


HERBAL D-TOX

Cookbook for Cleansing



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Clinical Herbalist*



Please note: It is not our intention to prescribe or make health claims for any of our products. Any attempt to diagnose and treat illness should come under the direction of your healthcare practitioner

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GETTING STARTED

This cookbook has been designed to work in conjunction with our Herbal D-Tox program. We would like to emphasize that making healthful choices in the kitchen does not mean sacrificing flavor or your enjoyment of food. You can create mouth-watering dishes and still adhere to the herbal D-Tox program.

This is a wonderful opportunity to learn more about food and get creative!

Our chef will provide you with many suggestions, but your meals during the D-Tox can be as interesting as you choose to make them. All of the enclosed recipes follow the Herbal D-Tox Meal Plan.

ACKNOWLEDGMENTS

Many thanks to consulting chefs, Joseph Forest and Jozsef Bogdan. The following recipes were adopted from *Cooking Vegetarian* by Vesanto Melina and Joseph Forest, published by Macmillan Canada, 1996: Baked Stuffed Apple, Lemon Tahini Dressing, Lentil Dahl, Scrambled Tofu, and Tomato Rice Salad.

No book is the work of one person, especially a book like this one. Its contents reflect the accumulated efforts of many people. To a few of them in particular, Wild Rose Herbal Formulas owe a large debt of gratitude. We would like to thank the following people for all their inspirations, instructions, writing and guidance with this book: Dr. Terry Willard, Joseph Forest, Jozsef Bogdan, Julia Mahler, Mandy Tinevez, Debrah Rafel and Paulina Nelega.

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A WORD FROM TERRY WILLARD CIH, PhD

Out with the old and in with the new. Detoxification is one of the central concepts of natural healing. Why? It is impossible to build healthy new tissue without eliminating old cells and their by-products. This has never been truer than in our modern society. We are being flooded continuously



with synthetic chemicals, hormones and toxic material in our food, air, cosmetics and clothing. Even a person with a healthy diet comes into contact with all sorts of these undesirable toxins. Our ancestors felt it was very important to cleanse at least twice each year and they had an organic diet by default. Even though you can do a D-tox anytime, one of the best times to go on cleansing D-Tox is with the change of the spring and fall seasons, as this is the same time nature goes through a similar organic process. A D-Tox is also a good way to start a new healthy routine, increasing the potential outcome of the program. Many of my patients like to cleanse at the beginning of a weight loss program or before and/or after the festive season so they don't feel as guilty for their overconsumption. A D-Tox doesn't have to be a time of deprivation. It can be a time of good nourishing food and a time of centering focus. This cookbook is designed to help you have festive time with your food plan as you go through a cleanse.

Well over 70% of my patients do a D-Tox at least once a year. This has become one of the major reasons people visit a health food store. Often this is the only program they do during the year - their yearly 'tune up'. It is also very helpful to get you back on track to better nutrition maintenance, if you have slipped up a little by overconsumption. During a D-Tox, people often report that they feel lighter, less bloated, with more energy and just generally clearer. Some people do experience a mild headache or even nausea during the first day or two of changing their diet and using herbal products.

During a D-Tox program, it is important to cleanse the intestinal tract, the liver, blood, lymphatic system and the urinary tract. We suggest that a twelve-day cleansing diet, supported with the botanicals is a good ‘tune-up’ for the body. It will also help people get the most benefit from all the other supplements in their health programs. One of the most important rules of natural healing is *‘cleanse a little, build a little, then cleanse a little and build a little more’*. By incorporating this cycle into a health program, we can copy nature in its never-ending cycle of seasonal changes. People often go into other health maintenance programs after the D-Tox. Some of the most common programs are: weight loss, arthritis, liver rejuvenation, candida, blood sugar maintenance or a parasite cleanse.

We usually start most health programs with a D-Tox as it can result in better compliance and effectiveness of long-term health programs. In the clinic, we suggest the use of a herbal D-Tox 1000 times more often than a fast. If you cleanse too hard, as during a fast, you often end up with a “healing crisis.” This is a term from the early days of botanical medicine which refers to an acute condition associated with therapeutic treatment ... symptoms can range from headaches, nausea and fever, to rashes. Healing crises are not much fun and can often be avoided. Healing crises are similar to shifting gears without a clutch. The gears grind. If a treatment plan involves slower cleansing, with a healthy meal plan as outlined in this book, the gears don’t grind and we can usually avoid the crisis.

Of course, the meal plan is the most significant part of the program. On this program, you can feast not fast. There are many foods that need to be avoided during this time however. **You should not eat: bread or flour products of any type (including pasta, cakes, cookies); dairy products (milk, cheese, cottage cheese, yogurt or cream); tropical fruit (citrus fruit, bananas, pineapple and melons); fermented foods (wine, beer, pickles, vinegar, soy sauce or miso); sweets (sugar, honey, maple syrup, dried fruit). Other foods that must be avoided are: shellfish, peanuts, mushrooms, and grapes. Of course, we don’t want to consume any preservatives, synthetic sweeteners, or additives in our food at anytime.**

Your diet should consist of **80% alkaline and neutral ash forming foods** (see chart) such as: vegetables (except mushrooms), non tropical fruit (apples, pears, peaches,

plums and berries); potatoes, squash and alkaline grains (millet, brown rice, buckwheat and rye) and fish. **Foods that are especially good on this program are: onions, garlic, green tea and almonds.** Eat less than 20% acid forming foods such as: beans, lentils, meat (poultry, lamb and beef), eggs and acid grains (oats, corn, and wheat). Even though you can eat several grains in their whole state, you cannot eat the flour of these grains.

Remember this is a time to enjoy yourself. This is meant to be a gourmet feast, not a fast. The recipes in this book are designed to stimulate your own creativity, use them as guides to show yourself that a healthy meal plan can be an enjoyable meal plan.

The diet in this book can be followed anytime; the food is so good, that you wouldn't want to enjoy it merely during your period of cleansing. Besides having these delicious dishes as part of the regular menu, we often recommend them for other ongoing programs such as: weight loss, yeast (*Candida*) problems, arthritis and stress reduction.



A WORD FROM CHEF JOSEPH FOREST

Microwave meals – instant satisfaction – no preparation needed. It is not difficult to get through a day without cooking if you rely on fast food and TV dinners. Feasibly, we *could* survive on pre-packaged and take-out foods. Lack of time and energy makes this convenient and advertising entices us.

At some point, though a warning bell goes off if we take a genuine interest in our own sustained health. Cooking at home is of vital importance because it is one way of knowing what we are consuming. Taking an interest in our diet, particularly during the D-tox program, will create a healthy awareness in one's life.

FOOD CHOICES

This D-tox program is designed for both meat eaters and vegetarians. It is not meant to change your opinions about eating meat or being a vegetarian. During this time of cleansing **we do suggest an extreme reduction in animal protein. You can eat all the fish you desire; remember no shellfish.** Many people find a desire to maintain several of the lifestyle changes started while on the D-tox. Often people follow the D-tox with a maintenance program designed around their health issues. The increased knowledge of diet and nutrition in the media today has led many individuals toward a vegetarian lifestyle. Many people simply come to a place of balance that includes a small amount of animal protein in their diet. If these foods pertain to your diet, **whenever possible choose meats that are wild or organically raised for the cleanest product.**

ORGANIC FOODS

Organic agriculture is a system of management that uses safer and environmentally friendlier methods for growing food. They include natural pest control, crop rotation, composting, mulching and the use of pest-resistant seed varieties, along with the avoidance of any irradiation or genetic engineering. The purpose is to produce food with the fewest possible toxins and to create a fertile environment for plants as well as birds, predatory insects,

earthworms and microorganisms. The result is health supporting food and richer, more arable soil.

CHOOSE THE BEST QUALITY FOOD YOUR BUDGET ALLOWS

Since nutrients are a big factor in supporting health, it makes sense to purchase ingredients that give you the biggest nutritional return for your dollar. The cost of outfitting your kitchen with healthy food might appear expensive, yet the cost often proves worthwhile in the long run. The D-Tox diet is relatively simple in terms of the ingredients used, however, some of them may be unfamiliar to you. When shopping, ask questions about the products and read labels. In time you will be in a better position to make decisions. Make a choice and if it's not the best one for you, make another choice.

ORGANIZATION IN THE KITCHEN

A major component of the D-Tox Program is the diet. Since some the foods in this booklet might initially be unfamiliar to you, the manner in which you approach your food preparation can make a difference to your experience of this program. The key is organization. Like so many in today's busy world, you may have deadlines, pressures, unexpected interruptions and last minute requests on your life. You may not have as much time to spend in the kitchen as you would like; however, some rudimentary organizational skills can maximize your productivity and efficiency. The following steps can help you have a more enjoyable experience in the kitchen.

READ YOUR RECIPE FIRST

Develop the habit of reading your recipe from beginning to end. This gives you an overview of the foods, techniques and equipment required. It also stimulates your thinking about the task at hand and how you are going to accomplish it.

GATHER ALL EQUIPMENT NEEDED

This includes cutting board, knives, mixing bowls, measuring cups, spoons, food processor and pots. This step may prompt you to read the recipe again, which is the real key to the exercise. Reading the recipe a second time further deepens your understanding of what you are about to perform. The clearer your idea of what you are

about to do, the less chaos there will be on the kitchen counter or stovetop.

