

## *Smoothie Healing Formulas (87) - Jeff Primack*

### **1) Autism & Heavy Metals “Ultimate Chelating Smoothie”**

1 ½ c. distilled water, 7 nodes of cilantro with stems, ½ avocado with seed, 1 organic cucumber with skin, 1 fuji apple w/skin & seeds, 1 slice ginger root, 3 fresh basil tops, ½ lime w/white pith

### **2) Autism & Heavy Metals “Mellow Chelating Smoothie”**

1 ½ c. distilled water, 5 nodes of cilantro with stems (Increase as Tolerable), 8 organic strawberries, 1 organic cucumber with skin, 1 Fuji apple w/skin & seeds, 1 slice ginger root, ½ lime w/pith & seeds

### **3) Brain Function “Mind Power Smoothie”**

1 ½ c. distilled water, 2 ears fresh corn cut from cob, ¼ c. raw pumpkin seeds, 2 oz. organic goji berries, ½ lemon w/ pith & seeds, ½ inch fresh ginger root, 3 nodes fresh cilantro, 10 dried cordyceps

### **4) Brain Function “Coffee Replacement Smoothie”**

2 c. distilled water, 2 ears fresh corn cut from cob, 2 carrots, 1 Fuji apple w/skin & seeds, 1 small yellow beet, 1 fist parsley with stems, 2 tsp. hemp nut or flax seed, 1” slice ginger root, 2 fresh basil tops w/stem, ½ lemon w/ pith & seeds, 2 tsp. bee pollen (last 20 seconds of blending)

### **5) Cancer Fighting “Cancer Crusher V1”**

3 c. distilled water, 1 broccoli stem (not top floweret), 1 ear fresh corn cut from cob, 1 carrot, ½ small red beet, 5 brazil nuts, ½ lime, w/ pith & seeds, 5 organic strawberries, 1” slice ginger root, 1 pineapple Stem By Itself (see CAD manual)

### **6) Cancer Fighting “Cancer Crusher V2”**

2-3 c. distilled water, 1 pineapple Stem By Itself (see CAD manual), ¼ red cabbage with white base, 1 ear fresh corn cut from cob, 1 carrot, ½ small red beet, 5 brazil nuts, ½ lime w/ pith & seeds, 5 organic strawberries, 2 tsp. hemp or flax seed, 1” slice ginger root

### **7) Cancer Fighting “Cancer Crusher V3”**

1 ½ c. distilled water, 5 fresh brussel sprouts, 1 Fuji apple w/skin and seeds, 1 vine ripe tomato, 1 carrot, 1 ear of con cut from cob, ½ lime w/ pith & seeds, 1” slice ginger root

### **8) Cancer Fighting “Cancer Crusher V4”**

1 ½ c. distilled water, ¼ head purple cabbage, 1 small red beet, ½ lime w/ pith & seeds, 1 fuji apple w/skin & seeds, 1 carrot, 1” slice ginger root, 3 fresh basil tops w/stem

### **9) Cancer Fighting “Super Citrus Smoothie”**

1 ½ c. distilled water, 1 grapefruit, leave white fuzz & seeds, 1 orange w/ pith & seeds, ½ lemon w/ pith & seeds, 1 fuji apple sliced with skin & seeds, ½ ear of corn cut from cob, 1” slice ginger root

### **10) Cancer fighting “The Alkalizer Smoothie”**

1 ½ c. distilled water, 3 stalks of organic celery, ½ organic cucumber, ½ lime w/ pith & seeds, 1 fuji apple sliced with skin & seeds, 3 leaves of Swiss Chard, 1 node of cilantro

### **11) Constipation “Bad Qi Go Out Smoothie”**

3 c. distilled water, ½ red beet, ¼ c. raw hazelnuts, 1 fuji apple w/seeds, 1 handful raw spinach, 1 corn cut from cob, ½ lime w/ pith & seeds, ¼ tsp. cinnamon powder, 4 T. black sesame seed, 5 sun dried prunes (soaked for five hours)

Note: For chronic constipation you also need to repopulate the large intestine with friendly bacteria. We recommend taking “Good Belly”, a probiotic and vitamin supplement that is wheat, dairy and soy free. Drink water first thing each morning. The best herbs for chronic constipation are called “Super 2” by Harmony Formulas. Each night before bed take 1 or more Super 2’s as needed. See CAD manual for more details.

