rice noodles
- ◆ 1 small can tomato paste
- ◆ 1/3 cup extra virgin olive oil
- ◆ 2 cloves fresh garlic, finely minced
- ◆ ½ cup parsley, ultra-finely mined
- ◆ 1/3 cup parmesan reggiano cheese, finely grated
- ◆ ¼ tsp red pepper flakes

METHOD

Start large pot of water to boil, seasoned with enough salt to taste. In a large stainless mixing bowl, combine the tomato paste, extra virgin olive oil, garlic, and parsley. Mix well by hand with spatula. Add parmesan and red pepper flakes. Mix well and set aside.

Cook brown rice noodles according to package instructions, drain, return noodles to pot, and add half of the four seasons sauce and gently, evenly coat noodles, turning with tongs or pasta spoon. Transfer to stainless bowl with other half of sauce and gently coat well again and serve.

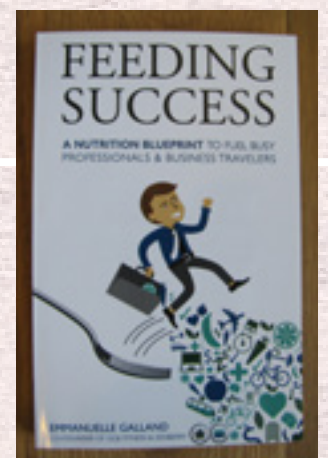
emmanuelle galland

www.gojifitness.com

Emma is an author, inspirational speaker and a board certified holistic health, fitness and nutrition coach and has 20 years of experience in the world of fitness and sports. She is the CEO of Goji Fitness LLC and a former director in global management consulting firm, PwC, traveling weekly around the country and the world for 15 years. Without the proper tools to juggle the logistics of two careers in her 20's, Emma burned out at 30. She was diagnosed after a thyroid storm with Graves' Disease and given two months' bedrest on doctor's orders. By trial and error, she healed her autoimmune disease after changing every aspect of her lifestyle and diet leading to the development of her Goal-Directed Nutrition approach, backbone of her coaching business and the book she authored: Feeding Success: A nutrition Blueprint to fuel busy professionals and business travelers. Today Emma helps the Corporate America athletes and competitive athletes make it to the top while thriving and nurturing themselves. The better you feel,

the faster you can reach your goals and the more joy you derive from it. Emma delivers individual, group and corporate wellness programs, and co-created and launched a superfoods nutrition drink mix to make balanced eating easy on the go, Zenberry mix, with her life partner Shane Moran. She lives in Brooklyn, NY with Shane and teaches a wide variety of fitness classes, Broga Yoga and aquacycling being two of her favorites.

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FEEDING SUCCESS
by emmanuelle galland

EMMANUELLE GALLAND'S RED LENTIL AND SWEET POTATO COCONUT STEW

SERVES: 2-3 PEOPLE

Dietary Consideration: Vegan, Gluten-free, Dairy-Free,
Soy-Free

- ◆ 1 can organic unsweetened coconut milk
- ◆ 2 large sweet potatoes
- ◆ 1 organic red pepper
- ◆ ½ cup of red lentil
- ◆ 4 garlic cloves
- ◆ 1 tbsp. unrefined virgin coconut oil
- ◆ 1 inch of fresh ginger root minced
- ◆ Curry powder to taste (cumin, turmeric, etc.)

METHOD

In a pot sauté the garlic, spices and fresh ginger in coconut oil. Add the sweet potatoes diced and the minced red pepper and coat them with the spices. Cook 5 minutes. Add the coconut milk and the (washed) red lentils with ½ cups of water (or more for a more soupy stew). Cook for 20 minutes. Serve with fresh cilantro and cracked pepper or cayenne pepper. Bon Appetit!

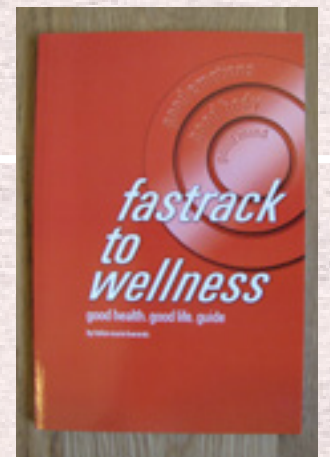
helen marie loorents

www.fastrackwellness.com

HELEN MARIE LOORENTS, MBA, founder and CEO of fastrack wellness Inc., is a certified holistic health & life coach, AADP; wellness consultant to Fortune 500 companies; author of the newly published book entitled fastrack to wellness: good health. good life. guide; inspirational speaker, a HuffPost blogger and former global healthcare marketing executive. She has been featured on Amazon, Woman's Health & Fitness magazine, WORLDCLASS magazine, JenningsWire Podcast, Effervescent International conference, L'Amour TV, Huffington Post and many other publications around the world. She is dedicated to making health & energy in the corporate world the driving force behind performance. After 17 years of climbing the corporate ladder at several multinational consumer healthcare companies, Helen burned out. She then regrouped and embarked on an intense study, reassessment and, ultimately, transformation of her own health and life. Now she is sharing her winning formula with hard-charging professionals, and revealing how they can effortlessly rejuvenate energy levels, lose weight

& supercharge mind and body for ultimate productivity, health and performance. Helen understands the struggles of ongoing stress, emotional eating and seeks to empower her clients to heal their own bodies and achieve vibrant health by providing them with support, counseling and a proven program. She believes each person requires his or her own unique, holistic approach for health, nutrition and lifestyle choices. She began practicing yoga as a young woman and spent time studying wellness and energy healing (Reiki) with teachers in Europe and in Asia. She is a Reiki Master and has helped thousands of people to overcome their physical and emotional pain. She also received a Chef training at the French Culinary Institute, inspiring her to combine the French culinary "deliciousness" with quick, easy and healthy recipes. Helen is also a well-regarded speaker and is offering corporate workshops at several Fortune 500 companies including Wells Fargo, AXA Equitable, the World Bank, ADP to name the few.

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FASTRACK TO WELLNESS
by helen marie loorents

HELEN MARIE LOORENTS' ROASTED LAMB CHOPS

SERVES 4

Dietary Consideration: gluten free, dairy free, grain free, nut free, corn free, paleo

- ◆ 8 lamb chops, about ¾-inch thick or my favorite New Zealand lamb rack from Trader Joes.
- ◆ Sea salt and freshly ground pepper
- ◆ 3 tablespoons of balsamic vinegar
- ◆ 3 tablespoons of extra-virgin olive oil
- ◆ Two 5-ounce bunches of arugula, trimmed
- ◆ ¼ of the lemon

METHOD

Total Time: 25 min

Prep: 10 min Cook: 14 min

Preheat the oven to 400°. In a small bowl, combine the olive oil with the balsamic vinegar. Pour the mixture over the lamb chops and let stand for 10 minutes.

Heat a large skillet until hot to the touch. Drain the lamb chops and season with salt and pepper. Add the lamb chops to the skillet and cook them over moderately high heat, turning once, until lightly browned, about 5 minutes. Transfer the lamb chops to a baking pan and roast them for 7 minutes for medium meat. Transfer the lamb chops to plates and keep warm.

Pour off all but 1 tablespoon of the fat from the skillet. Add the asparagus and cook over moderately high heat until crisp-tender, about 2 minutes. Season the vegetables with salt and pepper with touch of freshly squeezed lemon and transfer them to the plates with the lamb.

Serve with Pinot Noir - delicate, floral red wine.





khalidah al essa

www.facebook.com/khalida.alessa

Kuwaiti mother of five beautiful healthy kids, my mission in life back then was to focus on how to take care of their health and make them realize the values of life. First and foremost, I studied early childhood education at Lesley College in Cambridge Mass {1994}, which helped me upgrade my knowledge about how to live a better life. (Actually Matt Damon's mom was my professor!) After living through motherhood and being busy with kids, I opened up my eyes to how important it is to have a good background in nutrition to help my family live a healthy lifestyle. After I developed more information on nutrition I joined the IIN (Institute for Integrative Nutrition). The institute was exactly what I needed at the time because it helped me achieve my goals; it turned me into a more confident person. They helped me spread the knowledge to people around me and by doing that, they have become more aware of their health. One example of spreading awareness would be how I opened a section at The Sultan Center (a super market that is very well known in

Kuwait) called "Natural living". This section provided gluten free, organic produce, super foods etc. I was very happy with the section I have opened because it influenced people in a very good way. Some of them actually came back to me and started asking questions wanting to learn more about how to live a better lifestyle. Of course I obliged and started helping individuals with their specific needs. As a matter of fact I also taught myself to make juices from the books I have, I'm in the process of opening a fully-fledged organic juice bar called Blue zone here in Kuwait. I hope to succeed in my mission and spread the ripple effect in my journey!

Khalidah Al Essa
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sa-Health Coach](https://www.facebook.com/khalidah-Alessa-HealthCoach)
Contact #: (965) 99811009



by khalidah al essa

KHALIDAH AL ESSA'S GREEN LENTIL CURRY WITH PUMPKIN

SERVES: 2

- ◆ 1 tablespoon ghee or cooking oil
- ◆ 1 onion, finely chopped
- ◆ 4 cloves of Garlic, finely chopped
- ◆ 1 tablespoon fresh grated Ginger
- ◆ 1 teaspoon curry powder
- ◆ 1 teaspoon cumin powder
- ◆ 1 teaspoon coriander powder
- ◆ 1/2 teaspoon ground turmeric
- ◆ 1 fresh hot red chili finely chopped
- ◆ Salt
- ◆ Vegetable broth or organic vegetables stock (which I use)
- ◆ 1/2 cup cooked green lentil.
- ◆ 2 cups pumpkin, cut into cubes.
- ◆ 2 to 3 leaves of kale chopped. (Spinach can be substituted)
- ◆ 2 tablespoon Chopped coriander fresh leaves for garnishing.

METHOD

Prep: 15 min

Cooking time 45 min

Ready in 1hr

1. In a deep skillet, heat the oil and fry the onion until they are golden and starting to brown at the edge (about 10 - 15 minutes) add the garlic, ginger.
2. After 1 minute add all the spices together (curry, cumin, coriander, and turmeric) stir well for 2 minutes.
3. Add cooked lentil and stir well, leave for 5 minutes. Don't let it boil.
4. Add the vegetable broth until it covers the lentil, bring to the boil.
5. Now add the cubed pumpkin and leave it to simmer until it's soft and done.
6. Add the kale and cook until it's soft and tender.
7. Put in serving dish and sprinkle with the fresh chopped coriander.

This dish can be eaten with brown rice.

mair hill
www.mairhill.com

Mair Hill has always been passionate about helping others through teaching, coaching and mentoring. Mair graduated cum laude from Colby College and at 25, started her own sales agency. During 17 successful years she had the pleasure of training hundreds of salespeople before she retired to be Mom to her three amazing boys Nick, Harry & Jack.