GATHER ALL THE INGREDIENTS

Knowing up front that you have all the ingredients eliminates the frustration of discovering halfway through a recipe that you didn't replenish an important staple on your last shopping trip. This step also saves time. Gathering everything at the beginning requires less time than if you periodically interrupt your cutting or measuring to return to the refrigerator or cupboard for an additional ingredient. While you are preparing ingredients for the recipe, this is the time to pre-heat the oven or pre-warm the skillet or soup pot at the lowest setting.

SET UP YOUR COUNTER SPACE

This is not so much a step as a pattern to follow each time you prepare food. How you arrange and organize your ingredients and equipment determines how smoothly the final product comes into being. As an example, let us look at the Italian Stir-Fry recipe on page 55. Gather all your ingredients to one side of the cutting board and wash those that require it. As vegetables are cut, place them in separate piles on a baking sheet or large plate. Measure and combine all herbs in a small bowl. Return ingredients no longer needed to their place of origin. Now proceed to the stove where you are poised to cook with all your prep at hand. When all ingredients are prepped and gathered within arm's reach, the actual cooking of food becomes a much easier task. You won't have to worry about burning the onions while you're still cutting carrots, and your counter space will be much clearer. Developing this habit can go a long way toward alleviating kitchen chaos and frustration.

THE USE OF OIL IN COOKING

Many people believe that oil is crucial to cooking and that without its liberal use, cooking is not possible. Vegetable oil in cooking and baking actually serves several purposes.

Perhaps the most obvious one is that it prevents food from sticking to the skillet, pot or grill.

Oil is an excellent conductor of heat, so when foods are coated with oil at high temperatures as in a stir-fry, they cook very rapidly.

Vegetable oil and fat add moisture to food and consequently increase the shelf life or quality of products like breads, cakes and cookies.

Adding oil to food also gives it smoothness and a pleasant “mouth feel”, as it does with Hummus.

Perhaps the most common feature of oil is its ability to act as a carrier for flavor, as evident in salad dressings. Overall, consumption of oil is high in our national diet, but this is changing as the evidence builds linking high fat and oil intake to a decline in health.

NO-OIL COOKING AS AN OPTION

Oils found in nature contain certain components that are an essential part of good nutrition. A growing number of people with health and weight problems are cutting back on their use of added fats and oils. Instead of sautéing food in oil, vegetable stock or water can be used. As the sautéing liquid evaporates, the sugars in the vegetables caramelize and add sweetness to the dish. Sautéing in too much liquid results in boiling, which does not provide the sweetness of caramelization.

The technique for oil-free sautéing is as follows. Sauté vegetables over medium high heat in 2 tbsp of vegetable stock or water to start, adding 1 or 2 tbsp more stock if necessary. To control the rate of evaporation and to keep it to a minimum, lower the cooking temperature or use a lid. This method does require a little more attention due to the evaporating nature of liquid, but with practice you will become accustomed to how much stock and heat to apply.

Since most stock cubes contain yeast extracts, a product not allowed on the detox diet, you might want to try making your own stock (page 104). Double or triple the recipe and freeze it for up to 3 months. Ice cube trays will hold 2 tablespoons of liquid per cube, which is the amount of liquid that will be needed for most sauté recipes. Once the cubes are frozen, remove them from the tray and store them in a freezer bag as keeping them exposed to air in the tray for long periods causes them to shrink due to evaporation.

UNREFINED OILS FOR FLAVOR

If one of the functions of oil is to provide flavor, does reducing oil in the diet mean less flavorful food? The answer is no. The cooking oils that we suggest you eliminate or reduce in the diet are highly refined commercial oils. Modern oil production subjects seeds and their oils to many processes including hexane solvent extraction, degumming, bleaching and deodorizing. These processes require temperature ranges of 130F to over 500F for periods of 30 to 60 minutes at a time. The resulting oil is devoid of the nutritional qualities that were originally present in the seed. Unrefined oils we recommend for use are Olive oil, grape seed oil or Ghee (clarified butter) for cooking, and Hemp, olive or grape seed oils for room temperature dressings.

We do not recommend the use of Flax seed oil in cooking or at room temperature.

BODY / MIND CONNECTION

There is lots of evidence from prominent physicians, psychologists, physicists and scientists that there is a powerful mind/body connection within us. Essentially thoughts are powerful and impact the reality of our personal and collective world. This principal is beginning to shape the direction of today's medicine and can play a vital role in our quest for well-being. The D-Tox program offers an opportunity to let go of old ways that are no longer serving you including mental conditioning and emotional patterns. You can renew your body *and* your mind. Ways to do this include taking a rest from the daily news. Decorating your home with the beauty of fresh flowers. Going for a walk in nature. Listening to the waves of the ocean, the singing of the birds, the sounds of children playing. Being silent and lending an ear to the wisdom of your inner guide.

Above all things - feel love.

WHY IS CLEANSING SO IMPORTANT?

During the daily process of maintenance our bodies are continuously building new cells and breaking down old ones. Most of this broken down material is recycled; however, little by little, an accumulation of toxins builds up in the system. Material that is not easily recycled and not easily removed can be eliminated simply with an organized cleansing program.

In 1958, only a few known food additives existed and a mere 419 pounds were added to our food chain annually in North America. Today there are over 3 million additives (over 2 billion pounds) added to our food chain each year, and this number appears to be growing. It is estimated that our collective, daily additive consumption is 15 to 20 kilograms... that's over 10% of our body weight per year. Since these additives have not been naturally consumed in our genetic history we do not have efficient eliminative methods to process them. **Therefore, there is an unprecedented need to systematically cleanse the body at least twice a year.**

Most of this unwanted material is deposited in our digestive tract, colon, liver, lymphatic system and kidneys. There are many health problems attributed to these toxic accumulations. **Some medical practitioners feel that most of modern society's serious diseases can be postponed, reduced in severity, or even eradicated by cleansing.** The old saying, "*A stitch in time saves nine*", is applicable here. Understandably, our system can feel taxed during the process of eliminating these accumulated toxins. This is why fasting is not always the best choice when cleansing. Fasting often causes dramatic emotional and physical fluctuations and should *only* be done under the direction of a qualified health practitioner. One time-tested solution for detoxing is to ease the body through, with the assistance of herbal preparations. By using herbal formulas specific to cleansing the liver, lymphatic system, digestive system, colon, etc., the process can be quicker, more thorough and easier to undergo. This traditional solution also enables one to eat a healthy and hearty diet while cleansing.

REACTIONS TO CLEANSING

The D-Tox flushes out the toxic material your body has accumulated. The herbal products in this program are designed to help your body detoxify through all channels of elimination. This means, particularly for the first few days, that all that toxic material will be circulating throughout your system. This being the case, and depending on your current health, it is extremely common to feel the “normal” effects of cleansing.

Effects will range broadly from person to person. Loose bowels and increased urination are often experienced during the cleanse. Some minor symptoms of nausea or headache, flu-like symptoms, muscle aching, skin blemishes or irritability may also be experienced. Surprisingly, these are usually considered positive signs, and confirmation that the body is expelling toxins. If you find an existing (e.g. skin problem) initially getting worse on the cleanse, be reassured that the detoxification process is also working on those areas, and they should improve as your body flushes out toxicities.

On average, these symptoms last for the first few days and then subside, letting us then reap the rewards of the D-Tox. As the cleanse comes to an end one usually feels lighter and healthier. Cleansing becomes very simple after one has completed two or more cleanses. Initially a person will usually complete at least two cleanses within a period of 6 or 7 months. This is an excellent stepping stone to thorough detoxing.

Eventually, as one becomes more experienced at cleansing, the process of taking a few cleansing supplements and following a special meal plan for twelve days becomes an enjoyable routine. By cleansing often, the smaller embedded accumulation of toxins will be removed, making each cleanse easier and more effective. It is not suggested to cleanse more than once every two month unless under the care of a practitioner.



WHY THE WILD ROSE HERBAL D-TOX PROGRAM?

The Wild Rose Herbal D-Tox program is simple to use and both young and old garner excellent benefits. With the maintenance of a hearty diet, this program can be enjoyed by both novice and experienced cleansers. The experienced cleanser will notice the dramatic health benefits that are offered without the emotional and physical fluctuations so often associated with fasting. The simple and self-explanatory Meal Plan included in the D-Tox kit combines 20% acidic forming foods and 80% neutral and alkaline forming foods. The column headings (see page 26) on the Meal Plan indicate that the foods listed in each column naturally turn into ash (alkaline), acid or become neutral once they are inside the digestive tract. The easy-to-follow chart lists all foods that may or may not be eaten while on the program.

Many people find they lose weight over the 12-day cleansing period and, if they choose to continue the Wild Rose Meal Plan, they will often continue to lose weight. The Wild Rose Meal Plan is a time-tested meal program that does not have to be mundane. In fact, 95% of the world's population eats these types of foods every day. Most of the foods listed on the Meal Plan are low fat, high fibre foods that are rich in vitamins, minerals and antioxidant. You are encouraged to take this opportunity to experiment with food from other lands; buy a new ethnic cookbook and try new spices and herbs. This will give you the opportunity to make your meals delicious... even gourmet. Many of the spices and herbs may sound exotic but most ethnic grocery stores and health food stores carry them as regular stock.