### **12) Constipation “Qi Clearing Fruit & Fiber Smoothie”**

2c. Distilled water, 1 fuji apple with skin & seeds, 8 oz. pint blueberries, ¼ c. soaked hazelnuts, 3 dried or fresh organic figs, 1 tsp. flax seeds

### **13) Cough “Heavenly Throat Smoothie”**

2 c. distilled water, 3 radishes w/tops, 1 tsp. licorice powder, 1 corn cut from cob, 1 fuji apple w/skin & seeds, ½ lime w/ pith & seeds, 1 T. manuka honey

### **14) Depression “Free Your Mind Smoothie”**

2 c. distilled water, 1 sprig fresh rosemary leaves, 1 corn cut from cob, 5-10 organic strawberries, 1 fuji apple w/skin & seeds, ½ lime w/ pith & seeds, 1 T. maca powder, 10 dried cordyceps

### **15) Diabetes “Bitter Melon Sunshine Smoothie”**

2 c. distilled water, ½ bitter melon w/seeds (5 inches), 1 yellow beet, peeled, 1 small carrot, 3 Swiss chard leaves w/stems, ½ lemon w/ pith & seeds, ½ large organic cucumber, 1” fresh ginger root, pinch of green stevia

### **16) Diabetes “Bitter Melon Crimson Smoothie”**

2 c. distilled water, ½ bitter melon w/seeds, ½ small red beet, 3 Swiss chard leaves w/stems, ½ large organic cucumber, ½ lime w/ pith & seeds, 1” fresh ginger root, pinch of green stevia

### **17) Diabetes “Swiss Chard Cucumber Smoothie”**

2 ½ c. distilled water, 4 large leaves Swiss chard, ½ yellow beet, 1 organic cucumber w/skin, ½ lime w/ pith & seeds, 1 ear corn cut from cob, 1” slice ginger root, 3 tsp. hemp or flax seed pinch of green stevia

### **18) Diabetes “Special Occasion Sweet Cucumber Smoothie”**

1 ½ c. distilled water, 2 organic cucumbers with skin, ½ lime w/ pith & seeds, 5 fresh mint leaves + stem, 2 tsp. manuka honey, 6 ice cubes, 1 tsp. turmeric powder, 1 pinch of cinnamon powder, 2 organic strawberries for garnish

Note: For diabetes one must follow the protocol from Conquering ANY Disease to get a good result. This is a recipe for special occasions as it contains honey, which is not in the protocol.

**19) Eyes & Vision “Bright Eyes Smoothie”**

2 ½ c. distilled water, 1 handful of spinach, 1 ear corn cut from cob, 4 oz. blueberries, 2 oz organic goji berries, ½ fuji apple w/seeds, 1 orange bell pepper, ½ small red beet, ½ lime w/pith, 1” slice ginger root, ½ avocado with seed

**20) Eyes & Vision “See Clearly Smoothie”**

2 c. distilled water, 1 orange bell pepper w/ seeds, 2 ears fresh corn cut from cob, 1 carrot, 1 fuji apple w/seeds, 2 oz. organic goji berries, ½ lemon w/pith and seeds, 1 node fresh cilantro

**21) Heart Disease “Artery Scrubber Smoothie”**

2 c. distilled water, ½ avocado, with whole seed, ½ red bell pepper with seeds, 5 organic strawberries, 1 ear of corn cut from cob, 3 okra, 2 fresh basil tops w/stem, ½ small red beet, 1” slice ginger root, ½ lime w/pith, 1 T goji berries

**22) Heart disease “Mexican Heart Healer Smoothie”**

2 c. distilled water, 1 avocado with seed, ½ pomegranate fruit pods, 1 large carrot, ½ organic cucumber, 3 okra, ½ lime w/ pith & seeds, ½ small red beet, 2 nodes cilantro, 1 T goji berries

**23) Heart Disease “Lower Pressure Now Smoothie”**

1 ½ c. distilled water, 1 large organic cucumber, 5 stalks celery, 1 handful organic strawberries, 3 large fresh mint leaves, and ½ lime with pith

**24) Heart Disease “Awaken Circulation Smoothie”**

1 ½ c. distilled water, 3 inches of ginger root, 1 handful organic strawberries, 3 large fresh mint leaves, ½ lime with pith, ½ cucumber, 1 carrot, ½ small red beet