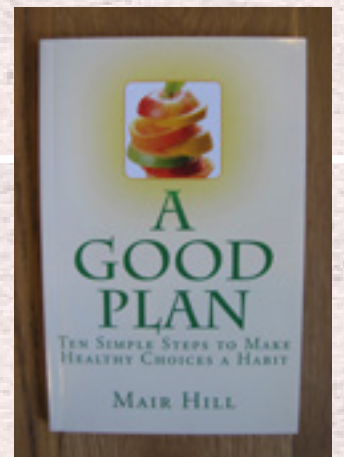
Mair went back to school to study development and graduated from The Fund Raising School where she was the only volunteer in her class. She spent almost ten years raising money for a small private school.

Now that her boys are older, Mair is in the process of reinventing herself; starting a new chapter with her first love – health and wellness. She is a graduate of the Institute for Integrative Nutrition® and a Certified Holistic Health Coach.

Always an entrepreneur, Mair is having fun learning new technology and experimenting with all the different elements of building an on-line empire: blogging, copy-writing, speaking, creating and

teaching workshops, podcasts, coaching her private clients and now writing her first book.

Mair grew up on both coasts and currently resides in the Chicago area with her husband, Rich. They have been beautifully married for over thirty years.



A GOOD PLAN
by mair hill

MAIR HILL'S KICHARI

SERVES 8-12

Dietary Consideration: Gluten free, vegetarian, can also be dairy free and vegan

- ◆ 2 Cups Whole green mung beans (presoaked for 6-24 hours)
- ◆ 8 Cups Filtered water
- ◆ 2 TB Cumin Seeds
- ◆ 2 TB Turmeric
- ◆ 2 TB Coriander Powder
- ◆ 1 tsp Black Pepper
- ◆ 3 TB Ghee To be dairy-free and vegan, substitute olive oil
- ◆ 1 Medium Onion Ffinely chopped
- ◆ 6 Cloves Garlic finely chopped
- ◆ 2" Fresh Ginger finely chopped (scrape off outer coating)
- ◆ 1 LB Organic Spinach torn into small pieces
- ◆ 1 Cup White Basmati Rice (soaked in water for one hour)
- ◆ 1/2 tsp Crushed Red Chili Flakes
- ◆ 1/4 Cup Bragg Liquid Amino Acids

METHOD

In a 6 quart pot (or larger) with a lid, using medium heat, add the cumin seeds. Stir occasionally until they start to pop. About 5 minutes. Add the ghee (or olive oil), turmeric, coriander powder and black pepper and stir for about a minute. Add the onions, garlic and ginger and cook for 3 to 5 minutes, stirring occasionally. Add the 8 cups of filtered water and scrape the bottom of the pot with a wooden spoon to loosen any stuck spices. Strain the mung beans (they should have doubled in size) and then add them to the pot. Cover and bring to a boil. Once the water is boiling, tilt the lid slightly but keep covered. Turn the heat down to medium-low and allow to cook for about 3 hours, adding water if necessary to keep it slightly soupy. Stir from the bottom to keep the bottom from over-cooking. After an hour, add the spinach.

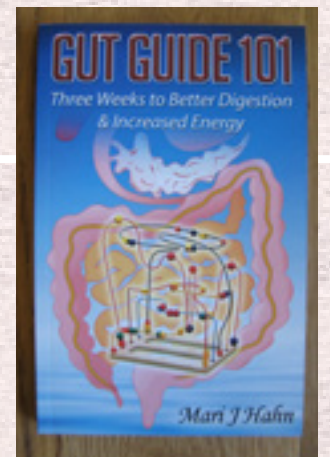
Meanwhile, cook the rice. First strain the rice and in a separate pot combine the rice with 2 cups of filtered water. Add the crushed red chili flakes. Leave the pot uncovered, bring to a rolling boil and let boil for 7 minutes. Turn off the heat, put a paper towel over the top and then cover tightly with the lid for at least 20 minutes. Keep covered, the steam will continue to cook the rice. The paper towel will soak up any excess moisture.

After the second hour, check the mung beans. Once they are soft, they are done. Add the 1/4 cup of Braggs to the cooked rice and then add this rice mixture to the mung beans. Cook for an additional 20 minutes to let the flavors meld together. Your kichari is now ready to serve. Optional: Serve with sliced avocado and tortilla chips or a little Greek yogurt and cilantro.

mari hahn
www.marijhahn.com

Mari Hahn has been working in the health and wellness field for over 20 years as a massage therapist and workshop instructor. She holds a B.S. in Psychology from Valparaiso University and received her massage therapy and holistic health training in beautiful Santa Fe, New Mexico at the Jay Scherer's Academy of Natural Healing (now Santa Fe School of Massage). She is a Board Certified Therapist from The National Certification Board for Therapeutic Massage and Bodywork (NCBTMB). Her interest in a holistic approach to food and nutrition led her to study at the Institute for Integrative Nutrition and she is now a Certified Health Coach.

A "health foodie", a home cook and a lover of recipes, weekends will often find her in the kitchen for several hours with a pot of soup simmering on the stove, prepping veggies for the week and watching a fruit crisp in the oven.



GUT GUIDE 101
by mari hahn

MARI HAHN'S DECADENT VEGAN PANINI SANDWICH

SERVES 1 PLUS SIDE OF SAUTÉED VEGGIES

Dietary Consideration: Dairy Free Nut Free, Vegan
(and of course Vegetarian) Corn Free

(Warning: This sandwich is addictive!)

- ◆ 2 slices Ezekiel bread (sprouted grain bread)
olive oil
- ◆ 1 cup sliced baby bella mushrooms
dash of salt, to bring out flavor and juice of mushrooms
- ◆ 2 cups or 2 large handfuls of bagged baby spinach
- ◆ 1/3 avocado, sliced
Daiya Dairy-Free Cheddar Style Block, 3 thin slices off the block

METHOD

I highly recommend an electric Panini sandwich press for best results. If not available, use a skillet with a heavy lid to press the sandwich.

Start by heating Panini press.

1. In a small skillet on medium heat add a small amount of olive oil. Add mushrooms and salt. Saute for 2-3 minutes until mushrooms start to soften. Add spinach and stir to combine. Watch carefully and turn off heat once spinach is wilted and mushrooms are done to the level you want.
2. Meanwhile, brush a small amount of olive oil of one side of each slice of bread and put both slices oil-side-down in Panini maker. Close lid and heat bread for 2 minutes.
3. To assemble sandwich, open Panini maker and place sliced avocado on one slice of bread. Then spoon some of the sautéed mushroom/spinach mixture on top of the avocado slices. (You will have some mushroom/spinach mixture leftover for a side) Place the 3 thin slices of Daiya dairy-free cheese on top of the mushrooms. Place the second slice of bread, oil side up, on top of the Daiya cheese slices.
4. Close the Panini press and heat for 3-4 minutes until you notice the Daiya cheese is melting out of the sandwich.
5. Using spatula, carefully lift sandwich onto plate and serve remaining mushroom/spinach sauté on the side. Enjoy this gooey, melty, rich goodness!

mark carlson

www.tremendoustransformations.com

Mark Carlson, Husband ... Father ... Health Coach ... and ... Stroke Survivor

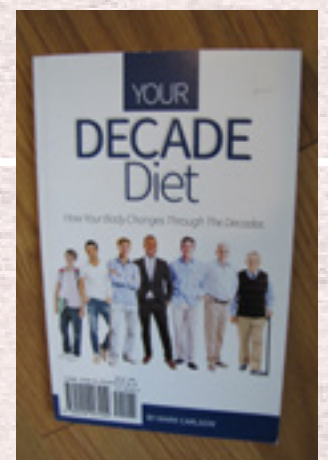
Mark is the Principal at Tremendous Transformations working with individuals to create balance in the areas of Physical Wellness, Career, Relationships and Spirituality. From 1998 to 2008 he was the owner and President of Minnesota Mailing Solutions in Golden Valley, MN; his third entrepreneurial endeavor in addition to his previous work as a teacher, restaurant manager and human resource professional. In 2007, he sold his company to his largest competitor, remaining on contract with them for three years; A stressful time and three of the worst years of his entire career!

As is typical of many men, his weight had been creeping up a few pounds every year. In 2008 he weighed over 240#. His life was filled with stress. He was irritable. His relationships were deteriorating and he was a very unhappy man; a very typical corporate executive; over-worked, over-stressed and unhealthy. He medicated with food, diet soda and no exercise. He was on cholesterol medication, had elevated blood

pressure, suffered a TIA, had low back issues and had severe sleep apnea.

In late 2008, something happened that changed his life forever. Two of his children announced he was about to become a grandfather. That was a game changer. Through deep and personal soul searching, he decided it was time, to get healthy and stay healthy. He was not going to be the slow, fat, stressed out grandpa that didn't participate in their lives and was irritated all the time, or worse yet dead and not part of their lives at all. In 2009, at age 56 he discarded nearly 60 pounds of fat, got off his medications, vastly improved his sleep apnea incidents and got into the best shape of his life. In 2012 he became a certified Health Coach through the Institute for Integrative Nutrition and is now a practicing health coach.

In October 2014, while working out with his personal trainer, Mark suffered a brain bleed (stroke) and lost his ability to speak. Because of his healthy lifestyle (diet and exercise) he recovered in less than 30 days and astonished his medical team.



YOUR DECADE DIET
by mark carlson

MARK CARLSON'S FALAFEL POCKET SANDWICH WITH TAHINI SAUCE

SERVINGS: 8

Dietary Consideration: Vegan

- ◆ 1 ¾ C dried chickpeas (Substitute one can organic chickpeas – to skip soaking process)
- ◆ 4 TBS olive oil
- ◆ ½ C water
- ◆ ½ C tahini (I use Organic)
- ◆ 1 ½ tsp salt
- ◆ ½ tsp black pepper
- ◆ ½ tsp baking soda
- ◆ 1 TBS cumin
- ◆ 1 tsp cayenne pepper
- ◆ 1 TBS freshly squeezed lemon Juice
- ◆ 2 Cloves garlic (chopped)
- ◆ 1 small onion (chopped)
- ◆ 1 C chopped cilantro
- ◆ 1 Pkg Whole Wheat Pita Pocket Bread
- ◆ Various Chopped vegetables (tomato, cucumber, greens, shredded carrot (what ever sounds good to you)

METHOD

Soak the dried chickpeas in a large bowl by covering them with 2 - 4 inches of water over the top. Soak for 12 - 24 hours. Check occasionally and add water if necessary.

