Uncovering the Healing Secrets of Food.... 7 Steps to your plate

1. **Oils** – More than just a source of good fatty acids... the miracle lies in the little molecules in it which are responsible for its unmistakable aroma, color and density...it should have the scent of the fruit, nut or seed it is made from... look for cold-pressed and unrefined.

2. **Herbs and Spices** – 1-2 teaspoons of any combination(s) daily... choose some familiar and some exotic... a dash of black pepper increases the amount of antioxidants absorbed from vegetables. All herbs and spices work together like an orchestra, multiplying their medicinal effects.

3. **Seasonal Vegetables and Fruits** – Every season produces the bounty you need to keep you healthy and super immune...
   
   Crucifers and alliums help your liver, lung and small intestines get rid of toxins... eat them 3-4 times a week (crucifers – arugula, bok choy, broccoli, broccoli rape, brussels sprouts, cabbage- all kinds, cauliflower, collards, daikon, kale, mustard greens; radishes, rutabaga, turnips with greens, watercress, alliums - garlic, onions, chives, scallions and shallots).

   A clove of garlic a day is a serving... mineral-rich sea vegetables like Kelp and algae like Spirulina are superfoods for your metabolism.

4. **Grains and Tubers** – Roots and tubers like potatoes, sweet potatoes, taro, yams and yucca; and unprocessed grains like brown, red and black rice; oats, millet, quinoa, amaranth, berries of wheat and spelt are rich sources of complex carbohydrates, minerals, vitamins and other powerful compounds like ferulic acid esters and polyphenols. These keep your body performing at peak, and balance your hormones and moods.

5. **Beans, legumes, nuts and seeds** – Rich in protein, fiber, saponins, lignans and phytosterols that heal and protect your body, especially your heart, liver, gut and brain. They provide fodder for the good bugs in your gut and keep it clean and healthy.

6. **Meat and Poultry** – Choose lean meat and poultry from free-range fowl, grass-fed, pasture-raised cattle or wild game. They have lower loads of inflammatory fats and toxins... You can lower toxins formed during cooking by marinating the meats and poultry in tart juices and decoctions such as cherry, pomegranate, citrus, tamari, tamarind, garcinia/mangosteen and vinegars.

   Increase the antioxidant potential even more by adding herbs and spices to the meats or marinades.

7. **Fish, Flax etc** – Wild, fatty fishes such as salmon, sardines, herring, mackerel, cod, anchovies; halibut are rich in omega -3 fatty acids and other carotenoids that cross the blood brain barrier... 2-3 fish meals a week will keep your memory sharp, mood mellow and inflammation low. Flaxseeds, hemp seeds, walnuts, soybeans, kidney beans, navy beans, purslane are good plant sources.