\*Note: This smoothie has an enormous amount of ginger by design

**25) Kidney Stones “Watermelon Dissolver Smoothie”**

½ c. distilled water, 4 c. cut watermelon w/ white flesh (remove outer green skin w/ vegetable peeler), 6 ice cubes, Blend one cycle only

**26) Lung Diseases “Breathe Deep Smoothie”**

2 c. distilled water, 2 white corn cut from cob, 5 fresh mint leaves + stem, 1 carrot, 1” slice ginger root, 8 oz organic strawberries, 2 peeled kiwis, 2 T. organic goji berries, 10 dried cordyceps

**27) Male Sexuality “Strong Like Bull Smoothie”**

3 c. distilled water, 4 T. raw pumpkin seeds, ½ pomegranate fruit (no white part), 4 oz fresh blueberries, 2 vine ripe tomatoes, 1 carrot, ½ fuji apple, ½ small red beet, 1 lime w/ pith & seeds, 1 T. maca root powder, 1 tsp. turmeric powder, 10 dried cordyceps

**28) Female Sexuality “Jing Power Smoothie”**

2 c. distilled water, 4 T. raw pumpkin seeds, 1 T. maca root powder, 1 handful organic strawberries, 2 corn cut of cob, 2 oz. goji berries, 1 pinch of cinnamon, ¼ c. black sesame seeds, 3 large fresh mint leaves, 10 dried cordyceps

**29) Osteoporosis “Bones of Steel Smoothie”**

2 c. distilled water, 2 ripe plums, 3 sun dried figs, ½ fuji apple with seeds, 2 carrots, 1” slice ginger root, 2 organic cucumbers, ½ lime w/ pith & seeds, 2 T. organic goji berries, 3 dropperfulls horsetail extract, 1 T. organic natto powder

\*Natto goes in blender for the last 10 seconds

\*Vitamin K super food available at food-healing.com

**30) Osteoporosis “Silica Blast Smoothie”**

2 ½ c. distilled water, 2 ripe plums with kernel (use nut cracker to remove from pit), 2 organic cucumbers, ¼ c. pumpkin seeds, 1 ear of corn cut from cob, ¼ tsp. ground cinnamon, 1” slice ginger root, 3 dropperfulls horsetail extract, 1 T. organic natto power

\*Natto goes in blender for the last 10 seconds

\*Vitamin K super food available at food-healing.com

**31) Pain/Arthritis “Anti-Inflammation Smoothie”**

2 c. distilled water, 30 cherries, remove pits, ½ organic cucumber, 1 small papaya w/out seeds, 1 pineapple slice, 1 oz. goji berries, 2 nodes fresh cilantro, 1” slice fresh ginger, 1 tsp. turmeric powder

**32) Stomach Issues “Yummy Tummy Smoothie”**

2 c. distilled water, ¼ green cabbage w/ core, 1 large apple w/ skin & seeds, 1 whole clove (yes only ONE), 1” fresh ginger root, 3 large mint leaves

**33) Excellent Health “Jeff’s Most Recommended Smoothie”**

2 c. distilled water, 8 oz. organic strawberries, 1 ear corn cut from cob, ½ avocado with seed, 2 fresh mint tops w/stem, 1 node fresh cilantro, 1 oz. goji berries, ¼ small red beet, ½ organic cucumber, ½ fuji apple w/seeds, ½ lime w/pith, 1” fresh ginger root, 10 dried cordyceps

**34) Excellent Health “Jeff’s Classic Vegetable Smoothie”**

2 c. distilled water, ½ yellow beet, ½ organic cucumber, 1 corn cut from cob, ½ avocado with seed, ½ fuji apple w/seeds, ½ lime w/pith, 2 fresh basil tops, 1” slice ginger root

**35) Excellent Health “The Infamous Spicy V8 Smoothie”**

2 c. distilled water, 3 vine ripe tomatoes, 2 stalks celery, 2 carrots, ¼ small red beet, 1 organic cucumber, ½ red bell pepper, 1 node cilantro & parsley, ½ lime w/ pith & seeds, 1” fresh ginger root, 2 fresh basil tops, 1 pinch sea salt, 5 drops cayenne juice (more or less to taste)

**36) Excellent Health “Phytochemical Blast Smoothie”**

2 c. distilled water, 8 oz. organic strawberries, 4 oz. fresh blueberries, 4 oz. fresh raspberries, 2 fresh basil tops w/stem, 1 ½ sprig rosemary leaves, 3 fresh mint tops w/stem, 1” slice ginger root, ½ lime w/ pith & seeds