Preheat oven to 325 degrees

Drain and rinse chickpeas and place them in a food processor

Set olive oil, tahini, water and ½ tsp salt aside. Then add all remaining ingredients to the food processor

Pulse in food processor until everything is minced (do not puree). You can add a TBS of water (one at a time) if necessary) but keep as dry as possible. Adjust by seasoning to taste.

Rub a baking sheet with 2 TBSP of olive oil

Roll the mixture into 18 -20 small (1½ inch balls), then flatten them into a thick patty. Place the patties on the oiled cooking sheet and brush them with the remaining olive oil.

Bake 10 - 15 minutes per side until golden in color.

While the patties are baking whisk the tahini, remaining ½ tsp salt and ½ cup water in a small bowl until smooth

Add Falafel and vegetables to the pita pocket bread and drizzle with the tahini sauce

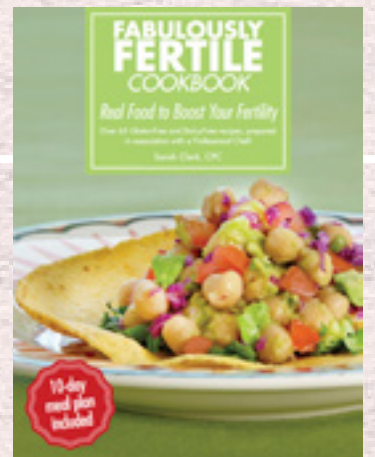
OPTIONAL: Skip the whole wheat pocket pita and place the falafel on a bed of your favorite greens and use the tahini as the dressing for the salad. (This will reduce the calorie count). Deep fry the falafel instead of baking (you'll lose some health benefit and increase the calorie count).

sarah clark
www.fabfertile.com

When Sarah Clark was 28 years old, she received a diagnosis of premature ovarian failure. She accepted the diagnosis and had both her children through in vitro fertilization. Years later she realized the root cause of her infertility was a food intolerance. As a graduate from McMaster University, a certified life coach with accreditation from the International Coaches Federation and a health coach with training from the Institute for Integrative Nutrition, she is deeply passionate about helping couples supercharge their fertility naturally. She is the author of two books, *Fabulously Fertile - Supercharge your Fertility Naturally* and the *Fabulously Fertile Cookbook*. She offers the Fabulously Fertile coaching program that supports couples to make diet and lifestyle changes to boost their fertility and prepare for conception. When she is not testing gluten-free and dairy-free recipes in her kitchen, she loves spending time with her husband and two children.

Sarah Clark
Keywords – infertility, PCOS, endometriosis, hypothyroidism, hormonal imbalance

Fabulously Fertile Blog: <http://www.fabfertile.com/blog/latest>
Facebook: <https://www.facebook.com/sesacoaching>
Twitter: <https://twitter.com/Sesa-Coaching>



**FABULOUSLY FERTILE
COOKBOOK**
by sarah clark

SARAH CLARK'S VEGGIE CHICK PEA TACOS

SERVES: 4 PORTIONS

Dietary Considerations: Soy-free, Dairy-free, Gluten-free, Nut-free, Egg-free, Processed Sugar-free

This taco dish is full of flavour and doesn't require any cooking, unless you want your tortillas warmed! The more plant protein you consume will increase your chances of conception.

- ◆ 1 avocado, peeled and pitted
- ◆ 3 Tbsp lime juice
- ◆ 1 garlic clove, minced
- ◆ 1/8 tsp chili powder
- ◆ 1/8 tsp cumin sea salt, to taste
- ◆ 1/4 cup finely chopped red onion
- ◆ 1 small tomato, medium dice
- ◆ 1 small handful cilantro leaves, chopped
- ◆ 1 15-oz can chickpeas, drained and rinsed
- ◆ 4 soft 100% corn tortillas (non-GMO)
- ◆ 1/2 cup shredded purple cabbage
- ◆ 1/2 cup spinach, sliced thin

METHOD

Mash avocado in a medium-sized bowl with lime juice.

Mix in garlic, chili powder, cumin, and sea salt. Add onion, tomato, cilantro and chickpeas. Mix until well combined.

Place a scoop of avocado mash on top of each tortilla.

Top mash with a portion of spinach and cabbage (and/or other veggies of your liking).

Note: If you'd like a little warmth in this dish, wrap the tortillas in parchment-lined aluminum foil. Preheat oven to 300 degrees Fahrenheit and heat for 10-15 minutes before serving.



sheila royce garcia

www.sheilafitnessnhealthylifestyle.com

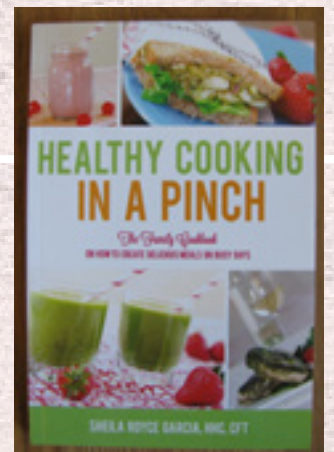
Sheila Royce Garcia is a Special Needs Mom, Author, Home Cook, Fitness Trainer, and Wellness Coach. Her personal transformation from being out of shape to radiant health is what inspired her to become a wellness coach, fitness trainer and publish a book. She is a mentor/coach to moms, especially moms of special kids who are struggling with weight issues, lack of energy, moments to take care of self, and unhealthy eating habits to support them through exercise, proper nutrition, filling the nutritional gap with vitamins to look and feel radiant, be strong, healthy and happy women and moms. She offers personal programs to women for total transformation. Her programs are customized for each individual person; focusing on weight issues, self-care, detox, and stress-management and reducing cravings. She is proud to author her first cookbook, Healthy Cooking in a Pinch: The Family Cookbook on How to Create Delicious Meals on Busy Days.

For more information regarding Sheila's programs, workshops and complimentary fitness and

health tips please sign up for her monthly e-mails at www.SheilaFitnessNHealthyLifestyle.com Healthy Cooking in a Pinch is now available on Amazon and Barnes & Noble.

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HEALTHY COOKING IN A PINCH by sheila royce garcia

SHEILA ROYCE GARCIA'S PASTA SQUASH WITH PESTO SAUCE

SERVES 4

Dietary Consideration: Gluten-free

- ◆ 1 medium zucchini, julienned
- ◆ 1 small yellow squash, julienned
- ◆ 1 cup of fresh basil
- ◆ ½-cup fresh parsley sprigs
- ◆ 2 garlic cloves, chopped
- ◆ ½ to 1 cup of olive oil
- ◆ 1 teaspoon of lemon zest
- ◆ ¼ cup of walnuts
- ◆ Sea salt and pepper to taste
- ◆ Parmesan cheese (optional)

METHOD

In your food processor, use the julienned disc to cut the squash. If you have a spiralizer, great! You can spiralize both squash in a bowl.

Set your julienned (or spiralized) squash aside. Next, in a food processor blend basil, parsley, garlic, olive oil, lemon zest, walnuts, salt/pepper to taste. Add the pesto sauce to the on top of the bowl of squash. You can top it with two basil leaves and a few walnuts for presentation. Serve at room temperature. Optional: sprinkle with parmesan cheese.

Adapted by, 'Healthy Cooking in a Pinch' by Sheila Royce Garcia

stephen rodgriguez

www.epiphanyhealthcounseling.com

Born on the mountains of Kilimanjaro as the sun rose while the morning dew kissed the stems of Baobab trees Stephen Rodriguez entered the world from his mother's womb with the tenacity of a giant squid wrapped around a sperm whale preparing to feast on it.

Having broken his clavicle bone on the way out, he knew immediately that life would have its share of adversity. But that did nothing to dissuade his drive to change the world as he grew ever more determined with each passing day. Having been seen by his peers growing up as "weird" Stephen knew that "weird" was relative and never something quantifiable.

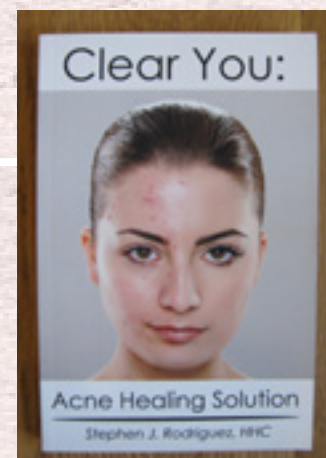
Consequently he was able to invent the internet, was a lead consultant for Steve Jobs on the creation of the iPad, and wrote a wonderful book on how to get control of acne without having to purchase any products. Okay so that was a nice narrative but obviously I wasn't born in Africa, I have never met Steve Jobs and whereas I'd like to think I invented the internet; sometimes I feel like it is inventing me. I am Stephen Rodriguez and I am the author of

Clear You: Acne Healing Solution.

My life is surrounded by four of the most beautiful women in the world that enrich my life daily.

My wife Jennifer and I have been together for 8 years and my three daughters are my joy. I was born and still live in small region in Texas on the border of Mexico called the Rio Grande Valley, and I hope to help people achieve the life and health they are meant to live. By the way I did break my clavicle when I was born and I don't mind being labeled "weird".

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**CLEAR YOU:
ACNE HEALING SOLUTION**
by stephen rodgriguez

STEPHEN RODRIGUEZ' TOTALLY RAD PISTACHIO PESTO

SERVES 2-5

Caution: If you have a nut or gluten allergy, this recipe will probably not agree with you

- ◆ 2 pounds spinach noodles
- ◆ 1 garlic clove
- ◆ 1/3 cup pistachios
- ◆ 1/4 cup olive oil
- ◆ 2 cups parsley
- ◆ Half a lemon
- ◆ 4 oz Mushrooms chopped
- ◆ Braggs Liquid Aminos
- ◆ 1/3 Red onion chopped
- ◆ Salt and pepper to taste

METHOD

1st: Combine garlic clove, pistachios, juice from half a lemon, olive oil, and parsley in a food processor

2nd: Sautee mushrooms and onions with two squirts of Braggs Liquid Aminos and remove from heat when ready.

3rd: Boil spinach noodles as per instruction on the box, set aside 1/4 cup of boiled water and drain noodles when ready.

4th: After noodles are done, combine 1/4 cup noodle water and pesto in noodle pot or large bowl

5th: Add mushrooms and onions to pesto and mix together.

6th: Enjoy!

victoria marquez

www.therootlets.com



Vicki Marquez is a Certified Health Coach, Plant-Based Chef, and Author whose passion for living a healthy, vibrant, full life has become her mission to help others do the same.

After earning her degree in nutrition and health science, Vicki continued her education at the Institute for Integrative Nutrition where she studied over 100 dietary theories with the world's leading nutrition and wellness experts. To add another healthy layer of expertise to her arsenal, Vicki received her plant-based chef certification from Rouxbe in 2015.