HELPFUL TIPS FOR YOUR D-TOX

For some people, the Meal Plan that accompanies the D-Tox is a radical change from their usual diet. For others, it is very similar. Comments that we sometimes hear are: "What will I eat?", "I don't cook!", "What if I don't feel good on the D-Tox?"

It's useful to plan ahead, decide on which day you can begin the program, and put a little time aside for yourself.

Ultimately, your 12 days on the D-Tox should be a time to rebalance your body, giving it a rest from foods and beverages that aren't beneficial. The results you can expect are well worth it. **We commonly receive comments from people who have had outstanding experiences while on the D-Tox, and finish with dramatic increases in their energy levels and feelings of well-being.**

The following tips may help to make the D-Tox a little easier and more enjoyable:

- + Plan your D-Tox in advance. Finish eating those things in your fridge that aren't on the D-Tox Meal Plan, rather than letting them go to waste. Maybe give them to a friend that is not doing the D-Tox. Pick a day to start the program, preferably when you have time to relax, such as on a weekend. If your weekends are very social times, you may wish to start on a Monday. That way, you will only have one weekend during the 12 days of the D-Tox.
- + You may want to ease into the D-Tox by adhering to the meal Plan for a few days before taking any herbs in the kit. If this is the first detoxification program you've tried, this will make it easier.
- + Just for the 12 days of the D-Tox, plan to eat at home as much as possible. Most restaurants don't serve food that is appropriate. If you do eat out, find places that serve healthy food that fits into the Meal Plan.
- + Grabbing food on-the-go, such as bagels, muffins and sandwiches, isn't an option while on D-Tox. Try to always have some food with you, particularly if you lead a busy lifestyle. Don't let yourself go hungry.
- + A piece of fruit (one per day from Column #2) or raw veggies are quick snacks to take with you. Almonds are a good choice. Or you can plan ahead and prepare extra of any recipe, storing it in a container for times when you don't have time or energy to cook. (Thinking ahead is an important key to eating on the D-Tox because it will save you time and potential hassles).
- + Use the food columns (#1, #2, and #3) on the Meal Plan as your shopping list. Pick and choose foods that appeal to you. Don't deprive yourself.
- + The D-Tox is easier and more fun if others are doing it with you. There may be people in your household or friends that would also be interested in doing a D-Tox.

If they're not up for the entire program, they may appreciate how much better they feel, just following the Meal Plan for 12 days.

- + The Herbal D-Tox Cookbook provides suggested meal ideas. Feel free to change them to suit your tastes, and find recipes elsewhere that fit into the Meal Plan. For some people, a D-Tox can be the start of new eating habits and a healthier lifestyle in the future.
- + Eat foods that suit the season. If it's cold and wintry, stick to foods that have been cooked and preferably, heated. Likewise, if it's a hot season, you may want to eat more cooling and raw foods. This concept also applies to personal constitutions. If you tend to always be on the cool side (including cold hands and feet), eat foods that warm you up and avoid having a lot of raw salads.



HEALTHIER CLEANSING TIPS

Look for this symbol for Cleansing Tips



SPECIAL NOTES

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FINISHING THE HERBAL D-TOX

Feeling progressively better and better, you may be tempted to break the D-Tox you have completed with a big bang, eating all those foods that were not recommended during the last 12 days. A word of caution: you will probably regret it! It will not “undo” all that you have achieved, but it will most likely leave you feeling poorly. The best way to end a D-Tox is over the course of a week (or even longer). You may want to continue with the Meal Plan if you are feeling much improved, or wish to rid your body of excess Candida Yeast (if you suspect this may be a problem—see section, “Information About Candida” and the “Candida Questionnaires” at the end of this book).

If you suspect food sensitivities to any of the “Not Recommended” foods you have avoided, now is a good time to find out. Some common reactions that would indicate a food sensitivity might be: after a serving of the suspect

food (sugar, yeast, dairy products etc.) you feel tired, get a headache, have bowel changes such as gas, diarrhea, or constipation, feel excessively thirsty, nauseous, or “spacey”, or an existing condition (such as eczema, asthma, arthritis or acne) gets worse. These symptoms can all be clues, and you may wish to eliminate the offending food(s) from your diet. Your health practitioner should be able to answer any questions or concerns you may have about food sensitivities.

Begin eating the “Not Recommended” foods one at a time and on different days, even if you don’t suspect a sensitivity. Don’t overload your system. For example, eating ice cream would be introducing dairy and sugar at the same time, rather than on separate occasions.

FOODS TO ENJOY

The Guidelines of the Herbal D-Tox program Meal Plan:

ACID, ALKALINE AND NEUTRAL FORMING FOODS

Remember that the column heading (Acid, Alkaline or Neutral) on the Meal Plan indicate that the foods listed in each column naturally turn into ash (alkaline), acid or become neutral once they are inside the digestive tract.

VEGETABLES

Vegetables can be eaten cooked (lightly steamed is preferable, but other ways are acceptable) or raw. A good salad dressing is simply fresh lemon juice, oil and herbs.

GRAINS-UNREFINED GRAINS

Grains must be whole, cracked, or rolled, not the flour of the grain. You must avoid foods that contain flour (see page 27). Most grains are quite acceptable to eat unless one has an allergy to a certain grain. The following (in descending order) are the best grains for the D-Tox diet:

millet, buckwheat, brown rice, quinoa, spelt, amaranth, rye, cornmeal, seven grain cereal, Red River cereal, oats and oatmeal, kamut, wheat.

LEGUMES

Too many legumes (such as beans) in the diet can sometimes cause excessive gas and discomfort. Most illnesses can be traced to digestive problems. Therefore, foods that cause difficult digestion should be eaten only occasionally. We recommend only two to three servings of legumes per week.

FRUIT

The sweeter a fruit is, the poorer it is, suggesting that fruits like bananas, melons, and pineapple should not be eaten. This means no tropical fruit, and only one serving of domestic fruit per day allowed: apples, pears, peaches, plums and berries. Refer to columns on page 26.

MEAT

We recommend organic chicken, turkey and wild fish. Most animal livestock today is highly medicated with antibiotics and growth hormones; therefore, it is beneficial to try and avoid eating non-organic meats. Organic meats are from animals that are fed organic, non-pesticide food and are not injected with growth hormones or given excess amounts of antibiotics. They are therefore a much safer and healthier alternative. Meat is quite acceptable during the D-Tox; just be mindful of the proportions that you eat.



WATER

Water is important while on the Herbal D-Tox program. Remember it is best to drink either spring, distilled or reverse osmosis water (not tap water), or herbal teas while cleansing. Rather than recommending a minimum number of glasses per day, it is suggested that you don't wait until you are thirsty to drink water. At this point, you are already becoming dehydrated. Try to consume as much as comfortable, keeping 1.5 – 2 litres as a general guideline, including herbal teas. Liquids will help to flush toxins from your body.

IN CONCLUSION

At first this might appear to leave very little to eat, but your diet can be quite exciting and creative.

REGARDING CANDIDA

The Wild Rose Herbal D-Tox program is also suited to eliminating excess Candida. For your interest we have included information about Dr. Willard's Candida program, beginning on page 120.

This includes a diet (very similar to the D-Tox diet) that one can follow immediately after the 12-day Herbal D-Tox program, if an overgrowth of Candida is suspected. A complete guide to this diet is included at the end of the book, along with questionnaires for self-assessment.

If you are considering a Candida program after the D-Tox, the Wild Rose Cand-Aid program contains the appropriate supplements all in one kit.

WILD ROSE MEAL PLAN



It is recommended that you use organic foods as much as possible on this program. If organic food is not available, obtain the freshest foods you can find.

MOST RECOMMENDED

COLUMN 1

Eat less than 20% of your diet from this column.

COLUMN 2 AND 3

Eat 80% or more of your diet from both of these columns

COLUMN 1	COLUMN 2	COLUMN 3
Protein Foods Acid Forming Foods	Starch Foods Alkaline Forming Foods	Bulk Forming Foods Neutral Foods
<ul style="list-style-type: none">• Fish (Cod, Red Snapper, Sole, Halibut, Sea Bass, Salmon, etc) <p>Note: you can eat all you want even if over 20% of total diet</p>	<ul style="list-style-type: none">• Almonds• Brown Rice• Millet, Quinoa• Buckwheat	<ul style="list-style-type: none">• Chives• Garlic• Onions (includes leeks, green onions, shallots, etc)• Ginger• Tea (herbal or green tea only; without milk or sweetener)• Water



ACCEPTABLE DURING PROGRAM

COLUMN 1

Eat less than 20% of your diet from this column.

