

When you embark on healthy change...

Most people who have grown up on a conventional North American diet have had a lifetime of eating foods purchased with preservatives, additives, flavor enhancers, artificial colorings, refined flours and sugars, excessive simple sugars, and oils or fats that have been overly processed. A lifetime of eating this type of diet creates the standard which we become accustomed to. Additionally, as consumers we often will buy into what we believe tastes good, based upon these dietary practices, and we conversely often believe that eating healthy is not as tasty or delicious.

When we choose to consider the food that we eat as an investment in our health, we begin to eat whole grain, unprocessed foods that often are very high in fiber. These heartier foods are quick to satisfy our palate, but lack that familiar “taste” that we’ve conditioned ourselves to expect. For some, embracing these flavor and texture changes can be easy, but oftentimes this change may seem radical. This is because most Americans have become so far removed from unprocessed foods. During the beginning phases of your dietary changes, your taste buds will begin the gradual process of learning and readapting to real foods, provided you are consistent with your new healthier food choices. This process of neurological "re-wiring" can take 3-4 months, and previously bland foods, such as certain fruits or lightly salted foods, will begin to taste more robust once again.

In good health,

Dr Phil Sledz, DC, DMP, ABFM
Functional Medicine

Fruit & Vegetable Smoothies can help you rebuild your health and lose weight!

Single adult and households where two parents both work outside the home often find meal preparation to feel like a chore. Time poverty and energy poverty are two common lifestyle issues in today's world, often resulting in inadequate, lesser quality nutritional foods being consumed. This fast paced lifestyle most of us are experiencing also can thwart proper digestion, due to eating too fast, eating in a rush, eating enzyme deficient foods, not chewing properly and even eating while engaged in working at the computer. There is a good solution that can help counter these effects – making smoothies or raw foods juicing. This document will focus on smoothies.

Fresh vegetable smoothies are an excellent way to infuse a large amount much needed nutrients in a short amount of time, in a way that the body can use them. These types of smoothies also can help negate the effects of free radicals and inflammation in the body which promote illness and delay injury recovery, as well as the stress build up we may feel at the end of the day, right around meal preparation time.

One reason we are suggesting smoothies is because they retain fiber, which the body needs for proper elimination. Fiber has many beneficial effects. Fiber helps bind and remove toxins, lower blood sugar levels, and clears excess hormones in the body to name a few.

We've found the best results for these types of health building smoothies are best achieved using a high powered, industrial strength blender. Examples of this are the Vita mixer, and the Healthmaster series (Montel Williams' favorite). An industrial strength blender can completely pulverize a whole food source into pulp or powder, making it more easily digestible. Infusing a large amount of nutrition into your diet is a pertinent step in reclaiming your health and vitality, energy levels, blood sugar levels and a healthier weight with a normal appetite void of fluctuating cravings.

These recipes are not necessarily intended as meal replacements, but are intended as a regular addition to a healthy regimen of meal choices. As a result of consistent use, you will find yourself feeling full more easily, and begin to burn calories more efficiently leading to a healthier weight. One of the problems with using a calorie restrictive diet is that people often continue to feel hungry, while being devoid of adequate nutrition, thus perpetuating the hunger cycle. Vegetable smoothies such as sample recipe included, can help you to feel less hungry while shedding pounds at the same time.

We have seen clear, clinical evidence that a healthy weight and appetite is a result of consuming *quality* calories, versus merely reducing the *quantity* of calories. While there are several different "Morning Glory Smoothie" recipes out there, we like this greens based and semi-sweet option. This recipe is rich in fiber, and provides you essential nutrients, phytochemicals and anti-oxidants to start your day with a nutritional boost.

Morning Glory Smoothie:

- 1) Measure ½ cup organic ungrounded flaxseed along with 6-10 raw organic cacao beans from Essential Living Foods into a dry vita mixer. Blend flaxseed and cacao together until seeds and beans are fully broken down. (Suitable flax substitutions may include Chia seeds, or Hemp seeds. Raw cacao is chocolate in its unprocessed form, this is optional).
- 2) Add 6-8 cups of pure spring water (Ozarka, Rain Fresh, Cielo, Arrowhead, and Mountain Valley are a few brands that consistently meet purity standards).
- 3) Add one-cup organic frozen berries. (Blueberry, blackberry, strawberry)
- 4) Slice 1/3-1/2 orange with peel intact then add.
- 5) Add a handful of a dark leafy green vegetable such as Kale, Swiss Chard, or Spinach. (Due to oxalic acid content of spinach, be sure to alternate use with other leafy greens as this may put undue stress on the kidneys)
- 6) For an extra nutritional boost, add one packet (approximately 1 Tbsp) of regular flavor Amazing Grass powder (note: this product does contain small amounts of naturally occurring caffeine)
- 7) Add ¼ tsp organic cold pressed extra virgin olive oil, or organic coconut oil. (Optional)
- 8) Other optional items that can be added:
 - ¼-1/2 cup Green Valley Organics Lactose Free Kefir
 - ½-1 tbsp Artisana raw organic coconut butter, Whole Foods roasted organic almond butter or healthy organic nut butter of your choice.
- 9) Blend into a smoothie then drink to your health! This can make up to 7-8 cups of delicious smoothie, which is a lot, so it is recommended to pour into a travel container such as a thermos or large plastic mug so it can be ingested at a reasonable pace.