As creator and author of The Rootlets - a children's brand geared towards empowering kids to make healthy choices and learn about natural foods in a refreshingly fun way - and founder of Inner FIGure, it's Vicki's dream to break the stigma that healthy living is boring and to show both kids and adults that plant foods – especially veggies – are ridiculously cool! Through her health coaching

practice, robust corporate wellness programs, healthy cooking club, and newly launched company, The Rootlets, LLC, Vicki teaches the power of good nutrition and helps to make healthy living easy, accessible, and entertaining for everyone.

Vicki is a member of the International Association for Health Coaches, founding member of The New Self-Health Movement, and is board certified by the American Association of Drugless Practitioners.

Vicki lives in her hometown of Chicago, with her husband, stepdaughter and two quinoaloving Yorkies. When she is not teaching, cooking or writing, you can find her on the yoga mat or snuggled on the sofa with her puppies, a warm cup of tea and a great book.

Find her at: www.therootlets.com
or www.innerfigure.com and on
Facebook at:
<https://www.facebook.com/TheRootlets>
<https://www.facebook.com/InnerFIGure>



THE ROOTLETS
by victoria marquez

VICTORIA MARQUEZ' RUTABAGA BURGERS

MAKES: 4 LARGE BURGERS OR 8 MINI SLIDERS

Dietary Consideration: Gluten-Free, Vegan

Have dinner ready in no time with these quick, easy and incredibly delicious rutabaga burgers!

- ◆ 2 cups roasted rutabaga*, skins removed & mashed (approx. 2 medium rutabagas)
- ◆ 2 cups of cooked quinoa
- ◆ Yellow onion, diced
- ◆ 3 cloves of garlic, minced
- ◆ 1 Tbsp of fresh chopped chives (optional)
- ◆ 1 Tbsp of ground flaxmeal
- ◆ Sprinkle of crushed red pepper or cayenne pepper for added heat (optional)
- ◆ 1 Tbsp of extra virgin olive oil
- ◆ Sea salt and pepper to taste
- ◆ Avocado or Grapeseed oil for cooking

* You can substitute the rutabaga in this recipe any hearty root vegetable that you like - sweet potatoes, turnips, sunchokes or golden potatoes all work great!

METHOD

Preheat oven to 400 degrees. Slice rutabagas lengthwise, drizzle both halves with extra virgin olive oil and sprinkle with salt and pepper. Then place cut side down on a parchment lined baking sheet and bake until soft and golden, about 40 minutes. Allow to cool for about 5 minutes and then remove skins and mash rutabaga in a large bowl.

Prepare quinoa according to package instructions. Sweat the onions over low heat until tender and translucent. Then add the garlic and cook an additional minute. Add the quinoa, along with the onion/garlic mixture, into the bowl with the mashed rutabagas and gently stir to combine. Next add the chives, flax meal, spice if desired, sea salt and pepper and fold into the rutabaga quinoa mixture. Form the mixture into rounds the size of golf balls, then flatten into burgers, and lightly fry in a high heat oil (like avocado or grapeseed) for approximately 3 minutes on each side.

Enjoy with fresh cashew carrot pate drizzled with harissa oil or with a dollop of cashew sour cream and pickled fennel.

And for an extra time saver tip! Make the mixture on Sunday night and have them ready to go for quick after work meal during the week.

wendie aston

www.greenonthescene.com

As a Certified Holistic Health Coach, lecturer and author of the book *Going Green Before You Conceive*, Wendie Aston teaches others an organic way of life. Her long time passion for eating organic and living eco-friendly lead her on this journey. She has been researching various ways of making non-toxic choices for her home and lifestyle for over a decade. Green on the Scene, her blog, has been educating people on all things GREEN since 2010. She is also a Young Living Independent Distributor teaching people about the uses of essential oils. She currently lives on Long Island, NY with her husband and 3 children.

Wendie Aston
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<https://www.facebook.com/wendieastongreenonthescene>



**GOING GREEN BEFORE
YOU CONCEIVE**
by wendie aston

WENDIE ASTON'S GLUTEN FREE BISON LASAGNA

SERVES 6

Dietary Consideration: Gluten Free

- ◆ 1 medium onion chopped
- ◆ 1 lb ground bison
- ◆ 1 jar of organic tomato puree (24 ounces)
- ◆ 1 box of gluten-free lasagna noodles
- ◆ 4 ounces of organic goat cheese
- ◆ 1 cup organic spinach
- ◆ 2 cups Manchego cheese
- ◆ 1 tsp oregano
- ◆ 1 tsp basil
- ◆ 1 tsp paprika (optional)
- ◆ A dash of salt

METHOD

In a cast iron pan (preferred), brown 1 chopped onion and 3 cloves of chopped garlic in butter. Remove onion and garlic, and set aside.

Brown the ground bison in butter for 3 to 5 minutes. Use high heat, and drop fist-sized pieces into pan. Do not over-stir. If over-stirred, the meat releases water and becomes messy and will not brown properly. Let brown, and chop up with metal spatula. Add onion and garlic to the bison in pan, then add the tomato puree, oregano, basil, paprika (if desired) and dash of salt. Cook on medium heat for 2 to 3 minutes, then turn off. You want the sauce at medium thickness, and not watery.

Use a large, rectangular 9x11 glass baking dish or two smaller baking dishes if you want to eat one and freeze the other. Put two large spoonfuls of meat sauce in the bottom of the dish and spread to coat the surface. Add 4 tsp of water to the pan.

Add noodles in rows to cover the bottom of the pan. Top with meat sauce, but not too thickly. Add a layer of goat cheese crumbled on top of meat sauce. Add a layer of spinach. Add another layer of noodles, and press lightly down a little into the cheese.

When complete, layer the remaining meat sauce and 3 tsp of water over the top. Grate the Manchego cheese as the last layer, and cook in the oven for 30 minutes uncovered at 375 degrees. Remove from the oven and cool 3 to 4 minutes. Cut and serve.

This dish can be reheated in oven easily at 375 for 10 minutes.



sides

wholesome additions to any meal

dr. jennifer l. weinberg

www.jenniferweinbergmd.com

Dr. Jennifer L. Weinberg, MD, MPH, MBE is a Preventive and Lifestyle Medicine Physician trained at Johns Hopkins and the University of Pennsylvania. In addition to her medical degree (MD), her extensive training includes a Masters of Bioethics (MBE) from Penn and a Masters of Public Health (MPH) from the Bloomberg School at Johns Hopkins, with certificates in Global Health, Women's Health and Occupational and Environmental Health. To balance out her traditional medical training, Dr. Weinberg is an Interdisciplinary Yoga Instructor and an AADP Certified Holistic Health Coach from the Institute of Integrative Nutrition and has experience in Reiki energy healing, Mindfulness Meditation, optimal healing environments and many other holistic health and wellness areas. She published *The Whole Cure: 52 Essential Prescriptions for Overcoming Overwhelm, Reclaiming Balance and Reconnecting with a Life You Love!* and accompanying online and in person group coaching programs and workshops to provide a toolkit for meaningful

stress management and powerful self-care and transformation. Using this unique and balanced background, Dr. Weinberg has developed a holistic approach to health and wellness with her Simple | Pure | Whole™ Wellness Method (<http://www.JenniferWeinbergMD.com>) that addresses a whole-self approach to nourishment and integrates the best from modern medicine, science, spirituality, psychology and ancient healing traditions. She is an acclaimed teacher and dynamic speaker, presenting her work to audiences throughout the world. She is passionate about supporting people in living vibrant, balanced and passionate lives in a way that is flexible, fun and free of denial! Dr. Weinberg specializes in working with corporate, private and group clients in a supportive environment to help each individual explore what really works for her to maintain balance, energy and optimal health through simple, enjoyable nourishment, physical activity and lifestyle changes. *The Whole Cure:* <http://amzn.to/1wqppEV>



THE WHOLE CURE
by dr. jennifer l. weinberg

DR. JENNIFER L. WEINBERG'S AUTUMN HARVEST QUINOA PILAF

4 SERVINGS

Dietary Considerations: Gluten-Free, Dairy-Free, Vegan, Egg-Free, Nut-Free, No Refined Sugar

This flavorful medley serves as a wonderful addition to the Thanksgiving Table or as a versatile side dish, Meatless Monday meal or vegan entree. The natural real food ingredients bring so much fresh flavor, no one will miss the gluten, dairy and added sugar! To add even more nutrients, try this pilaf atop a bed of sautéed greens or with a bed of salad greens for a satisfying vegan meal!

- ◆ 1 cup quinoa
- ◆ 1.5 cups organic vegetable broth
- ◆ 1 cup peeled butternut squash, cut into small cubes
- ◆ 1 medium apple, peeled, chopped and lightly coated with fresh lemon juice
- ◆ 2 medium stalks celery, diced
- ◆ 3/4 cup fresh cranberries
- ◆ 1/4 tsp fresh grated ginger
- ◆ 1/4 tsp ground Ceylon cinnamon
- ◆ 1/4 cup fresh chopped parsley
- ◆ 1 tbsp Extra-virgin Organic Coconut oil
- ◆ Sea salt
- ◆ Ground pepper
- ◆ Extra-virgin olive oil

METHOD

Preheat oven to 375. Add butternut squash and celery into a medium roasting pan and coat with coconut oil. Add ginger, cinnamon, sea salt and pepper and toss to coat evenly. Roast about 30 minutes until the squash is tender, adding in cranberries and apples after around 15 minutes. Rinse quinoa in a fine sieve with filtered water. Cook quinoa with organic vegetable broth or water and a pinch of sea salt. Bring to a boil then reduce to a simmer for 20 minutes until all liquid is absorbed or per package directions. Fluff with a fork. To serve, place quinoa and roasted squash, apple, celery and cranberry mixture to a warmed serving bowl. Add parsley and a drizzle of extra virgin olive oil and toss to combine. Serve warm.

jessica kliskey

www.facebook.com/holistichealthyyou

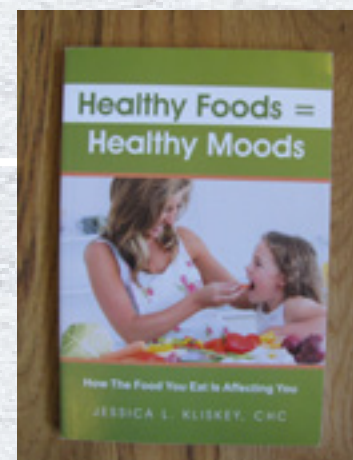
Jessica's journey into nutrition and living a healthy lifestyle began twenty years ago when her youngest child was born, a healthy baby boy! Within months, she realized that something was wrong. During the first two years the quality of her son's health worsened. He became agitated during feedings, developed problematic behavior and painful digestive issues. He was sick often with ear infections, constipation and diarrhea and she was desperate for some relief for her son. Following doctor's orders and months of speech therapy, sensory therapy, behavior and family counseling, her son's health continued to decline. Finding a solution became her passion. Eventually she learned that food allergies were the cause of her son's sickness and behavior problems. Eliminating problematic foods reversed damage in the gut which improved her son's health and behavior. It is on record that her son never suffered from another ear infection. You can say - the rest is history!