**37) Excellent Health “Mighty Green Smoothie V1”**

3 c. distilled water, ½ c. packed spinach leaves, ½ organic cucumber, 2 Swiss chard leaves, ½ lime w/ pith & seeds, 1 avocado with seed, 1 fist parsley, 1 small yellow beet, 1 carrot, 2 fresh basil tops/stems, 1” slice ginger root, 1 T. manuka honey (optional)

**38) Excellent Health “Mighty Green Smoothie V2”**

3 c. distilled water, ½ c. packed spinach leaves, ½ organic cucumber, 2 Swiss chard leaves, ½ lime w/pith, 1 ear of corn cut from cob, 1 vine ripe tomato, 1 small red beet, 1 carrot, 2 fresh basil tops w/stem, 1” slice ginger root, 1 T. manuka honey (optional)

**39) Excellent Health “Broccoli Stem Bliss V1”**

2 c. distilled water, 1 broccoli stem (not top floweret), 3 Swiss chard leaves w/stems, ½ small red beet, 1 fresh corn cut from cob, ½ fuji apple with seeds, ½ lime w/ pith & seeds, ½ avocado with whole seed, ½ slice fresh ginger root

**40) Excellent Health “Broccoli Stem Bliss V2”**

2 c. distilled water, 1 broccoli stem (not top floweret), 3 large leaves Swiss Chard, ½ fuji apple with seeds, ½ lime w/ pith & seeds, ½ avocado with whole seed, ½ slice fresh ginger root, ½ organic cucumber, 1 pint organic strawberries

**41) Excellent Health “Anti-Oxidant Bliss Smoothie”**

1 ½ c. distilled water, 2 c. Muscadine grapes, ½ pint fresh blueberries, ½ fuji apple w/seeds, 2 T. goji berries, ½ lime w/ pith & seeds, ½ slice fresh ginger root, 10 dried cordyceps

**42) Excellent Health “Strawberry Surprise Smoothie”**

2 c. distilled water, 1 carrot, ½ small red beet, ½ fresh corn cut from cob, ½ fuji apple with seeds, 1 pint organic strawberries, ½ orange w/ pith & seeds, ½ lime w/ pith & seeds, ½ avocado w/seed, 1 fist parsley with stems, ½ slice fresh ginger root

**43) Excellent Health “Beet the Disease Smoothie”**

2 c. distilled water, 1 red beet, peeled, 2 carrots, 1 fuji apple, 1 organic cucumber, 1 fresh basil top, 1 fist fresh parsley, ½ lime w/ pith & seeds, 1 fresh ginger root

**44) Excellent Health “Power Beet Smoothie”**

1 ½ c. distilled water, 1 small red beet, ½ pint blueberries, ½ pint blackberries, 1 pint organic strawberries, 2 fresh basil tops w/stem, 1” fresh ginger root, ½ lime w/ pith & seeds

**45) Excellent Health “Pineapple Enzyme Smoothie”**

1 ½ c. distilled water, ¼ pineapple w/core & white stem, 1 ear of corn cut from cob, 1 fist parsley with stems, 1 carrot, ½ fuji apple w/core

**46) Excellent Health “Amazing light Green Smoothie”**

1 c. distilled water, 1 Granny Smith apple, 2 stalks celery, 1 small carrot, 1 fist parsley & cilantro, 1 T. hemp or flax seed, 1 T. bee pollen, ½ lime w/ pith, 1” fresh ginger root

**47) Excellent Health “Beta Carotene Smoothie”**

2 c. distilled water, 3 carrots, 1 fuji apple, quartered, 1 orange w/ pith & seeds, ½ lemon w/ pith & seeds, ½ peeled red beet, 2 T. organic goji berries, 1” fresh ginger root

**48) Excellent Health “Happy Heart Smoothie”**

1 ½ c. distilled water, 1 small red beet, 1 ear corn cut from cob, 1 valencia orange w/pith, 1/2 lemon w/pith and seeds, 2 oz. organic goji berries, 1” slice fresh ginger root, 2 mint tops w/ stem, 1 spring fresh rosemary

**49) Excellent Health “Advanced Pomelo Take Away Evil”**

2 c. distilled water, ½ pomelo w/pith, outer peel removed, All the fruit from both halves, 1” fresh ginger root, 2 fresh mint tops w/stem