COLUMN 2 AND 3

Eat 80% or more of your diet from both of these columns

COLUMN 1	COLUMN 2	COLUMN 3
Protein Foods Acid Ash Positive	Starch Foods Alkaline Ash Negative	Bulk Forming Foods Neutral Ash
<ul style="list-style-type: none"> • Beans (dried), fresh are in Column 3 • Beef • Bison • Coffee (Black - maximum two cups per day) • Eggs (whole) • Lamb • Lentils • Liver • Most Nuts (except almonds and brazils. See column 2) • Peas (dried) • Poultry • Prunes (cooked) • Rhubarb (cooked) • Rice (white) • Soy Beans • Tea (black) • Wheat Germ • Whole Grains (most) 	<ul style="list-style-type: none"> • Apples • Apricots • Berries • Brazil Nuts • Filberts • Hazelnuts • Cherries • Peaches • Pears • Plums • Nectarines • Popcorn • Potatoes (baked) • Pumpkin • Squash • Tomatoes (fresh) • Lemons and Limes (as seasoning) • Sweet Potatoes and Yams • Tahini and Sesame seeds 	<ul style="list-style-type: none"> • Arugula; • Artichokes • Asparagus; • Avocado • Beans (fresh) • Beets and Beet Greens • Bok Choy; • Broccoli • Brussel Sprouts • Butter • Cabbage; Carrots • Cauliflower; • Celery • Collard; Chard • Corn; Cucumbers • Dandelion; • Eggplant • Endive; Escarol • Herbs (Culinary for seasoning) • Peas • Green Peppers/ Red Peppers • Kale; Kohlrabi; • Lettuce • Mustard Greens; • Okra • Olive Oil; Parsley • Parsnips; • Peppermint • Radicchio; • Radishes • Rutabagas; Sea Weeds, Sorrel • Spinach; Turnips • Watercress

NOT RECOMMENDED

COLUMN 1

Not Recommended

COLUMN 2 AND 3

Not Recommended

COLUMN 1	COLUMN 2	COLUMN 3
Protein Foods Acid Ash Positive	Starch Foods Alkaline Ash Negative	Bulk Forming Foods Neutral Ash
<ul style="list-style-type: none">• Buttermilk• Cheese (natural)• Shellfish• Yogurt	<ul style="list-style-type: none">• Bananas• Cantaloupe• Currants• Dates and Figs• Flour of any kind• Fruit Juice• Grapes• Honey; Malt• Maple Syrup• Melons• Molasses• Pasta (i.e., macaroni, spaghetti)• Pineapple• Raisins• Soups thickened with flour or cream• Tropical fruit	<ul style="list-style-type: none">• Cottage cheese• Mushrooms

NOT RECOMMENDED AT ANYTIME

- CAKES
- CANDY
- CEREAL (PROCESSED)
- FLOUR GRAVY
- ICE CREAM
- JAMS AND JELLIES
- PEANUTS
- PIES AND PASTRIES
- SUGAR (WHITE OR BROWN)



Open up the spice cupboard! Use everything from curry and tumeric, to massala and cayenne. Plus all your favourites from the garden.

You can have salt, pepper, as well as unsweetened rice or almond milk in moderation.

BREAKFASTS

Breakfast is the most important meal of the day while on the D-tox. **DON'T SKIP IT!!**

A driver of a vehicle would not think about traveling for an eight-hour stretch without planning to fuel up periodically. Nourishment is about fueling the body to function properly and breakfast can play an important role in establishing a good head start to the day.

For many, breakfast is a time where North Americans load up on products containing sweeteners and flour products such as muffins, cold cereals and pancakes. Since these products are omitted during the D-tox meal plan, a popular question we hear is, “*What can I eat for breakfast?*” There are many simple, quick ways of preparing foods for breakfast. We have listed a few ideas here, and with a little imagination and experimentation you will create your own combinations for a healthy and fulfilling meal.

Cooked cereal grains have been central to cultures around the world for thousands of years. The Russians have buckwheat, the Chinese and Japanese have rice, the Scottish and Irish have oats, central America has corn and the great plains of Canada and the United States have wheat and rye.

-
- + Mix cooked rice, almond or rice milk in a small pot over medium heat to desired temperature. Add almonds, sunflower seeds, fruit and coriander powder.
 - + Mix ½ cup flaxseeds (freshly ground flaxseeds are OK, but not flaxseed oil) with a grated apple or 3 tbs.- unsweetened applesauce and cinnamon to taste.
 - + You may add chopped apples, one to two teaspoons of vanilla, which adds natural sweetness, and cinnamon to the oats while cooking for additional flavor.

- + Top rice cakes or corn thins with tahini, almond or cashew butter. For variation and crunch you can sprinkle them with sesame or sunflower seeds.
 - + Try a combination of grains (see Cooking Grains) and top them with mashed peaches, strawberries, chopped apples, and other fruits listed under column 2 on the meal plan.
 - + Leftover hot cereals can be molded into the bottom of a cake pan and placed in the refrigerator to solidify for a few hours or overnight. Cut it into squares and cook them in a small amount of butter and sprinkle with a combination of chopped nuts, seeds, cinnamon or cardamom and chopped fruit.
 - + Blend up your own apples, strawberries, pears etc. and pour a small amount on your cooked cereal grains to add moisture. **Remember** - Although many can have as much fruit as desired on this meal plan, if you suspect a Candida (yeast) problem or are hypoglycemic, you are allowed only one serving of fruit per day – no more than the mass of an average-sized apple.
-



Healthier Cleansing Tip: Herbal teas are a great “pick me up” when doing a cleanse.



If you are feeling creative, try making your own homemade “milk” in a blender, using 1 part almonds and/or cooked grains, with 4 parts water and a pinch of cinnamon, vanilla powder, or cardamom. If you like a smoother “milk”, strain through a nut milk bag or cheese cloth before adding the flavouring.

EGGS IN SWEET POTATO SHELLS

SERVES 1

- + 1 large Sweet Potato
- + 2 eggs
- + 4 tsp coconut oil (or butter)
- Pinch of salt (optional)

1 Preheat the oven to 200C (400°F). Pierce the potato with a fork and let bake for 45 minutes to 1 hour, or until tender.

2 Remove the potato, cut in half lengthwise. Use a fork to scoop out the flesh leaving enough for the shell to keep its shape. 3 Then mash the flesh with the coconut oil (or butter) and salt if desired. Put the mash back in the potato shells leaving a hole for the egg. 4 Crack eggs in a cup, and then tip it into the holes. Now put it back in the oven for about 10 minutes or until egg is set.

GREEN EGGS

SERVES 2

- + 4 eggs
- + ½ cup almond milk
- + 4 cups leafy greens
(spinach, kale, swiss chard, collard etc.)
- + 2 tsp thyme
- + 2 - 6 garlic cloves (chopped or powder)
- Pinch Celtic salt

When my kids were growing up, this was a great favorite. I still pull this one out once in a while in the summer when the garden is full of greens and of course on St. Patrick's Day. 1 Place the eggs, greens, spices and almond milk in a blender, blending until smooth. Ladle into a medium hot, well oiled frying pan. Let it cook a bit then scramble. If you are feeling so skilled, you can let this cook into a nice omelet.

SCRAMBLED TOFU

SERVES 2

This no-cholesterol dish is a replacement for scrambled eggs in the morning. It also makes an easy-to-assemble source of protein, vitamins and minerals at lunch or dinnertime. Be sure to choose tofu made from organic, non-genetically modified soy beans.

- + 1 lb medium-firm tofu
- + 2 tbsp vegetable oil
- + 2 tbsp chopped green onions
- + 1 small clove garlic, minced
- + 2 tsp chopped fresh cilantro or parsley
- + ½ tsp salt
- + ¼ tsp ground cumin
- + ⅛ tsp turmeric powder
- + 1 tbsp salsa, optional

- 1 Place the tofu on a plate, cover with another plate and place a 5-lb weight on top plate for 10 minutes to press out extra liquid.
- 2 Discard the liquid and transfer the tofu to mixing bowl and mash with fork.
- 3 Sauté onions and garlic over medium heat for 1 minute.
- 4 Stir in tofu, cilantro, cumin, salt and turmeric; sauté for 5 minutes. **Stir occasionally.**
- 5 Stir in salsa, if using.



OATMEAL PORRIDGE WITH OIL OR BUTTER

SERVES 2

Butter or oil may sound like an unusual item to put on your cereal, but it's an old European tradition from the era when small opaque bottles of fresh pressed oil were delivered every week by horse and carriage. Try it, and see if you like this way of getting your omega 3's!

- + 2 cups water
- + Pinch salt
- + 1 cup rolled oats
- + ½ tsp fennel seeds and / or cinnamon
- + ½ - ¼ cup almond or rice milk
- + 2 tsp oil or butter, optional

1 Bring water and salt to boil in covered saucepan over high heat. 2 Stir or whisk in rolled oats, fennel seeds and / or cinnamon. Reduce heat, cover and simmer for 15 - 20 minutes (2 to 4 minutes if using quick-cooking oats), stirring occasionally. 3 Transfer to serving bowl and garnish with almond or rice milk and butter or oil, if using.



SWEET BELL PEPPER AND FRESH HERB FRITATTA

SERVES 4-6

Egg dishes are uncomplicated and can be served for any meal of the day. Try substituting vegetables that are in season such as asparagus in the spring, spinach in the summer, roasted peppers in the fall and caramelized onions in winter. This dish can also be made with dried herbs.