She wrote a book titled Healthy

Foods = Healthy Moods to help raise awareness about how the typical American diet is causing illness, disease, and many of the emotional problems people are suffering from. She explains how by removing processed foods and eating a diet of fresh produce and locally raised animal protein will improve the immune system.

Jessica is passionate about working with other parents that are struggling with stress and anxiety; who have children with poor health and emotional challenges; to help them gain confidence, energy, and give love, encouragement and hope for a healthy future.

Jessica Kliskey
Health Coach, Author, Speaker,
Educator



**HEALTHY FOODS
= HEALTHY MOODS**
by jessica kliskey

JESSICA KLISKEY'S KALE WITH A PROTEIN PUNCH

SERVES 4

Dietary Considerations: Gluten-free, Vegetarian Option

- ◆ 2 bunches of lacinato kale de-stemmed, washed, and coarsely chopped.
- ◆ Water or Vegetable Stock
- ◆ 3 Tbsp. Extra Virgin Olive Oil
- ◆ 1 large onion (I use a sweet onion) sliced in half and then sliced thinly
- ◆ 1/2 Cup slivered almonds
- ◆ 2 Tbsp real butter
- ◆ 1/4 Cup free range bacon (optional)
- ◆ Himalayan pink salt

METHOD

Steam Kale in approx. 1cup water or stock, cover and heat for 5 minutes.

Add the sliced onion to the butter over low to medium heat to caramelize the onions for 10 minutes. I like mine dark brown. (optional) Fry the bacon to the texture you like. I like mine semi-crunchy.

Toss all ingredients into large bowl. Salt as desired. Sprinkle almonds on top. This healthy dish can be served hot or room temperature.

laura brown

www.redesigningyourhealth.com

When Laura was 26 years old, she first took charge of her own health, after years of dealing with conditions (like allergies, digestive problems and anxiety) for which conventional medicine had few answers.

She realized that she was her own best expert, and couldn't stop exploring, researching and pursuing holistic approaches to wellness.

And the rest ... is history.

As a serial entrepreneur and the author of Redesigning Your Health - A Road Map to Self-directed Healing (Chattahoochee Chase Publishing, September 2014), she's deeply passionate about inspiring others to learn to take responsibility for their own health and healing.

One client described her as "a wise woman," while another declared her to be "a life saver"!

When she's not working in her organic kitchen garden, you can find her swimming at the Y, practicing Qi Gong and yoga, teaching on health topics such as brain health, longevity and how people can take charge of their

own healing, and conducting process improvement projects in corporations.

Meet Laura and stay in-the-know about her upcoming events at www.redesigningyourhealth.com.



REDESIGNING YOUR HEALTH
by **laura brown**

LAURA BROWN'S GARLICKY GREENS WITH GOAT CHEESE AND ARTICHOKE HEARTS

Dietary Considerations: Nut free, corn free, vegetarian

I had this dish at a local and organic food restaurant in Asheville, NC a few years ago when attending the Carolina Food Stewards Association's annual conference there, and I liked it so much I came home and adapted it for my kitchen. One of the great things about this recipe is that you can dress it up and dress it down as dictated by the occasion. For a week night home dinner, you can stop with just the onions, garlic and greens. For a holiday offering, add the red pepper, artichoke hearts, olives, goat cheese and toast for a fancy hors d'oeuvre. You can also easily make it gluten-free or dairy free by either omitting the toast and goat cheese respectively, or by substituting gluten-free toast or cashew butter for the cheese.

- ◆ One bunch of greens: spinach, Swiss chard or Lacinato Kale (Dragon Kale) – these are the best greens for this dish because they have a soft texture when cooked, and they are unbelievably nutrient-dense. Greens should be triple-washed, stems removed (you can chop the stems and cook along with the onions, or you can save them for another use – they make a nice side vegetable steamed as well) and the greens stacked and sliced across in 1 inch strips.
- ◆ One half medium onion, chopped
- ◆ 3-6 cloves of garlic, depending on your taste, minced
- ◆ Olive Oil, 2 Tbsp
- ◆ ¼ Cup of water or chicken stock
- ◆ Salt and pepper to taste

METHOD

Heat the oil over medium heat and sauté the onions for about 4 minutes, add the greens and stir for a couple of minutes, then add the garlic. Stir for about a minute and then add ¼ cup of water or stock, turn the heat to low and cover. Allow to braise for anywhere from 20 to 45 minutes. (20 minutes will yield greens with a little more bite, and 45 will produce silky, tender greens.) You can stop here, or you can make the deluxe version by adding the following after cooking:

- ◆ ¼ cup pitted Kalamata olives, chopped
- ◆ ¼ cup marinated artichoke hearts, chopped

If you make the deluxe version, add the olives and artichoke hearts and heat through. Then put it all together: Sourdough French bread, brushed with olive oil before toasting and rubbed with fresh garlic afterward. Goat cheese (Montrachet) for topping. Toast the bread after brushing with olive oil and then rub with a cut clove of garlic. Serve the toasts with a Tablespoon or two of the garlicky greens and top with Montrachet cheese.

linda celauro

www.savourwellness.com

Hi! I'm Linda Celauro, a leading expert in the field of Holistic Health and proud owner of Savour Wellness LLC.

My passion for holistic medicine stems from my own personal life struggles and experiences. For many years, I struggled with IBS, fibromyalgia and hypoglycemia. I tried to combat these concerns with pharmaceutical drugs, but none of them worked.

Using food as medicine, I unlocked the keys to vibrant health and wellness.

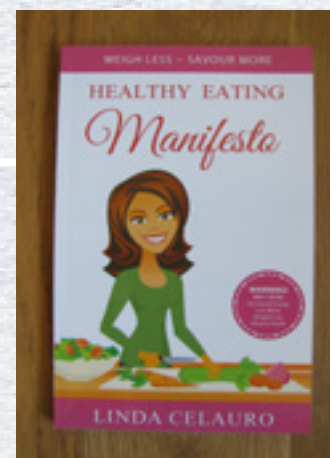
I have degrees in Psychology and Education from Hofstra University in New York. I am certified in the following: Weight Loss, Detoxification, Integrative Nutrition and Health Coach. I have been trained in practical lifestyle management techniques, and innovative coaching methods with some of the world's top health and wellness experts.

Currently, I'm a member in good standing of the International Association for Health Coaches

and the American Association of Drugless Practitioners.

I was born and raised in New York, but currently reside in southwest Florida with my husband. In my spare time, I enjoy boating, fine dining, and laughing with friends. I help clients reach their health and wellness goals and offer in-person and online assistance with weight loss and clean-eating detox protocols.

My book, "Healthy Eating Manifesto," was published late 2014. I am also a contributing writer to several health publications and contributing author to a new book due out Spring 2015 called, "Menopause Mavens." My new program, No Sweat to Sexy, Svelte and Shapely will be out shortly on www.hotinaflash.com



**HEALTHY EATING
MANIFESTO**
by linda celauro

LINDA CELAURO'S QUINOA TABBOULEH

SERVES 4

- ◆ 2 cups vegetable broth
- ◆ 1-cup quinoa
- ◆ 1 cucumber, cut in quarters lengthwise, seeded, and chopped
- ◆ 1 cup parsley, rinsed, dried and finely chopped
- ◆ 1/2 cup cherry or grape tomatoes, quartered
- ◆ 1/4 cup mint leaves, rinsed and chopped
- ◆ 1/4 cup extra virgin olive oil
- ◆ 1/2 cup lemon juice, freshly squeezed (approx. 1 large lemon)
- ◆ Sea salt (Pink Himalayan preferred) to taste
- ◆ Freshly ground pepper to taste

METHOD

Place quinoa in a mesh sieve and rinse. Combine broth and quinoa in a pot and bring to a boil. When boiling, cover and reduce heat to low. Cook for 15 minutes - quinoa is finished when the germ has expelled from the seed. It is best not to stir quinoa while it's cooking.

Combine all ingredients except olive oil and lemon juice in a large bowl and add cooked quinoa.

Whisk lemon juice and olive oil until blended, then pour over the quinoa. Toss gently to mix and distribute dressing over the grains and vegetables. Add more olive oil if desired.

pratibha masand sachdev

www.letitglow108.com

I am a graduate of the Institute for Integrative Nutrition and received training in different dietary theories, eastern and western nutrition, modern health issues, personal growth and development, and health counseling. I am certified by the American Association of Drugless Practitioners. I hold a Masters degree from Bombay University in History. Over eight years in family retail business allowed me to hone my skills in sales, marketing, communication and leadership. I am also a CIDESCO graduate and my love for alternative healing modalities led me to certification in aesthetics, reflexology, massage therapy, nutrition and Ayurveda. I am also Reiki Master Teacher.

I am a warm, creative, sincere and enthusiastic Holistic Health Counselor. I like to encourage and empower my clients to walk on the path of self-discovery and growth as they open up and deal with deeper issues as well as daily challenges. I am a good listener who offers supportive, friendly, a laid back yet challenging style. I am great at making people feel

comfortable and people often tell me that I have a calming effect on them. I encourage enquiry and research. A very organized and focused individual I like to hold my clients to their goals. My client's comfort level is very important to me but so is pushing them that extra bit.

I enjoy working with all types of clients. My niche clientele comprises of professionals from the retail, spa and healthcare industry; who I find devote very little or no time to their physical, emotional and spiritual nourishment. I enjoy leading cooking, nutrition, self-empowerment, meditation and spirituality related group workshops.

I love to meditate daily and I cook with a passion. I love to write and express myself through prose and poetry. Music and folk dancing uplift me. A discerning reader I enjoy books on philosophy, nutrition, self-improvement, marketing and business. I also love to travel and have lived in and visited West Indies, England and several other European countries.