**50) Excellent Health “Advanced Pomegranate Formula”**

2 c. distilled water, ½ pomegranate with white part & peel removed, All the fruit pods from both halves, 1” fresh ginger root

**51) Healthy Kids “Blueberry Surprise Smoothie”**

1 cup distilled water, 1 cup blueberries, ½ lime w/white pith, ½ orange w/white pith, 2 mint leave tops w/stem, 2 ice cubes of distilled water

**52) Healthy Kids “Pineapple Sunshine Smoothie”**

All you need to do is follow the pictures. Pull off all the green leaves until you’re left with the white stub on top. This is where the magic of pineapple is. Be sure not to cut so close to the base where the stem is very “woody” as getting splinters of wood in your teeth is not cool. Add 4 oz of distilled water and 6 pineapple wedges. Blend on high for 2 cycles with ice. Yum!

**53) Healthy Kids “Purple Sky Smoothie”**

1 cup distilled water, 1 cup blueberries, ½ orange w/white fuzz, 4 oz. organic strawberries, ½ sliced ginger, 2 ice cubes of distilled water

**54) Healthy Kids “Tropical Sunset Smoothie”**

1 cup distilled water, 4 oz organic strawberries w/tops, 1 ripe peeled kiwi, 1 orange w/white fuzz & seeds, 3 mint leave tops w/stem, ½ lime leave white fuzz & seeds, ½ sliced ginger

**55) Healthy Kids, “Berry Bliss Smoothie”**

1 cup distilled water, 1 cup organic strawberries w/tops, ½ fuji apple with core, ½ lemon w/white fuzz, ½ inch sliced ginger, 2 ice cubes of distilled water

**56) Healthy Kids, “Kids Can Do It Too Smoothie”**

1 cup distilled water, ½ red grapefruit w/ white pith, 1 fuji apple, 4 oz organic strawberries w/tops, ½ orange w/white fuzz & seeds, 3 mint leave tops w/stem, ½ inch sliced ginger, 2 ice cubes of distilled water

**57) Healthy Kids “Papaya Perfection Smoothie”**

2 c. distilled water, 1 large papaya, peeled no seeds, ½ pint fresh organic raspberries, ½ ripe avocado without seed, 1 ripe kiwi, peeled, ½ inch ginger root, 3 fresh mint leaves, ¼ lime w/ pith

**58) Healthy Kids “Easy Tummy Smoothie”**

1 ½ c. distilled water, 1 organic cucumber, w/ skin, 1 stalk celery, ½ fuji apple w/ skin and seeds, 2 ripe kiwi, peeled, ½ lemon w/ pith and seeds, ½ inch fresh ginger root, 5 fresh mint leaves, 1 Tbls. Extra virgin coconut oil, 1 tsp. manuka honey (optional)

**59) Healthy Kids “Autism Cilantro Blast for Kids V1”**

1, 2, 3, 4, 5, 6, or up to 7 nodes of cilantro 8 oz of organic strawberries 4 oz distilled water.

My experience working with Autistic kids is that most are finicky eaters, Start out the smoothie experience on the right foot by limiting the amount of Cilantro and adding more gradually. We know that Autistic kids need more cilantro to get out the heavy metals, but it can be too strong a taste if overdone. In fact, cilantro over done tastes pretty bad. Start with 1-2 nodes (connection points where many stems connect). After the 1<sup>st</sup> one...if accepted and gulped down by the child, which is usually the case, you can add 1 more node each day until you reach the point that even you won't drink it. My favorite fruit to begin the journey is Strawberry.

**60) Healthy Kids “Autism Cilantro Blast for Kids V2”**

1, 2, 3, 4, 5, 6 or up to 7 nodes of cilantro

4 oz of organic strawberries, 1 Fuji apple with seeds, 1 orange w/ white pith, 4 oz distilled water

**61) Healthy Kids “Autism Cilantro Blast for Kids V3”**

1, 2, 3, 4, 5, 6 or up to 7 nodes of cilantro

4 oz of organic strawberries, 1 corn cut from cob, ½ organic cucumber, ½ fuji apple w/seeds, 8 oz distilled water

**62) Healthy Kids “Autism Cilantro Blast for Kids V4”**

1, 2, 3, 4, 5, 6 or up to 7 nodes of cilantro

4 oz of organic strawberries, 1 corn cut from cob, ½ red beet, ½ fuji apple w/seeds, 1 kiwi without skin, 12 oz distilled water

More on cilantro: The phytochemicals in cilantro are special, because they remove heavy metals. Making “cilantro water” by boiling the herb for 15 minutes in distilled water also works really well. This tea can be added to juices to get it into their system. Also, the 9-clove garlic pesto using cilantro instead of basil also works great. The garlic has sulphoraphane that further assists in detoxification of heavy metals. Most kids love the pesto. For more details about Autism please reference the Conquering Any Disease manual.