+ 2	medium red or white nugget potatoes
+ ½ tbsp	olive oil
+ ½	medium onion
+ ½ cup	red, yellow or orange sweet Bell pepper
+ 6	medium eggs, preferably free range
+ 2 cups	rice or almond milk
+ 1 tbsp	fresh basil
+ 1 tbsp	chopped parsley
+ ¾ tsp	salt
+ ⅛ tsp	black pepper
+ ½ tsp	paprika

1 Preheat oven to 350°F. 2 Slice potatoes into ¼-inch rounds. 3 Form a single layer on the bottom of a slightly oiled 8 x 8-inch baking dish. 4 Sauté onions in olive oil over medium heat for 5 minutes or until onions are soft. 5 Add the bell peppers and sauté for 1 minute. 6 Spread onion mixture evenly over potato layer. 7 In small bowl, beat the eggs, rice milk, herbs, salt and pepper. 8 Pour into dish and lightly sprinkle paprika over top. 9 Bake for 30 minutes or until the eggs have set in the middle.

BAKED STUFFED APPLE

SERVES 2

This tasty recipe is made with Macintosh apples, which are quick to cook, or other varieties such as Golden Delicious or Granny Smith, which may take longer.

- + 2 large apples
- + ¼ cup tahini
- + 1 tbsp chopped toasted or raw almonds or hazelnuts
- + ½ tsp lemon juice
- + ½ tsp lemon rind, grated
- + ½ tsp vanilla
- + ¼ tsp ground cinnamon
- Pinch ground cardamom, optional

1 Preheat oven to 325°F. 2 Pierce top of apple holding paring knife at a 45-degree angle to stem. Rotate knife around top to produce small cone-shaped tops. Set tops aside. 3 Using a melon baller or teaspoon, remove core from apple being careful not to pierce the bottom of apples. 4 In small bowl, stir together tahini, almonds, lemon juice, lemon rind, vanilla, cinnamon and cardamom (if using). 5 Fill apple cavities almost to top with tahini mixture. Replace apple tops. 6 Set apples in baking tray and bake for 15 - 20 minutes or until apples are soft when pierced with toothpick.



DRESSINGS & DIPS

Vinaigrette is a mixture of oil, vinegar and flavourings used to add moisture, flavor and also to enrich the food over which it is poured or tossed. The ratio between oil and vinegar is traditionally three parts oil, to one part vinegar, depending on your taste for tartness. Since the use of vinegar is not permitted on the D-tox diet, the primary acid used in the following recipes is lemon juice. Yes lemons and limes can be used as seasonings. They can add a clean, fresh and bright taste to dressings and since they are milder than vinegar, use them in a ratio of nearly two to one.

The primary functions of the vegetable oil in a dressing is to provide body, richness, mouth feel and to act as a carrier for flavourings such as garlic, fresh herbs, salt and pepper. Remember no Flaxseed oil; use olive, hemp or grape seed oil. Vegetable oils themselves can garner a lot of flavor providing they have not been overly refined. You can find such oils in good Health Food stores. Cold pressed oils such as hemp, olive, or grape seed oil, are crushed at a temperature range between 86-92 F. Oils pressed at these lower temperatures retain important nutritional elements such as the all important omega-3 essential fatty acid. Also, these oils carry the flavor of the seed or nut from which they were pressed.

Try the following suggestions to add variety and flavor to your salad dressing repertoire.

- + Use different oils such as hemp, extra-virgin olive, walnut, pistachio, sesame or sunflower.
- + If you have a need to reduce fat in your diet consider replacing the oil used in a dressing with tomato or other vegetable juice, or vegetable stock. The juice can serve as a good base and provide body and flavor.
- + Fresh herbs such as basil, dill, cilantro, parsley, oregano, tarragon, summer savory, thyme, rosemary and borage add tremendous flavor and freshness.
- + **Remember:** 1 tablespoon of chopped fresh herb is approximately 1 teaspoon of dried herb.
- + Nut and seed butters such as almond, sunflower, and tahini add body, creaminess and lots of flavor to a dressing.

BASIC OIL AND LEMON DRESSING

YIELDS 1 CUP

- + $\frac{2}{3}$ cup vegetable oil (olive, Hemp or grape seed) or a combination of oils
- + 5 tbsp freshly squeezed lemon juice
- + 1 clove finely minced garlic
- + $\frac{1}{2}$ tsp salt
- Pinch pepper

1 Mix all ingredients in a jar and shake vigorously for 1 minute. 2 If possible let sit for 1 hour or longer to allow the flavors to blend together.

BASIC SALSA

YIELDS 3 CUPS

- + $1\frac{1}{2}$ cup tomatoes, diced
- + $\frac{3}{4}$ cup red onions, diced
- + $\frac{3}{4}$ cup red, green or yellow bell peppers, diced
- + 1 jalapeno pepper, seeds removed, minced
- + $\frac{1}{4}$ cup parsley or cilantro, chopped
- + 2 tbsp lemon juice
- + 2 tbsp olive oil
- + $1\frac{1}{2}$ tsp ground cumin
- salt and pepper to taste

1 In a mixing bowl mix together all of the ingredients. 2 Adjust the seasoning. 3 Refrigerate for 3 hours before serving.

CAESAR SALAD DRESSING

YIELDS 1 CUP

Olive oil solidifies when stored in the fridge. If the dressing becomes solid, hold under warm water for a minute or leave at room temperature before serving.

- + 1 egg yolk
- + ¼ cup lemon juice
- + 2 - 3 anchovy fillets
- + 3 cloves garlic, chopped
- + ½ tsp salt
- + ¼ tsp black pepper
- + ⅓ cup vegetable oil
- + ⅓ cup extra-virgin olive oil

1 Place egg yolk in a food processor along with lemon juice, anchovies, garlic, salt, pepper and blend for 1 minute or until ingredients are pureed. 2 Mix the two oils together and add slowly in a steady stream to the processor while it is on high speed. 3 Scrape down the sides of the bowl and blend for 30 seconds. Transfer dressing to a jar and store in the refrigerator.



Try using lime juice instead of lemon juice, for variety.



CREAMY CHIVE DRESSING

YIELDS 2 CUPS

- + 1 package soft tofu (300 grams)
- + 1 cup chopped cucumber
- + 2 tbsp Hemp or Grape seed oil
- + 2 tbsp chives or green onion
- + ½ tsp salt
- Pinch pepper

❶ Empty contents of tofu package into blender. ❷ Add cucumber and oil. Blend for 15 seconds. ❸ Add chives, salt, and pepper. Blend for 5 seconds. ❹ Keeps in the refrigerator for 1 week.

CUCUMBER SALSA

YIELDS 3 CUPS

- + ½ cup diced cucumber
- + ½ cup diced tomato
- + ½ cup diced tart apple
- + ½ cup chopped green onions
- + ¼ cup diced red peppers
- + 1 clove garlic, minced
- + 3 tbsp fresh dill, finely chopped
- + 1 tbsp chopped cilantro
- + 1 jalapeno pepper, seeds removed and minced
- + 2 tbsp lemon juice
- + 2 tbsp olive oil
- salt and pepper to taste

❶ In a mixing bowl mix together all of the ingredients. ❷ Adjust the seasoning. ❸ Refrigerate for 3 hours before serving.

EGGPLANT DIP

YIELDS 3 CUPS

If you prefer a smooth dip, puree the assembled ingredients in a food processor to desired consistency.

+ 2 cups	diced eggplant
+ 2 tbsp	olive oil
+ 1 cup	diced tomato
+ ½ cup	diced green peppers
+ ½ cup	diced red onions
+ ¼ cup	chopped parsley
+ 1 clove	garlic, minced
+ 1 tsp	ground cumin
+ 1 tsp	oregano
+ 1 tsp	chili powder
+ 2 tbsp	lemon juice
+ 2 tbsp	olive oil
	Pinch cayenne, optional
	salt and pepper to taste

- 1 Sauté the eggplant in olive over medium-high heat for 5-7 minutes, or until the eggplant starts to brown.
- 2 Transfer to a mixing bowl mix along with the remaining ingredients.
- 3 Adjust the seasoning.



GUACAMOLE

YIELDS ½ CUP

An old standby, this dip is very soothing. The yield on this recipe is sufficient for two open-faced sandwiches. I often quadruple it when friends are around.

- + 1 avocado
- + ¼ cup diced tomato
- + 1 small clove garlic
- + ½ tsp lime juice
- + ½ tsp cilantro
- + ⅛ tsp salt
- Pinch pepper

1 Mash avocado pulp in a bowl. 2 Add remaining ingredients and mix with a fork until smooth. 3 Season to taste.

Hint: Put a whole avocado pit into the serving bowl with the Guacamole to help keep it fresh longer.



LEMON TAHINI DRESSING

YIELDS 1½ CUPS

This delicious dressing can be used for salad greens, or as a sauce over rice, steamed vegetables, and baked potatoes.

- + ⅔ cup plain almond or rice milk
- + 5 tbsp lemon juice
- + 1 clove garlic
- + ½ tsp salt
- + ½ cup tahini
- + ⅛ tsp toasted sesame oil

1 Place all the ingredients in a blender and puree for 1 minute at high speed.



PEACH SALSA

YIELDS 3 CUPS

- + 1 cup diced peaches
- + ½ cup diced apple
- + ½ cup diced avocado
- + ½ cup diced tomato
- + ⅓ cup diced green onions
- + 1 jalapeno pepper, seeds removed and minced
- + 2 tbsp lemon juice
- + 2 tbsp olive oil
- + 1 tsp toasted sesame oil
- + ¼ cup chopped cilantro
- + 1 tsp ground cumin
- salt and pepper to taste

- 1 In a mixing bowl mix together all of the ingredients.
- 2 Adjust the seasoning.
- 3 Refrigerate for 3 hours before serving.