LET IT GLOW!
by pratibha masand sachdev

PRATIBHA MASAND SACHDEV'S PROTEIN RICH SPROUTED MOONG BEANS

Dietary Consideration: vegan, vegetarian

- ◆ 3 cups sprouted moong beans
- ◆ ½ cup chopped onion
- ◆ ½ cup chopped tomatoes
- ◆ 1 teaspoon chopped fresh ginger
- ◆ 1 teaspoon chopped fresh garlic
- ◆ ½ teaspoon chopped green chilies
- ◆ ½ teaspoon turmeric powder
- ◆ ½ teaspoon red chili powder
- ◆ ½ teaspoon cumin powder
- ◆ ½ teaspoon coriander powder
- ◆ ¼ teaspoon garam masala
- ◆ ½ teaspoon mustard seeds
- ◆ 2 tablespoon fresh grated coconut
- ◆ 2 tablespoons finely chopped fresh coriander leaves
- ◆ 1 teaspoon freshly squeezed lemon juice
- ◆ 1 tablespoon roasted crushed/ground peanuts
- ◆ 1 tablespoon coconut oil
- ◆ 1 pinch asafetida
- ◆ Few fresh curry leaves
- ◆ Salt to taste

METHOD

Heat the coconut oil in a Wok and add mustard seeds and a pinch of asafetida. When mustard seeds begin to splutter, add curry leaves, onion, tomatoes, ginger, garlic, green chilies and all spices. Sauté the ingredients for a few minutes and add sprouted moong beans and salt to taste. Cover and cook on low heat for ten minutes, stirring once or twice. Remove from heat and garnish with fresh grated coconut, fresh cilantro and ground roasted peanuts. Squeeze fresh lemon juice and serve warm or cold. Nourish yourself with this delicious protein rich breakfast; it may also be served as a side dish for lunch or dinner.

tanya hanna

www.wholenesslifestylecooking.com

Tanya Hanna is a musician, and nutritional health coach, she received her Bachelor of Arts in Musicology from New York University, her MBA from Miami University; with a specialty in International Studies and Marketing, and later trained in traditional and modern nutrition theories, contemporary health studies and health coaching, at the Institute for Integrative Nutrition (IIN) in New York, Energy Healing studies and Reiki studies.

Tanya is an active member of the American Association of Drugless Practitioners (AADP) and the International Association of Health Coaches (IAHC).

Her studies and life experience have equipped her with extensive knowledge in holistic nutrition, health coaching and preventive health. Drawing on these skills and knowledge she works with clients through workshops, one on one or cooking classes to redefine their health goals, helping them make lifestyle changes that produce real and lasting results.

Tanya weaves a tapestry as she integrates a delicate balance of music, meditation, nutrition, reiki and yoga exercises for healing.

For more information visit iTunes or Amazon.com and check out her music and new book:

"Embracing You" is a book of exciting, mouth watering vegan, vegetarian dishes; and because they taste so good, you will want to share them with your friends. Most of the dishes I discovered through trail and error, and then others were inspired by students from my cooking classes. I enjoyed them and thought you probably would too.

This book reflects my daily lifestyle, and includes as a bonus, a directory of organic health stores & restaurants, where you can find fresh organic produce of fruits and vegetables, as well as skin products and vitamins." (says Tanya Hanna)

BA, MBA, CHHC, Nutritional Health Coach
tanyahanna@yahoo.com



EMBRACING YOU
by tanya hanna

TANYA HANNA'S MACARONI AND CHEESE

MAKES 6-8 SERVINGS

Dietary Consideration: gluten free/vegan style

- ◆ 1 12 oz. bag penne brown rice noodles by Tikyada
- ◆ 1/2 Cup onion
- ◆ 1/2 Cup finely chopped green or red sweet pepper
- ◆ 2 egg whites or 2 whole eggs or wisp 2 T of flaxseeds in 2T of water as a substitute for eggs.
- ◆ 1/2 Cup almond milk
- ◆ 1 8 oz bag vegan cheddar cheese by Vegan Gourmet - shreds
- Or
- ◆ 2 tbsp. Nutritional (optional) substitute for cheese.
- ◆ 1 tbsp. Olive butter by Earth Balance
- ◆ 1/2 tsp. Thyme, paprika

METHOD

Boil the noodles using the directions on the bag.

Wash all the vegetables drying them with a paper towel.

Finely chop the sweet pepper and onion and place aside until the noodles are ready

Drain the boiled noodles using a colander

Mix the noodles in a large bowl with the onions, sweet peppers, butter, eggs or substitute, vegan cheese or substitute, add the almond milk and spices.

Grease the stainless steel 9 inch pan or glass baking dish with olive oil to prevent sticking.

Pour the entire mixture into the dish or pan.

Top with vegan cheddar cheese or vegan parmesan cheese.

Bake at 400 F. until a light golden brown.

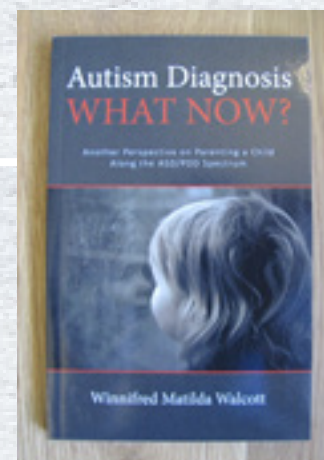
Usually takes 45 - 60 minutes to bake.

winnifred matilda

www.healthcoachwinnie.com

Winnifred Matilda Walcott started her first business at the age of 23 as a cosmetologist and was very successful at it. She then became tired of inhaling all the different chemicals and standing on her feet all day and decided to be retrained for a different career. She has been working in sales for the corporate world for the last twenty seven years. Twenty one years ago, her family was blessed with the most beautiful child you ever saw. Winnifred had big dreams for this child and started making plans for his life. Later on, she was given a diagnosis of Autism Spectrum Disorder for her child and her world fell apart. All those dreams she had for him did not materialized. Later on in life, she found out why this specific child came into her life. Because of this child, she was lead to IIN, because of him the book "Autism Diagnosis What Now?" was written, because of him more families will read this book and it will make a big difference in their lives, because of him Autism World Foundation will manifest, because of him the health retreat

for parents and caregivers working with individuals along the Autism spectrum will manifest because. She found her purpose, because of him, she became a part of NSHM group; because of him, she learned to say each morning when she wakes up; "Who or how can I serve today?" Her entire life has changed because of her child. She is on a mission to make a difference in the world.



AUTISM DIAGNOSIS WHAT NOW? by winnifred matilda

WINNIFRED MATILDA'S KALE & CHICK PEAS RECIPE

2-3 SERVINGS

Dietary Considerations: vegetarian

- ◆ 1 large bundle of kale
- ◆ 1 medium size green bell pepper
- ◆ 1 medium size yellow bell pepper
- ◆ 1 medium size red bell pepper
- ◆ 1 tin chick peas
- ◆ 2 table spoon coconut or, olive oil
- ◆ 2 table spoon water
- ◆ 1 medium size onion (optional)
- ◆ Small piece of fresh turmeric root, or the powdered form
- ◆ 1 dash of black pepper
- ◆ 2 table spoons vegetarian Oyster mushroom sauce

METHOD

Wash and cut onion and bell peppers into small pieces. Peel turmeric root and chop into small pieces as well. In a medium size sauce pan, add coconut oil, onion, bell peppers and turmeric root. Set stove at medium heat. If using olive oil add 2 table spoons of water first then add olive oil later. Sautee for 2-3 minutes.

Wash and chop kale in small pieces and add to the sauce pan. Cover and simmer for 5-10 minutes or until kale is bright and crisp-tender. (Do not overcook.)

Once kale becomes tender, add chick peas, black pepper and vegetarian oyster sauce. Simmer for another minute or two. Serve over brown rice or whole grain pasta or can be eaten as is.



desserts

treat yourself with something delicious

alissa glenn

www.eathappynow.com

Alissa Glenn is an author, public speaker and the founder of Eat Happy. As a foodie and holistic health coach she is deeply passionate about helping people find their happiest way of eating. Alissa's food philosophy was transformed by a trip to France in her mid-twenties. Having spent previous years immersed in America's negative food culture that emphasizes guilt, extreme fad diets, and processed "health" foods (many of which she tried!), she noticed a stark contrast. Not only did people lack the overall negative associations with food that Americans frequently do, but their attitudes were overwhelmingly positive. Food was revered, respected, and eaten with relish. Dinner plates were scraped clean with a final piece of baguette, no one exercised maniacally or counted calories, and yet somehow people stayed slender and healthy. Perhaps more than anything else, Alissa enjoys restoring this sense of positivity towards food through her work at Eat Happy.

Alissa has been featured in Edible Cleveland and Inside Business Magazine, and received her nutrition

training at the Institute for Integrative Nutrition in New York City.

When she's not having fun talking about food, you can find her at home in Shaker Heights, OH, likely in the kitchen with her three young kids.

Before starting Eat Happy Alissa spent several years working as a strategy consultant for Fortune 500 companies and federal government agencies. She has a BA in Economics and English from Case Western Reserve University, and a MS in Public Policy and Management from Carnegie Mellon University. She maintains an affinity for quantitative facts, high-quality analyses, and all things nerdy. For more information about Alissa and Eat Happy including delicious recipes, health and nutrition tips, meal plans, and more great stuff, visit www.eathappybook.com.



EAT HAPPY
by alissa glenn

ALISSA GLENN'S BERRY COBLER WITH OAT & WALNUT CRUMBLE

SERVES: 4 TO 6

Dietary Considerations: Gluten free

- ◆ 4 cups fresh or frozen mixed berries (raspberries, blueberries, cherries, strawberries, blackberries, etc)
- ◆ 1/3 cup honey, local is best
- ◆ 3 tablespoons quick-cooking tapioca
- ◆ ½ tsp vanilla extract
- ◆ ¼ tsp cinnamon
- ◆ 1 cup rolled oats, or ¾ cup rolled oats + ¼ cup oat flour (gluten free if desired)
- ◆ ½ cup chopped walnuts (can use pecans or almonds)
- ◆ 6 tablespoons butter, broken or cut into cubes
- ◆ ¼ cup sugar
- ◆ Pinch of salt, if the nuts are unsalted

METHOD

Pre-heat your oven to 400 degrees.

Toss the berries with the honey, tapioca, vanilla and cinnamon.

Pour into a casserole dish (1 ½-2 quart should work well)

If using all rolled oats, place the oats in a food processor or blender and pulse them several times until lightly broken up. If using oats + flour you can skip this step. Use your fingers or a pastry blender to combine the oats, nuts, and sugar into a lumpy sand-like consistency. Spread the topping over the top of the berries and bake for about 35 minutes until the filling is bubbling and the topping is lightly browned.

beth schreibman gehring

www.bethschreibmangehring.com

Beth Schreibman Gehring has been helping others create lives that they love for over 35 years. She developed an extensive background in public relations and marketing with an emphasis on personal and corporate branding while working for and eventually becoming the President of Schreibman Jewelers East, one of Northeast Ohio's largest and most prestigious bridal registry, jewelry, gift and tableware businesses.

Along the way she discovered that many were drawn to her because of her ability to live every day with beauty and passion. She consistently demonstrated this excitement through the creation of special parties, sponsoring and supporting community events of all kinds and by working with groups and businesses giving talks on customer service, health and wellness, food, entertaining, herbalism, aromatherapy, beauty, fashion and more!