**63) Beverage “Almond Milk”**

3-¾ c. distilled water; ¾ c. soaked raw almonds, 2 tsp. agave nectar, 1 ½ tsp. non-alcoholic vanilla, 1/8 tsp sea salt

**64) Beverage “Hazelnut Milk”**

3-¾ c. distilled water, ¾ c. soaked raw hazel nuts, 2 tsp. agave nectar, 1 ½ tsp. non-alcoholic vanilla, 1/8 tsp sea salt

**65) Beverage “Oat Milk”**

3-¾ c. distilled water, ½ c. whole oat groats, 2 tsp. raw manuka honey, 1 ½ tsp. non-alcoholic vanilla, 1/8 tsp sea salt

Guidelines for Nut & Grain Milks: Soak the nuts and grains overnight in distilled water to release enzyme inhibitors. Place soaked nuts or grains and distilled water in blender and pulse “P” for 30 seconds. Add remaining ingredients (except honey) and blend on S10 two cycles or 3 cycles. Put the honey in at the end and pulse it for 10 seconds. This protects its healing properties. Recipes makes on quart. Refrigerate unused portion in glass container with tight fitting lid.

**66) Beverage “Pumpkin Seed Milk”**

3-¾ c. distilled water, ¾ c. raw green pumpkin seeds, 2 tsp. manuka honey, 1 ½ tsp. non-alcoholic vanilla, 1/8 tsp sea salt

**67) Beverage “Brown Rice Milk”**

3-¾ c. distilled water, ½ c. raw short grain brown rice, 2 tsp. manuka honey, 1 ½ tsp. non-alcoholic vanilla, 1/8 tsp. sea salt

**68) Beverage “Jeff’s Endocrine Enhancing GOLDEN MILK”**

3 ¾ c. distilled water, ½ c. raw walnuts, 2 oz. organic goji berries, 10-20 dried cordyceps, 1 ear of corn cut form cob, 1” slice of ginger root, 1 T manuka honey

More on Golden Milk: This treasured recipe imparts great energy to whoever is lucky enough to eat it. All of the ingredients are powerful tonics for blood and Chi circulation. My friends that still eat cereal like to use this milk instead of dairy milk. If you have a hard time handling increased sexual energy then do not consume this milk! For best results soak nuts 4 hours in water before blending.

**69) Beverage “Jeff’s Creamy Super food Smoothie”**

1 ½ c. distilled water, 2 Tbsp. Crushed cacao nibs, 2 Tbsp. Raw pumpkin seeds, 2 oz. Heaven Mountain goji berries, ½ ripe avocado – no seed, 1 Tbsp. Organic extra virgin coconut oil, 1 tsp. maca root powder, 1 tsp. raw black sesame seeds, 1 tsp. manuka honey pinch ground cinnamon

**70) Beverage “High Vibes Chocolate Milk”**

2 c. distilled water, 2 T. raw organic cacao nibs, ¼ c. raw pumpkin seeds, ¼ c. soaked blanched almonds, 4 large pitted medjool dates, 1 tsp. nonalcoholic vanilla (optional)

**71) Beverage “Almond Strawberry Delight”**

1 ½ c. distilled water; ¼ c. soaked blanched almonds, 1-pint organic strawberries, 1 tsp. manuka honey

**72) Beverage “Almond Apple Veggie Delight”**

2 c. distilled water, ½ c. soaked blanched almond, 1 ear fresh corn cut from cob, ½ Fuji apple w/ seeds, ½ avocado (no seed), ½ lemon w/ pith & seeds, ½ slice fresh ginger root

**73) Beverage “Maca Pumpkin Seed Milk”**

2 c. distilled water, ½ c. raw pumpkin seeds, 3 T. maca powder, 1 tsp. non-alcoholic vanilla, 2 T. manuka honey, pinch of grated nutmeg for garnish, pinch of ground cinnamon for garnish