RED PEPPER DIP (MOUHAMMARA)

YIELDS 1½ CUPS

-
- + 3 Red Peppers
 - + 1 Small Red Onion
 - + ¾ cup Almond (Walnuts are traditional)
 - + 1 - 4 Garlic cloves
 - + ¼ cup Olive Oil
 - + 1 tbsp Cayenne Pepper
(less if you do not like it spicy)
 - + ¼-½ tsp Cumin
 - Lemon Wedge Squeeze
 - Salt to taste

1 For gas stoves, place the whole peppers directly on burners flipping them with tongs until they are black all over. Or if you use an oven, roast for 10-12 minutes at 175°C (350° F) on a greased baking tray, turning approximately every 4 minutes. When finished, peel off the skin and remove the seeds and stems. **2** Chop and sauté onions for 3-5 minutes. Now add all ingredients to the blender. Serve with organic brown rice cakes, or organic corn thins.



SPICY HAZELNUT DRESSING

YIELDS 1½ CUPS

The spice from this dressing comes from the jalapeno pepper. Removal of the seeds creates mild heat. For a hotter dressing add some of the seeds to the recipe. When removing the seeds protect your hands with thin rubber gloves.

- + ⅓ cup hazelnuts
- + ¾ cup olive oil
- + 2 garlic cloves, minced
- + ⅓ cup lemon juice
- + ¼ cup apple juice
- + ½ lemon, grated peel preferably organic
- + ½ jalapeno pepper, minced
- + ½ tsp oregano
- salt and pepper to taste

1 Preheat oven to 350 F. 2 Place hazelnuts on a baking tray and toast in the oven for 15 minutes or until nuts start to brown. Set aside and cool. Chop fine. 3 Whisk together remaining ingredients and add hazelnuts. 4 Adjust the seasoning.



ENTREES

In North America, dinner is often considered the main meal of the day and consequently most of the day's nutrition is consumed at this meal. Unfortunately, these days most people have less time to prepare the proper types of food generally associated with dinner.

Some of the following ideas may be useful around preparing entrees.

- + Double suitable recipes so you have a meal to take to the office for lunch the following day or for the next day's dinner.
 - + Leftovers can also be stored in small containers and frozen so you don't have to eat the same recipe for several meals.
 - + While preparing food for today's meal use the oven or stovetop to start cooking something for tomorrow's meal such as rice for a salad or beans for the next day's entrée.
 - + If you live in a co'op or community, exchange half your entrée with your neighbour. This makes for variety and helps you get to know your neighbours.
 - + Purchase your entrée from a deli and prepare the salad, soup or starch dish at home. These dishes may be easier for you.
 - + Simply serve an entree with a salad.
-

BAKED HERBED HALIBUT STEAK

SERVES 4

The use of fresh herbs makes this dish outstanding. If you do not have fresh herbs, use smaller amounts of the dried product. 1 tablespoon of fresh herbs equals 1 teaspoon of dried herb.

- + 4 x 10 oz. halibut steaks
- + 2 tbsp extra-virgin olive oil
- + 1 tbsp chopped green onions
- + 1 tbsp chopped parsley
- + 1 tbsp fresh chopped basil
- + 1 tsp fresh chopped thyme
- + ½ tsp salt
- + ¼ tsp pepper
- + 2 tbsp lemon juice
- lemon wedges for garnish, optional

1 Preheat oven to 425°F. 2 Wipe fish with dry towel and arrange in baking dish. Brush with oil and sprinkle with salt and pepper. 3 Mix onions, parsley and chopped herbs together in small bowl. Sprinkle mixture over fish along with lemon juice. 4 Bake uncovered for 10 - 12 minutes or until fish flakes easily with a fork. 5 Serve with lemon wedge, if using.



BAKED STUFFED SALMON

SERVES 6

Dressed salmon refers to a fish that has had its head and entrails removed. Leftover salmon can be served on a bed of lettuce greens along with your favorite salad dressing.

+ 3 - 5 lb	dressed salmon
+ 2 tbsp	olive oil
+ ½ medium	onion
+ 1 cup	celery
+ 1 cup	diced apple
+ 2 cups	cooked millet, cooled
+ 2	eggs, beaten
+ ½ cup	vegetable or chicken broth
+ ¼ cup	parsley
+ 2 tsp	dill weed
+ 1 tsp	salt
+ ¼ tsp	pepper
	lemon wedges for garnish, optional

1 Preheat oven to 375°F. 2 Chop onion and celery, then sauté in olive oil over medium heat for 5 minutes. Add apple and transfer to large mixing bowl. 3 Add millet, eggs, broth, parsley, dill weed, salt and pepper. Mix thoroughly. 4 Season inside cavity of salmon with salt and pepper. Stuff cavity of salmon with filling. Close the opening with skewers or toothpicks laced together with string. Place fish on oiled oven-proof platter or cookie sheet. 5 Bake for 10 minutes per inch (height) of fish. To test for doneness, make a ½ inch slit at the thickest part and gently twist knife to peer inside to see if it is done to your taste. 6 To serve, make a deep cut along the backbone and again at right angles to the backbone. Gently lift the fish off the bone and serve a scoop of stuffing with each portion. 7 Serve with lemon wedges, if using.

BISON AND RABBIT STEW WITH JUNIPER BERRIES

SERVES 4 - 6

-
- + 1 Rabbit (you can substitute with chicken or duck)
 - + 1 Bison roast or about 1.8 Kg (4 pounds) of Bison Stew (you can substitute beef)
 - + 4 cups water
 - + 6 Bay leaves
 - + 1 handful of Juniper berries
 - + 8 carrots (chopped)
 - + 4 parsnips (chopped)
 - + 3 medium size onions (diced)
 - + 1 head of garlic (chopped)
 - salt, pepper and other seasoning to desire (1 - 2 tsp. of thyme)

1 Brown the Rabbit first and set aside. Heavily brown the Bison, add in and brown onions and garlic. 2 Add in Rabbit, water and Bay leaves, and juniper, and then slowly stew for several hours 2 - 6 depending on time and heat. Low, slow heat is best. 3 Thirty min before serving, add in parsnips and salt, pepper, (thyme) to taste. 4 About ten minutes before serving add in carrots. 5 This stew is so good that it often gets eaten up in first sitting (depending on the number of guests), but it will keep well-refrigerated for several days, to be heated up again. I have even on occasion had enough to freeze and heat up at a later date with good success.



BLACK BEAN AND CORN LOAF

SERVES 4 - 6

This Mexican style black bean and corn dish is rich in flavor and iron. The addition of acid from the tomato sauce increases the bioavailability of the iron present in the beans.

If using canned beans and / or corn, reduce the amount of salt.

- + 3 ½ cups cooked brown rice
(1 cup raw = 3 ½ cups cooked)
- + 2 cups cooked black beans (19 oz can = 2 cups)
- + 1 cup corn, fresh, canned or frozen
- + 2 tsp vegetable oil
- + ½ onion, diced
- + 1 cup diced celery
- + 1 clove garlic, minced
- + 1 tbsp basil
- + 2 tsp oregano
- + ½ tsp cumin powder
- + ½ tsp salt
- + ¼ tsp black pepper
- + 2 eggs, beaten
- + 2 cups tomato sauce, optional

1 Preheat oven to 350°F. 2 Mix the rice, beans and corn together in a large bowl. 3 Sauté the onions, celery and garlic over medium heat for 5 minutes or until onions are soft. Let cool for 3 minutes and add to bean mixture. 4 Stir in basil, oregano, cumin, salt, pepper and eggs. 5 Pour into lightly oiled loaf pan, cover and bake for 30 - 40 minutes or until set. 6 Serve with tomato sauce, if using.

CHICKPEA AND SQUASH PATTIES

MAKES 5 X 4-INCH PATTIES

The small amount of squash needed for this recipe does not warrant the purchase of a whole squash unless you are able to use the leftovers within 2 – 3 days. Banana or other squash are often cut and wrapped in small pieces. You can always make more (adjust other ingredients in proportion) and have them as leftovers or freeze them for a day that you have less time to cook. The patties are very tasty when served with Lemon Tahini Dressing.

- + 1 ½ cups chickpeas, mashed
(1 can chickpeas = 1 ½ cups)
- + 1 cup grated banana squash
- + 1 cup grated potato
- + 1 egg, beaten
- + 2 tbsp chopped green onion
- + 2 tbsp parsley
- + 1 tsp lemon pepper
- + ½ tsp cumin
- + ½ tsp salt
- vegetable oil for frying

❶ Mash chickpeas in food processor using pulse action. Do not puree. Transfer to mixing bowl. ❷ Add squash, potato, egg, onion, parsley, lemon pepper, cumin, salt and mix thoroughly. ❸ To form patties, line a wide mouth jar lid with clear wrap and pack mixture into the lid until the contents are level with the lid. Empty patty into heated skillet. ❹ Fry patty in skillet over medium heat until brown, about 4 minutes. Flip over and repeat.