In 2013 Beth became certified by the Institute of Integrative Nutrition as a Health and Wellness Coach

and In 2014 she became certified by Dr. Sara Gottfried to teach "The Hormone Cure". Beth has since written her first book, *Stirring the Senses* which is available on Amazon! She loves helping others fall madly in love with their lives again!

Given the enormous amount of new technologies available for the asking she also began realigning her thirst for beautiful living with a whole new world; social media! This new medium allows her to continue to share the passion she has for living with a larger audience than she'd ever imagined possible. More importantly it affords her the opportunity she enjoys most; coaching and meeting with people remotely who have been inspired by what they hear or see and making a difference in their lives by bringing the magic of their own dreams and/or business aspirations to reality!

I can be reached at www.bethschreibmangehring.com
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<https://www.facebook.com/bethschreibmangehringholistichealthcoach>



STIRRING THE SENSES by beth schreibman gehring

BETH SCHREIBMAN GEHRING'S CHOCOLATE BODY PAINT

(I'll bet that I have your attention now!)

SERVES 4 AS A DESSERT OR 2 AS FOREPLAY!

Dietary Considerations: Vegan

- ◆ 1 bag of sweetened organic carob chips
- ◆ 3 tablespoons of good cocoa powder- I love the Green and Black
- ◆ A liberal dash of cinnamon
- ◆ 1 cup of coconut oil - The Whole Foods 365 brand is very good
- ◆ Agave nectar to taste
- ◆ Coconut milk to thin as needed -about 1/2 cup

METHOD

The recipe is simple! Just put all of the ingredients into your blender or VitaMix and move it through the settings until you are rewarded with a melting, creamy sauce! If I were doing this in the blender I would probably warm the ingredients first over a double boiler and then put them into the pitcher. You really do need the emulsifying effect of the blender though because as the mixture whips it will thicken a bit like mayonnaise. Add the agave to taste and coconut milk to create a smoother consistency and then pour into a sauce boat to serve! Because of the coconut oil and carob chips the sauce will begin to solidify but it will still be silky and wonderful. At room temperature it's definitely a sauce but once you put it into the refrigerator it will solidify a bit and turn into a creamy ganache. Either way it's wonderful! I hope that you'll enjoy experimenting with this recipe, I haven't tried it yet but I'm pretty sure that a bit of espresso powder would be a lively addition! Heat it up a bit and you have a fondue to be served with bananas and pound cake! How about marshmallows! The possibilities are endless, but I think that I like it best served up with a silken sable paint brush!

I do hope that you will take some time with someone that you love and enjoy!

cindy fuschser
www.bodysavior.com

My interest in health began when I was 7 years old when I routinely watched an elderly neighbor jog up and down the street. It was apparent to me that exercise was helping to keep this lady old enough to be my grandmother lean and mobile. A few years later at age 10, I saw a 60 Minutes segment that demonstrated heart disease could be reversed with exercise, meditation and a vegan diet. Naively I thought that this research would eventually lead to people living more healthily and leading disease free lives.

Forty years later working as a critical care nurse and reading multiple books on health as I noted my own weight, blood pressure and cholesterol levels to creep up, I became very dissatisfied with our health care system, which does not offer diet and life style changes to patients when they become ill. Instead physicians have told me repeatedly "people don't want to change". But I did want to change and I successfully lowered my health stats to that of youthful norms.

I still work as a critical care nurse and I continually share the simple basics of good health with my patients, their families and my co-workers. I wrote "Prevent This" as a wake up call, to call attention to the need for each of us to make our health a priority if we don't want to become a disease statistic.

Cindy Fuchser, RN, CCRN
Holistic health Coach



PREVENT THIS
by cindy fuschser

CINDY FUSCHER'S RAW BANANA CREAM PIE

Dietary Considerations: raw, vegan and gluten free, also corn and grain free

- ◆ 2 Cups dry nuts (may use any combination of walnuts, almonds or pecans)
- ◆ Sweetener (5 dates soaked in water or 2 T honey or agave nectar)
- ◆ 3 bananas
- ◆ 2 C cashews soaked in water for several hours or over night, drain and rinse
- ◆ 1 vanilla bean
- ◆ 1 T coconut oil
- ◆ ½ C honey
- ◆ 1 Tai Coconut
- ◆ 1 T honey (or other sweetener)

METHOD

For crust coarsely chop dry nuts in food processor, and then add sweetener and mix.

Press into bottom of spring foam pan.

Slice a single layer of banana (about 1 ½ bananas) on top of nut crust.

Then make crème filling by blending cashews in high-speed blender with vanilla bean, coconut oil, ½ banana, and ½ cup of honey. Pour and spread this on top of crust and sliced banana.

For a light creamy topping blend the water and meat from the coconut with 1 T of honey and ¼ of a banana. Pour this on top of cream filling.

Slice the remainder of the last banana on top of the pie and refrigerate for several hours before serving if the pie is to be consumed within 24 hours.

Otherwise freeze the whole pie and serve up to several weeks later. The sides of the spring foam pan may be removed after well chilled in fridge or freezer. If frozen, allow to set at room temp for 30 minutes before serving.

judy griffin

www.nourishingsoulutions.com

As a Nutrition and Lifestyle Coach, Workplace Wellness Educator, Hormone Cure Coach, retreat presenter, speaker, teacher, and author, Judy shares her expertise, affinity for soulful wellness, and passion for cooking to help women nourish their way to a vibrant life. After a tragic loss at 40, Judy chose vibrant nourishment as a recovery tool. With a reclaimed zest for life she began to flourish and is determined to inspire women to do the same. She guides women in carving out their own unique path toward vibrant living by encouraging them to embrace pleasure and play as a way to reclaim their youthful vitality. As a multi-passionate wellness enthusiast and a happily married mom of four, Judy loves to cook up flavorful delights. She stresses the importance of harnessing the healing power of food and integrating healthy habits that bring joy.

Judy believes that when women thrive so do their loved ones so she encourages women to nurture their garden, so they can fully blossom. Judy is a graduate of Institute

for Integrative Nutrition, is Level 1 Raw Food Certified, a Level 1 Reiki Practitioner, a Certified Hormone Cure Coach, and the owner of Nourishing Soulutions as well as a Founding Partner at Vital Advantage Consulting. Judy received a B.S. from SUNY Oneonta and worked in investment management for 7 years until she switched hats to raise her four children. Judy lives in Rockville Centre, NY with her husband and two sons since one daughter is away at college and her oldest daughter already left the nest. Look out for Flourish Beyond 50 Retreats and connect with Judy to learn about upcoming programs, classes and how you can work with her at:

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FLOURISH BEYOND 50
by judy griffin

JUDY GRIFFIN'S RAVISHING RAW CASHEW CHEESE CUPCAKES

MAKES 30 MINI CUPCAKES

Nothing says celebrate better than a delicious cupcake or a glass of Champagne.

Quantity varies depending on size of cupcake pan. Makes 30 mini cupcakes using a silicone cupcake container. You can also use small freezable glass bowls. Do not use an aluminum or metal pan.

If you have extra, you can use it as a yummy cashew coconut cream dipping sauce for fruit.

- ◆ 1 cup macadamia nuts
- ◆ 1½ cups cashews
- ◆ ¼ cup pitted Medjool dates
- ◆ ¼ cup dried coconut flakes
- ◆ 1/3 cup coconut oil, melted (when the oil is gently warmed it turns to liquid)
- ◆ ¼ cup lime juice or juice of 1 freshly squeezed lime
- ◆ ¼ cup raw honey
- ◆ 1 tsp pure vanilla extract
- ◆ 1/3 cup water
- ◆ 1 cup mixed berries (blueberries, strawberries, blackberries, and raspberries)

METHOD

Place macadamia nuts in large bowl and cover with cold water. Place cashews in separate bowl and cover with cold water. Soak nuts for four hours, then rinse, drain, and set aside.

Pulse macadamia nuts and dates in food processor to a sticky crumb-like consistency.

Press macadamia nut mixture into silicone mini cupcake pan, about 1 tsp per mini cup. You can also add some coconut flakes here. This makes up your crust.

Place cashews, coconut oil, lime juice, and raw honey in the bowl of a food processor. Add in pure vanilla extract, gradually add in water, and purée until smooth.

Pour mixture onto crust in cupcake pan, sprinkle with dried coconut flakes and freeze 1-2 hours, or until firm.

Remove from freezer, scoop out onto a plate, top with berries, and serve.

www.nourishingsoulutions.com/ravishing-raw-cashew-cheese-cupcakes

kylie bevan

www.healthwellnessrevolution.com

The week before Kylie turned 40, her body gave her a clear – and painful – sign she wasn't treating it well enough.

And in that moment Kylie realised she needed a healthy body to live a great life.

Kylie tweaked her lifestyle and is once again loving life – and helping others do so too.

As a certified Health Coach; author of *Your Relocation Solution*; be healthy and happy wherever you are; founder of Health & Wellness Revolution; with a background in travel and finance; Kylie is deeply passionate about helping people embrace life with energy and enthusiasm.

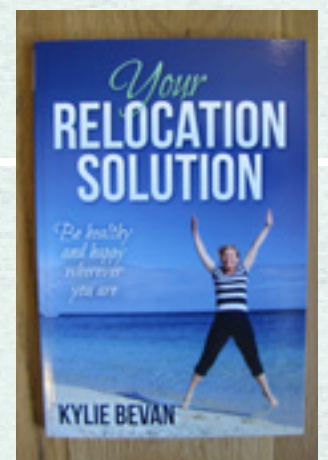
One client described her as "inspirational, genuine and caring". Another declared "Kylie has been instrumental in helping me achieve this success due to her passion, enthusiasm and insights". When she's not coaching clients or writing a new article or book, you can find her creating a healthy treat

in the kitchen, or exploring with her husband, two daughters and frequent visitors, wherever they are living at the time.

Learn about ways to live your healthiest, happiest life at <http://healthwellnessrevolution.com>. Stay in the know with tips, insights, events, courses and special offers by subscribing to Kylie's free newsletter – and receive a free gift for doing so!

Purchase *Your Relocation Solution* on Amazon.

Connect on Facebook, Instagram, Google+ or LinkedIn.



YOUR RELOCATION SOLUTION
by kylie bevan

KYLIE BEVAN'S FRUIT SORBET

SERVES: 4-6

Dietary Considerations: gluten-free, dairy-free, grain-free, corn-free, paleo and vegetarian - vegan when optional egg not used, nut-free when optional nuts not used

- ◆ 10-12 ounces (280-340 grams) fruit or mixed fruit such as strawberries, bananas, mango, raspberries
- ◆ 4-6 ice-cubes of water, coconut cream, fruit juice or almond milk
- ◆ 1-2 tablespoons of lemon juice or 1 egg white
- ◆ Optional toppings: sliced fresh fruit, slivered almonds, passionfruit, shredded coconut, chia seeds or cinnamon

METHOD

Peel/seed fruit as necessary, chop roughly and freeze for 4-6 hours - if less time available, lay pieces flat on a large tray until frozen.