**74) Diabetes & Natural Healing “Amazing Bitter Melon Dahl”**

Ingredients in Pot #1, 2 c. purified water, 1 c. peeled split mung beans, ½ tsp. sea salt

Ingredients in Pot #2, ½ c. purified water, ½ tsp. turmeric powder, 1 tsp. whole cumin seed, 1-10” fresh bitter melon cubed, 3 spring onions chopped w/green stalk, 1/3 c. chopped cilantro, organic extra virgin olive oil

Instructions: Rinse mung beans and place in pot with 2 c. water and ½ tsp. sea salt. Bring to boil then reduce heat and simmer 20 minutes, until almost done. While beans are cooking in large skillet over med. Heat stir cumin seeds until fragrant and lightly toasted. Add ½ c. water, turmeric, cubed bitter melon and simmer for 15 minutes. Then stir in chopped spring onion and mung beans. Continue to simmer until bitter melon is tender (5-10 minutes) Add a little more water if needed. Serve warm in bowls garnished with fresh cilantro and a drizzle of olive oil. Sea Salt or Braggs to taste.

**75) Natural Healing “Amazing Bitter Melon Sweet Potato Curry”**

Ingredients in Pot, 2 c. purified water, 2 medium sized sweet potatoes \*sweet potato is not for diabetics until it is totally reversed, ½ tsp. sea salt  
Ingredients in Skillet: ½ c. purified water, 1-10” bitter melon sliced in ½ “ rings, 1 can organic coconut milk, ½ tsp. green curry paste, ½ tsp. Better than Bullion Vegetable Base, ½ c. lightly toasted walnut halves, ¼ c. snipped fresh cilantro leaves, 4 T. organic virgin olive oil (after cooking) sea salt to taste

Instructions: Cover sweet potatoes in water and boil until tender and easily pierced w/fork (about 30 min). When potatoes are almost done, place sliced bitter melon in single layer of large skillet with ½ c. water and over med low heat cook 15 minutes. Add coconut milk and curry paste and continue cooking 5 more minutes until bitter melon is tender. Add 2 T. of fresh cilantro and remove from heat. Slice hot sweet potatoes in half and place on two dinner plates, mash lightly and sprinkle with olive oil and sea salt. Arrange half of bitter melon rounds on top of potatoes on each plate topping each slice with a toasted walnut half. Divide coconut curry liquid and spoon over each plate. Sprinkle remaining cilantro over veggie curry and serve immediately.

**76) Diabetes & Natural Healing “Swiss Chard Salad”**

6 large Swiss chard leaves, ½ organic cucumber with skin, 2 stalks celery, 2 T. grated red beet

In large bowl tear leaves of Swiss chard into bite size pieces. Reserve bottom 3” of chard stems for dressing finely chop remaining stems to add to salad. Chop cucumber and celery add with grated beets to salad.

**77) Live Ginger Dressing**

¼ c. Purified water, ½ orange bell pepper w/ seeds, 3” stems cut off bottom 6 chard leaves, 1” fresh ginger root, 1 clove garlic, ¼ tsp. sea salt, 1/3 c. organic virgin olive oil

Instructions: Puree all ingredients (except oil) in blender until smooth. Pour in cruet or glass jar with olive oil. Shake to blend. Refrigerate any unused portion and use within 5 days.

**78) Diabetes & Natural Healing “Watercress Salad”**

3 cups snipped fresh water cress, ½ organic cucumber with skin, 2 T. grated red beet, 2 T. grated carrot, 1 small ear fresh corn cut from cob

Place all ingredients in large salad bowl. Toss with Live Ginger Salad Dressing or Walnut Avocado Herb Salad Dressing.

**79) Walnut Avocado Herb Dressing**

1 c. distilled water, ¼ c. raw walnuts, ½ small avocado, 1 spring onion, 1 clove garlic, ½ “ fresh ginger root, 2 nodes fresh cilantro, 3 fresh basil leaves, 2 fresh mint leaves, Pinch cayenne pepper, ¼ lime w/pith

Instructions: Puree all dressing ingredients in blender. Unused portion needs to be used within 4 hrs.