COCONUT CHICKEN WITH SPINACH

SERVES 2

- + 1 large chicken breast (cubed)
- + 3 cups baby spinach
- + 1 large onion (diced)
- + ½ cup coconut milk
- + 3 tbsp coconut oil
- Handful of almonds
- Salt and pepper to taste

1 Add almonds to blender to chop them up, and then lightly brown in a pan with coconut oil. Set aside. 2 Place coconut milk and spinach in pot, covering and simmer on low heat 3 Add onions to pan for 2 minutes, and then add chicken until thoroughly cooked. 4 Add chicken and onion mixture to the pot with the coconut milk and spinach. 5 Stir and cover for 2 minutes. Serve garnished with toasted almonds, salt and pepper.



FALAFEL

YIELDS ABOUT 22 BALLS
SERVES 3 - 4

This is such a popular dish that is easy to make, healthy and absolutely delicious. Serve it with the Lemon Tahini Dressing. Complementary dishes to the falafel include Tomato Rice Salad, and / or Mediterranean Salad.

+ 2 ½ cups	cooked chickpeas
+ 2 - 3 cloves	garlic, chopped
+ 1	egg
+ ¼ cup	tahini
+ ¾ tsp	salt
+ ½ tsp	ground cumin
+ ¼ tsp	turmeric powder
+ 2 tbsp	chopped parsley
+ 2 tbsp	chopped green onions

1 Preheat oven to 375°F. **2** Place chickpeas, garlic, egg, tahini, salt, cumin, and turmeric in a food processor and puree until smooth. Occasionally scrape down the sides. Transfer to a mixing bowl and add parsley, green onions and mix well. **3** Form 1 ½ inch diameter balls in the palm of your hand and place on a lightly oiled cookie sheet and bake for 10 minutes.



FISH FILLETS AMANDINE

SERVES 4

+ 1 ½ lbs	fillet or pieces of cod, snapper or halibut
+ ¼ cup	slivered almonds
+ ½ tsp	garlic powder
+ ½ tsp	salt
+ ¼ tsp	pepper
+ 2 tbsp	lemon juice
+ 2 tbsp	butter
+ 1 tbsp	vegetable oil
	lemon wedges for garnish, optional

1 Preheat oven to 350°F. 2 Toast almonds in the oven for 5 minutes or until brown. Set aside. 3 Meanwhile season fish on both sides with garlic, salt and pepper. 4 Heat butter and oil over medium heat. When the butter starts to bubble add the fish and cook for 5 minutes. Flip over and continue cooking until the fish flakes when pressure is applied with your thumb or fork. 5 Transfer to serving platter and drizzle lemon juice and almonds over top. 6 Serve with lemon wedges, if using.



GRILLED FISH WITH SALSA

SERVES 4

- + 4 Fish
(Tilapia, Red Snapper, Sole, Sable Fish, etc.)
- + 2 cups diced tomatoes
(about 6 medium plum tomatoes are good)
- + 1 cup Onion, finely chopped (about 1 medium onion)
- + ½ cup cilantro, finely chopped
- + 1 tbsp Chiles (3 Serranos or 1 jalapeño)
- + 2 tbsp olive oil
- + 2 Tbsp fresh squeezed lime juice
- + 1 medium avocado
- Salt and pepper to taste

SALSA

1 Mix together in a large bowl: tomatoes, onions, cilantro, chiles, olive oil and lime juice. 2 Cover and refrigerate for about 1 hour. 3 Remove from refrigerator and let it warm to room temperature.

FISH

1 Rub with olive oil and season with salt and pepper. Cook fish fillets on grill or broiler until tender (do not overcook). 2 Place fish on a serving plate and place salsa on top of the fish. 3 Garnish with slices of avocado and sprigs of cilantro.



ITALIAN STIR FRY

SERVES 4

The cauliflower and broccoli used in this recipe are blanched to reduce the sautéing time. See page 86 for a description of the blanching technique (see 'Medley of Vegetables' recipe). Once the vegetables are removed from the water immerse them in cold water to prevent them from overcooking.

- + 4 tbsp olive oil
- + 1 medium onion, sliced
- + 4 cloves garlic, minced
- + 1 medium zucchini, sliced bite size
- + 1 cup eggplant, diced bite size
- + 1 cup cauliflower florets, blanched
- + 1 cup broccoli florets, blanched
- + 2 tbsp fresh basil
- + 2 tbsp parsley
- + 1/3 cup toasted hazelnuts, chopped
- + 1/2 tsp crushed chili
- Salt and pepper to taste

1 Heat oil in a deep nonstick frying pan, add onions and sauté for 3 minutes or until onions start to brown. 2 Add garlic, zucchini, eggplant and sauté for 2 minutes. 3 Add cauliflower, broccoli, and sauté for 2 minutes. 4 Add basil, parsley, hazelnuts, chili, salt and pepper. 5 Serve on a bed of rice.



LAMB CURRY

SERVES 2

+ 250 g	diced lamb
+ 1	large onion, chopped
+ 2	handfuls chopped spinach
+ 400 mL (14 fl. Oz.)	lentils soaked and pre-cooked
+ ½ - 1 tbsp	ginger, thinly sliced
+ 2 - 5	cloves garlic, crushed
+ 2 tsp	rosemary
+ 1 tsp	cumin seeds
+ 1 tsp	fennel seeds
+ ½ tsp	garam masala
+ ½ tsp	curry powder

1 Brown onions and add lamb in a saucepan, adding garlic and spices. Stir until spices are aromatic, and then add 60 ml (1/4 cup) water. Leave to simmer for about 5 minutes, making sure not to burn it. 2 Add about 240 ml (1 cup) more water and half the lentils, puree the rest of the lentils and add to make the sauce. Leave to reduce to desired thickness, then stir in the spinach about a minute before serving.



LEMON PEPPER BAKED CHICKEN

SERVES 4

This is a very simple recipe. Fryer chickens can be found at the market already cut up into 4 pieces.

- + 1 fryer chicken, quartered
- + ¼ cup lemon juice
- + 2 tbsp vegetable oil
- + 2 tbsp lemon pepper
- + ½ tsp salt

1 Preheat oven to 350°F. 2 In a large mixing bowl combine lemon juice, oil, lemon pepper, and salt. 3 Dredge the chicken in the lemon mixture then place the pieces onto a cookie sheet. Pour the remaining liquid evenly over the chicken. 4 Bake for 30 - 40 minutes or until the chicken is cooked.



LENTIL DHAL

2 - 4 SERVINGS

India has a rich vegetarian tradition rooted in 5000-year-old traditions. Dahl, which translates into soup and lentils, makes a rich and thick dish common to households and restaurants alike. Serve this dish over a bed of Rice Pilaf : page 88.

- + 1 tbsp Olive or grape seed oil
- + ½ onion, diced
- + ½ cup carrots, diced
- + ½ cup celery, diced
- + 2 cloves garlic, minced
- + 2 tsp minced ginger root
- + 1 ½ tsp curry powder
- + ½ tsp cumin powder
- + 2 ½ cups vegetable stock or water
- + 1 cup brown or green lentils
- salt to taste
- + ¼ tsp pepper

❶ Sauté onions, carrot, celery, garlic and ginger in oil over medium heat for 3 - 5 minutes or until onions are soft. ❷ Add curry and cumin and sauté for 2 minutes stirring constantly to avoid scorching the spices. ❸ Stir in stock, lentils and bring to boil, reduce heat, cover and simmer for 45 - 50 minutes or until the lentils are soft. ❹ Add salt and pepper to taste.



LEEK, EGGPLANT AND POTATO CASSEROLE

SERVES 4-6

-
- + 4 hard boiled eggs, sliced
 - + 3 large potatoes
 - + 1 large eggplant (1/3 inch slices)
 - + 2 tbsp butter
 - + 1 tsp paprika
 - + 2 tbsp olive oil
 - + 6 leeks, most green removed, sliced
salt and pepper to taste

1 Preheat oven to 350°F. 2 Prepare eggs and set aside to cool before peeling. 3 Peel and slice potatoes, ¼-inch thick, and blanch in boiling salted water for 5 minutes or until potatoes are cooked. Toss blanched potatoes in butter and paprika until butter is melted. 4 Brush eggplant with olive oil, season with salt and pepper and grill, broil or bake until browned on both sides. 5 Sauté leeks in olive oil until transparent. Season with a bit of salt and pepper. 6 In a lightly oiled loaf pan, form a layer using ½ the potatoes. 7 Form a layer of eggs followed by leeks and end with remaining potatoes. 8 Bake for 40 - 50 minutes or until golden brown. Remove from oven, cover and let rest for 10 minutes.



MARINATED GRILLED LIME CHICKEN

FOR 2 SERVINGS (CUT IN 1/2 IF DESIRED)

- + 2 chicken breasts
- + 2 limes
- + 4 - 8 garlic cloves
- + 4 chilies
- + 2 tbsp olive oil

1 Add all ingredients (apart from the chicken) into blender or food processor and blend. Pour into a Ziploc bag with the chicken breast, seal it and let it marinate in the refrigerator for 30 minutes. 2 On a hot pan or grill, cook the chicken for around 5 minutes on each side, or until it's cooked thoroughly.