In a strong food processor or blender, blend fruit and ice-cubes until creamy. Fruits such as berries will benefit from adding lemon juice or egg white once almost smooth for a final blend. Consistency should be smooth, excepting berry seeds, so blend a little longer if not.

Serve immediately, with your choice of topping.

Can also be frozen for a few days, covered, however may become more solid. If so, remove from freezer 10 minutes before serving.

lauren rossi

www.greensandglamour.com

My name is Lauren Rossi and I am a Certified Holistic Health and Wellness Coach, travel lover, and twenty-something New York transplant currently residing in South Florida. My journey to optimal health began about five years ago when I realized that conventional food-like products (that processed, packaged stuff you find in the grocery store!) were wreaking havoc on my body, immune system and spirit. It wasn't until I started experimenting with my own diet that I discovered how whole, nutritious foods had the power to heal you from the inside out! My new found passion for healthy living sparked my interest in the Institute for Integrative Nutrition, and the rest was history. After experimenting in the kitchen for the last few years, I wrote my recipe eBook, The Everyday Guide to Healthy Eating, in hopes to inspire others to live more healthfully and to approach this lifestyle change with an open mind. Since then, I have been blogging over at my new website, www.greensandglamour.com.

GreensAndGlamour.com (you can find my eBook here), to educate others on how simple it can be to embrace a healthy lifestyle in an age where we are constantly on the go. From nutritious recipes to toxin-free beauty products, I hope that Greens & Glamour will become a one stop shop for those looking to change their life in a positive way.

Lauren Rossi

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Facebook: <http://facebook.com/greensglamour>



**EVERYDAY GUIDE TO
HEALTHY EATING**
by lauren rossi

LAUREN ROSSI'S MINT CHOCOLATE ICE POPS

SERVES 2

Dietary Considerations: Gluten Free, Dairy Free Option,
Vegan Option

- ◆ 1 banana
- ◆ 2 heaping tbs unsweetened coconut yogurt
- ◆ 1 cup spinach or green of your choice
- ◆ 6 large mint leaves
- ◆ 1/4 tsp peppermint extract
- ◆ 1 tbs raw honey
(use stevia or other sweetener of choice for vegan)
- ◆ 2 heaping tbs raw cacao nibs or dark chocolate chips

METHOD

Blend banana, Greek yogurt, spinach, mint leaves, peppermint extract, and raw honey

Mix in cacao nibs or dark chocolate chips and pour into ice pop molds

Freeze for at least 2 hours before enjoying

Excerpt From: Lauren Rossi. "Everyday Guide to Healthy Eating." iBooks.

nancy petrucka

www.facebook.com/nancy.petrucka.1

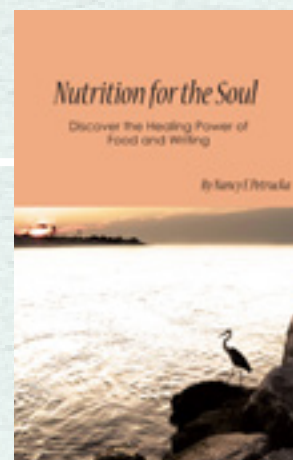
When I joined IIN my intention was to become a Health Coach, but really it was to heal myself. Even though my dietary world revolves around eating gluten free, sugar free and dairy free, I try not to allow the diagnosis of celiac to define who I am. But it was a major transition point in my life and for that I try to be grateful. This wake up call brought me eventually to IIN but more importantly, as I discovered, brought me to writing and publishing my first book. And for that I am very grateful.

I have always loved books, from the time I spent with Grandma Sally reading the Bobbsey Twins and eating chocolate bread pudding, to the present day holding my own published book in hand. I am happy to just be in the presence of books, either on my overcrowded bookshelves or my first true bookstore experience and job at Oxford Books in Atlanta.

And I have always wanted to write. Writing for me is a spiritual practice as is my love of dreamwork, both of which I have nourished since moving to this small coastal town of Apalachicola with my husband 12

years ago.

I am also a wanderer. Growing up, my family moved multiple times and today I still love to travel. I especially love to visit family and I have family in such gorgeous places as CO, WY, NC, MA, GA, NJ and TN where my awesome son lives. My dream for life's second half is to travel the country in an RV - writing and spreading the word about real organic living!



NUTRITION FOR THE SOUL
by nancy petrucka

NANCY PETRUCKA'S CHOCOLATE BREAD PUDDING (GRANDMA SALLY'S)

SERVES 8-10

Dietary Considerations - Gluten, Dairy and Sugar Free

- ◆ 2 cups GF bread crumbs (I used Udi's)
- ◆ 4 cups coconut milk, heated but not boiling
- ◆ 2 squares unsweetened chocolate plus
1 square of 70% chocolate bar
- ◆ 1 tsp liquid stevia
- ◆ 2 organic eggs
- ◆ 1/4 tsp salt
- ◆ 1 tsp vanilla (gluten free)

METHOD

Heat the coconut milk, but do not boil. Soak the bread crumbs in the milk for approximately 15 minutes. Add the stevia, vanilla, salt and eggs to soaked bread crumbs. Melt chocolate slowly. The chocolate candy bar will provide some sweetness and you can adjust the amount of stevia to suit your taste. Add the bread crumb mixture to the melted chocolate and stir together. Bake in an oiled (I used coconut oil) casserole dish for 50-60 minutes at 325 degrees.

While this is not a dish I bake on a regular basis, it is a great splurge that not only comforts but tastes amazing!

pamela schmedlin

www.doggonehealthychoices.com

Pamela Schmidlin AKA the Six Legged Companion Coach works closely with her best friends Skyler, Sandy, Candycane, and Scout to bring health, wellness, and happiness to fellow Six Legged Companion Teams. Through healthy eating, and exercise, and other ways of everyday living the Six Legged Companion Coaches are revolutionizing the way people and dogs live together.

All of the Canine Companions of the team have run races of different lengths throughout the east coast of the USA. As well as all of them participating in Doga sessions with Pam on a daily basis. Just recently Pupulates was added into the mix for the team.

Pam is a Institute for Integrative Nutrition Certified Health Coach, as well as a US Army Veteran, Photographer and Videographer, and Dog Trainer and Co author of "Get Your Leash On!- A guide to living a happy and healthy lifestyle with your dog". Available on Amazon.com. One of the top books chosen at the Institute of Integrative Nutrition.

The team has been actively

involved in the establishment of their local dogpark and helped with several dogparks throughout Long Island! In hopes that people get out with their dogs and move! Afterall a tired dog is a happy dog, and the same can be said for people too!

You can find out more about Pam and her team by going to www.doggonehealthychoices.com or www.pamelaschmidlin.com



GET YOUR LEASH ON!
by pamela schmedlin

PAMELA SCHMEDLIN'S SIX LEGGED COMPANION VEGAN ICE CREAM RECIPE

Dietary considerations: Vegan

- ◆ 1 16 oz container- Coconut milk based Vanilla flavored Yogurt (you can also use almond based, or soy based)
- ◆ 2 heaping tbsps – Earth Balance Coconut Peanut Spread (you can also use almond butter or cashew butter)
- ◆ ½ to 1 cup of melted carob chips (just melt them in a double boiler or on low heat so they do not burn)

METHOD

In a mixing bowl, combine ingredients until smooth....unless you use the chunky PB! Mix quickly so the carob doesn't chunk up!.....and then pour into small individual bowls for you and your dog and freeze for 5-6 hours. Once the mixture is frozen remove from the freezer and enjoy!

You can also keep the mixture in a bigger bowl and scoop out the ice cream into vegan ice cream cones.

I have never met a dog that turned down my ice cream.....and all ingredients are safe for humans and dogs alike.....so make some ice cream today and go sit in the backyard under the tree together and lick your ice cream cones together!

we recommend...



As you are reading our e-cookbook you will find many common threads among all the recipes. Each of the health coaches have brought their individual dietary considerations to many of the recipes. We have learned through our training as Integrative Nutrition Health Coaches that each person's diet is bio-individual and a large percentage of the population have food sensitivities and allergies. Shopping and preparing food that is appropriate to each of our households can be time consuming and overwhelming. The Food Thumb App may further aid you in your daily shopping and meal planning:

Food Thumb App created by Milda Iliscupidez

Is it Safe to Eat? Thumbs Up or Thumbs Down?

Food sensitivity is at an all-time high! With that in mind, the Food Thumb App takes the guess work out of shopping for food so you don't have to read everything on the label. It's your "take anywhere solution" and is very easy to use. Simply create a profile for you and/or your family members and include each individual's allergy information. You then scan each food item and the App will generate a Thumbs Up or Thumbs Down. Thumbs up indicates the food does not contain any allergens or ingredients you have noted and is safe to consume. Thumbs Down indicates the allergen or ingredient is in the food and is NOT safe to consume.

The App is simple, user friendly and most importantly, kid friendly. Many kids, as well as adults, carry mobile devices everywhere they go. This app will put the power in your hands and allow you to manage your dietary needs in a fun, effective and convenient way.

milda iliscupidez

I am a single mother of two young boys, so I can honestly say that saving time and simple conveniences are top priorities for me. I became interested in creating FoodThumb because of my children, who thankfully do not have food allergies. I strongly feel if they did have allergies, their safety and options for food would be a constant concern in my day to day life. I know grocery shopping with two little ones, alone, can be very stressful so I designed Food Thumb to be quick and simple to help make this struggle a lil easier.

I do not have a medical background; I am not a doctor nor do I play one on TV. This App was created solely to help kids, parents, grandparents; you name it, because I know how important it is to keep your loved ones safe and healthy.

Follow "Food Thumb" on Facebook, Twitter and Pinterest

Milda Iliscupidez - President and Founder

milda@foodthumb.com

www.foodthumb.com

www.facebook.com/foodthumb



thank you

We hope you enjoyed our recipes and we thank you for taking the time to get to know us a little better.

As Integrative Nutrition Health Coaches we strive to help each one of you seek and find your path to nutrition, self-care and well-being.

As health coaches we know that each person's diet is as unique and individual as they are, each facet of who you are must be nurtured.

For your consideration towards a life of nourishment and self-care:

- ◆ Drink plenty of water
- ◆ Eat slowly
- ◆ Pay attention to your breathing
- ◆ Laugh everyday
- ◆ Rest when you can and sleep when your body needs it
- ◆ Be kind
- ◆ Look for the good in others
- ◆ Listen
- ◆ Take a walk in nature
- ◆ Be Grateful

We are grateful for each one of you.

to your well-being

The New Self-Health Movement Team of Integrative Nutrition Health Coaches

www.thenewself-healthmovement.com

www.selfhealthretreats.com