**80) Darla’s Chakra Salad with Affirmations of Empowerment**

1 stalk Romaine lettuce, 1 cup blueberries, 1 cup shredded carrots, 1 avocado cut in chunks, ½ cup sunflower seeds, 2 medium tomatoes, 1 cup sliced zucchini squash, 1 handful sunflower sprouts, ¼ cup chopped cilantro, 1 cup shredded purple cabbage, ¼ cup shredded beets, drizzle raw organic olive oil

Hold hands over salad and repeat: As I eat this salad it restores and strengthens all my chakras so I can be strong to love others and myself. I am rooted, I am full of vitality, I am powerful, I am loving, I surrender, I see things clearly, I am connected to the divine source

**81) Warming Soup “Autumn Stew”**

1 quart organic veggie broth, 4 stalks celery chopped, 6 spring onions chopped, 1 butternut squash, peeled & cubed, ½ bunch dinosaur kale, 2 T. ghee, 1 Tbsp. Ground cumin, 1 tsp. garam marsala, ½ tsp. turmeric, ½ tsp. coriander, ¼ tsp. cardamom, ¼ tsp. cinnamon, 1/8 tsp. cayenne pepper, ¼ c. organic virgin olive oil, Sea salt to taste

Instructions: In a 2 quart soup pot sauté celery and onion in ghee over med heat until onion becomes transparent (about 5 minutes). Stir in butternut squash and kale until heated through. Add broth and spices simmer 30 minutes until veggies and kale are tender. Turn off heat, mash soup slightly to thicken and add olive oil and sea salt to taste.

**82) Alkalizing Soup “Creamy Cucumber Avocado Soup”**

2 c. distilled water, 2 organic cucumbers w/ skin, 2 ripe avocados w/out seeds, 1 jalapeno pepper, remove seeds, 1 spring onion, ½ lime w/pith and seeds, fist of fresh cilantro w/stems, ½ tsp. sea salt (more or less to taste), garnish w/chopped fresh cilantro & pine nuts

Instructions: Blend 1 cycle on high speed. This Soup is best served cold or room temperature. If you desire the soup to be warm simply blend another cycle and that will make it warmer.

**83) Alkalizing Soup “Creamy Asparagus Soup”**

2 c. distilled water, 2 c. chopped asparagus tops & tender stems, 1 med. Carrot, 1 stalk celery, 1 spring onion, 3 Tbsp. Raw pine nuts, ½ tsp. sea salt (more or less to taste) 1 tsp. fresh dill (optional)

Instructions: Blend 1 cycle on high speed. This soup can be served cold or room temperature. If you desire the soup to be warm simply blend another cycle and that will make it warmer.

**84) Alkalizing Soup “Dietrie’s Very Veggie Soup”**

2 c. distilled water, 2 vine ripe tomatoes, 1 zucchini squash, ½ organic cucumber w/ skin, ½ ripe avocado w/ seed, 1 stalk celery, 1 carrot, ¼ red bell pepper w/ seeds, 1 spring onion, 1 clove garlic, 2 fresh basil tops w/stem, 3 nodes fresh cilantro, ½ tsp. sea salt (more/less to taste)

Instructions: Blend 1 cycle on high speed. This soup can be served cold or room temperature. If you desire the soup to be warm simply blend another cycle and that will make it warmer.

**85) Alkalizing Soup “Lively Tomato Basil Soup”**

1 c. distilled water, 5-6 large vine ripe tomatoes, 1 avocado without seed, 2 fresh basil tops w/ stem, 1 clove garlic, 1 spring onion, ¼ lime or lemon, 2 Tbsp., raw walnuts, ½ tsp. sea salt (more/less to taste)

Instructions: Blend 1 cycle on high speed. This soup can be served cold or room temperature. If you desire the soup to be warm simply blend another cycle and that will make it warmer.

**86) Alkalizing Soup “Curried Cauliflower Soup”**

2 c. distilled water, 3 c. cauliflower, 1 carrot, 1 stalk celery, 1 avocado w/out seed, ¼ c. pumpkin seeds, 1 clove garlic, ½ tsp. curry powder, ¼ tsp. cumin seed, Pinch cayenne pepper, ½ tsp. sea salt (more or less to taste)

Instructions: Blend 1 cycle on high speed. This soup can be served cold or room temperature. If you desire the soup to be warm simply blend another cycle and that will make it warmer.

**87) Cold & Flu “9-Clove Garlic Pesto”**

¾ c. organic virgin olive oil, 9 medium size cloves of garlic, 1 ½ c. compressed basil (1 large plant), 1 tsp. pink Himalayan salt, 6 oz. pine nuts

\*You can substitute one bunch of Cilantro for the basil to make a mercury detoxification pesto.