Our “Drink your Salad” provides an easy to digest option that can give you much needed nutrients that can replace valuable minerals, vitamins, antioxidants, and amino acids that have been depleted after any stress filled workday. It can also provide healthy alternative to counter feelings of low energy or to help you feel more relaxed, as the nutrients in this recipe are designed to revitalize your cells so your body systems can function more optimally.

Drink Your Salad:

This is a smoothie that is more suitable with dinner or lunch.

- 1) Add 2-3 cups of fresh clean water (without adequate water, this can become too thick).
- 2) 1/3- 1/2 sliced orange with peel.
- 3) Add 1/3-2/3 raw beet depending on size
- 4) 1 raw carrot
- 5) 1-2 handfuls of raw Kale, Swiss Chard, Spinach or dark leafy green vegetable of choice.
- 6) Slice 1/2” thick raw ginger root
- 7) 1 avocado (see note below)
- 8) 1/2- 1 tomato depending on size
- 9) 1 handful of cilantro or parsley (optional)
- 10) A few pinches of Himalayan Sea Salt, Bragg’s liquid Aminos or the healthy seasoning of your choice. (Optional)

Ingredient tips for effective smoothie diet supplementation:

Supplement with water

Health experts recommend the following formula for daily intake of fresh clean water, which is accomplished if you include these smoothies into your daily regimen: Drink enough water to equal $\frac{1}{2}$ your body weight, in ounces, per day. Drink $\frac{1}{2}$ of this amount within the first 4 hours of awakening each day. For example, if you weigh 180 pounds, then $\frac{1}{2}$ of 180 pounds= 90 ounces. This is the amount of fresh water this person should drink on a daily basis. Then take $\frac{1}{2}$ of 90= 45 ounces. 45 ounces is the amount of water in this example that should be consumed within 4 hours of awakening each day.

Include an avocado

Avocado is packed with many quality nutrients and good fats (remember, you need good quality fat to burn fat). Adding an avocado is an excellent way to create a smoother and thicker texture to a vegetable based smoothie, while providing additional nutrients and oils.

Masking the taste of vegetables

If you are new to vegetable based smoothies, and especially if you are transitioning from a typical American diet (poor quality fats and “simple sugars,” then this tip may be for you. Simple sugars, such as white granulated sugar, and fructose, often metabolize quickly and result in a temporary energy boost usually followed by the “sugar blues.”

When you are used to having a sugars and sweeteners added, which is common to conventionally prepared beverages, your taste buds may expect something sweet. Blending fruits with vegetables is a great way to disguise the taste of vegetables. Combining fruits and vegetables, can produce gas for some people.

Mixing fats and fruit may produce gas for some people. In this case simply leave out any olive or coconut oil.

Use the highest quality ingredients

Whether you are making a vegetable or fruit smoothie, or you are switching to a raw foods juice diet, the quality of ingredients you are working with will represent the investment in your health. We strongly encourage the use of Certified Organic and non-GMO foods. Foods grown with pesticides can add to the burden of your liver, kidneys and other elimination organs. Pesticides are neuro-toxins, meant to kill insects, and the only way to insure you are not ingesting the chemical residue of a heavily sprayed food item is to choose Organic. Also be aware that while your local conventional grocer may sell Organic vegetables, if they are applying pesticides for pest control, the produce you are eating may also have additional pesticides on them. For non-organic vegetables, the pesticide factor can be more. It is best to include organic when consuming the outer skin of foods such as apples, carrots or berries.

Drinking Water

The importance of water, required for living a healthy life, cannot be underestimated. Drinking water that is not contaminated with fluorides and other chemicals, as well as pharmaceuticals (common in most tap water), is essential for our cells to conduct their daily life-promoting chemical reactions. Adherents of the raw foods movement also recommended distilled water, to avoid any impurities (distilled water is pure in that it is hydrogen and oxygen, and stripped of chemical additives). This movement included a raw foods diet and correcting the pH of the water. If you are drinking large amounts of distilled water, it is important to supplement it with a raw juice and raw foods diet, and to make sure your water is of the proper pH. Other types of more pure water sources include reverse osmosis, and certain brands of spring and artesian well water. For a list of pure water sources that we recommend, please inquire by visiting the contact page at www.fundamentalhealthsolutions.com.

Reducing reactions due to food intolerances and sensitivities

For patients who have invested in our personalized SWAMI Genotype nutritional diet plan, foods that work best with your blood type are recommended to promote optimal health. While we have provided two sample recipes, the ingredient options are unlimited by what you prefer to experiment with in your kitchen. Have fun, be healthy and creative!