SESAME TOFU WITH DIPPING SAUCE

SERVES 2 - 4

This dish can serve 4 as an appetizer, or it can serve 2 as an entrée. Organic chicken breasts can be used instead of tofu.

SESAME TOFU

- + 1 lb firm tofu
- + 1 egg white
- + ½ cup sesame seeds
- + 2 tbsp vegetable oil

1 Cut tofu into ½" thick slices and marinate in ½ of dipping sauce (see below) for 30 minutes. 2 Remove tofu slices from marinade. Dry them with paper towel. 3 Dip tofu in beaten egg white then coat with sesame seeds. 4 Brown tofu slices over medium heat in a non-stick pan for 2 minutes. Flip over and repeat on the other side.

DIPPING SAUCE

- + ½ cup vegetable stock
- + 4 tbsp lemon juice
- + 2 tbsp vegetable oil
- + 2 tbsp chopped green onions
- + 2 tbsp chopped cilantro
- + 1 tbsp sesame oil
- + 2 tsp peeled, minced ginger
- + 2 tsp minced garlic
- Pinch cayenne pepper
- salt and pepper to taste

1 Combine all ingredients in a mixing bowl.

VEGGIE NASI GORENG (INDONESIAN FRIED RICE)

SERVES 4

- + 1 cup uncooked Wild, Brown Rice or mixture
- + 4 Eggs
- + 2 Yellow, Red or Orange Peppers
- + 4 Red Onions
- + 2 Carrots (sliced with a potato peeler)
- + 4 Red Chilies
- + 5 - 10 Garlic Cloves
- + 4 Spring Onions (cut lengthwise)
- Cilantro (large handful, to desired)
- + 8 tablespoons Sesame Oil

❶ Cook rice as directed and set aside. ❷ Scramble or fry eggs and also set aside. ❸ Add two onions, half a chili, and garlic to blender to make a paste. ❹ Add oil and the paste (from blender) to frying pan and fry 3 minutes, then add thinly sliced onions, red chilies, yellow peppers and carrots for another 3 minutes. ❺ Add the rice for 2 minutes, then the eggs, thinly sliced spring onions and cilantro for another minute and serve.



VEGETABLE GOULASH WITH BEANS

SERVES 4

Hungary is the country of origin of the authentic Goulash. This recipe is an adaptation of the classic.

+ 1	medium onion, diced
+ 3	garlic cloves, minced
+ 2	bay leaves
+ 1 tsp	marjoram
+ 2 tbs	paprika, preferably Hungarian
+ 1 large	ripe tomato, diced
+ 2 cups	cauliflower rosettes
+ 1 cup	carrots
+ 2 cups	vegetable stock or water
+ 3 cups	cooked pinto or white beans
+ 1 cup	zucchini, diced
+ ½ cup	green peppers, diced
+ ½ tsp	crushed chili peppers [optional]
	salt and pepper to taste

1 Sauté onions, garlic, bay leaves and marjoram in oil until onions are transparent. 2 Add paprika, tomato and simmer until liquid is evaporated. 3 Add cauliflower, carrots and stock. Simmer for 15 minutes. 4 Add beans, zucchini, and green peppers and simmer for 10 minutes or until zucchini is cooked. 5 Adjust the seasoning, and serve over rice or polenta.



VEGETABLE FRIED RICE

SERVES 4

This dish goes well with the sesame tofu and dipping sauce on page 61. Brown or white rice can be used in this recipe.

+ 1 cup	raw rice, cooked and cooled
+ 2 tbsp	Olive or Grape seed oil
+ ½	medium onion, sliced
+ 1 tbsp	fresh ginger, minced
+ 1 cup	carrots
+ 1 cup	cabbage
+ 1 cup	broccoli, diced
+ ¼ cup	vegetable stock
+ 1 tbsp	lemon juice
+ ½ cup	green peas
+ ½ cup	corn
+ 2 tsp	Chinese 5-Spice
+ 2	eggs, beaten
+ ¼ cup	cilantro
+	salt and pepper to taste

① Heat wok or deep non-stick frying pan over high heat. Add oil, onions and ginger and stir-fry for 30 seconds. ② Add carrots, cabbage and broccoli. Stir-fry for 2 minutes. ③ Add 2 tbsp of stock, cover and steam for 2 minutes. ④ Remove cover, add peas & corn, stir fry for 2 minutes. Season with Chinese 5-spice and salt and pepper to taste. ⑤ Add eggs and cook for 1 minute. Add rice and stir-fry until rice is heated through. ⑥ Stir in remaining stock and cilantro.

WHOLE BAKED CHICKEN

SERVES 4

Whole organic chickens are often sold frozen. If you don't know how to cut up a chicken this recipe allows you to work with the whole bird.

- + 3 - 5 lb whole chicken fryer
- salt
- pepper
- + 2 cloves garlic, chopped
- + ½ tsp thyme
- + ¼ cup vegetable oil

1 Preheat oven to 350°F. 2 Season the cavity of the bird with a sprinkle of salt and pepper as well as the garlic. Brush the outside of the chicken with oil and season with salt, pepper and thyme. 3 Position chicken on baking sheet and place on the middle shelf of the oven. 4 Bake for 1 ½ hours, or until the bird is cooked. 5 To test the bird for doneness, pierce the thigh or breast with a skewer. If the juices run clear the chicken is cooked.



PAPRIKA - OREGANO CHICKEN BREAST

SERVES 4

The chicken used in this recipe can be boneless or bone-in. If using bone-in, increase the cooking time by approximately 10 minutes.

- + 4 split chicken breasts
- + 2 tbsp olive or grape seed oil
- + 2 tsp oregano
- + 1 tsp paprika
- + ½ tsp salt
- + ¼ tsp pepper

1 Preheat oven to 350°F. 2 Brush chicken with oil and set aside. 3 In a small bowl, mix together paprika, oregano, salt and pepper. Evenly sprinkle mixture to both sides of the chicken and place on a cookie sheet. 4 Bake for 25 - 30 minutes or until chicken is cooked.



QUINOA MEATLOAF

SERVES 2 - 4

-
- + 1 pound minced beef
 - + 2 eggs
 - + ¼ cup uncooked quinoa
 - + 1 medium onion
 - + 3 - 6 garlic cloves
 - + 2 chilies
 - + 1 tbsp coconut oil or olive oil
 - + 2 tsp Thyme
 - + 1 tsp Rosemary
 - pinch black pepper (to taste)
 - + 1 tsp salt

- ❶ Cook quinoa as directed. Preheat oven to 350°F.
- ❷ Add onion, chili, and cloves to finely minced beef.
- ❸ Add cooked quinoa and all ingredients to a large bowl and mix together.
- ❹ Grease a loaf tray with coconut or olive oil, then add the mixture and bake for 1 hour.



SALADS

Salads are a very good vehicle for consuming your daily requirement of fresh vegetables. Vegetables are considered 'protective foods' as they offer protection to the body due to their content in vitamins, particularly C and A. Both are antioxidants that protect us from the damaging effect of free radicals. At present the scientific community has a strong interest in fruits and vegetables because of the identification of phytochemicals in these foods that are said to have even more powerful attributes than vitamins.

The varieties of salad are endless. They can be made with almost any fruit and vegetable and complimented in taste with a well-flavored salad dressing. To add variety to your repertoire try some of the following ideas as a base or as additional ingredients for your salad.

- + Tender greens such as oak leaf lettuce, butter lettuce, purslane, red leaf and romaine.
 - + Bitter greens such as chicory, dandelions, endive, radicchio and escarole.
 - + Hot greens such as watercress, mustard greens, arugula and nasturtium leaves and flowers.
 - + Cabbage leaves such as kale, Napa cabbage, Chinese cabbage, Suey choy and bok choy.
 - + Sprouts such as mung bean, soy bean, alfalfa, red clover, radish, sunflower seed and mustard seed.
 - + Leftover grains such as brown rice, wild rice, millet, quinoa, couscous, and bulgur.
 - + Legumes such as black beans, garbanzos, kidney beans, white beans, and lentils.
 - + Fresh herbs such as basil, dill, cilantro, parsley, oregano, tarragon, summer savory, thyme, rosemary and borage.
-

BEEF QUINOA SALAD

SERVES 2 - 4

-
- + 1 cup cooked quinoa (warm)
 - + ½ cup cooked, peeled beets
 - + 6 shredded medium sized carrots
 - + 2 apples (peeled and sectioned)
 - + 1 handful of pecans, lightly dry roasted
 - + 2 tbsp olive oil

❶ Combine all ingredients with warm quinoa, stir and serve.

BROCCOLI-CAULIFLOWER CAESAR SALAD

SERVES 3 - 4

-
- + 2 cups broccoli florets
 - + 2 cups cauliflower florets
 - + 6 tomato wedges
 - + 2 tbsp parsley, chopped
 - + 2 tbsp garlic chives, chopped
 - + ¼ cup Caesar salad dressing, page 37
 - + ¼ cup pumpkin seeds, toasted
 - + 12 cups romaine lettuce

❶ In a large mixing bowl combine the broccoli, cauliflower, tomatoes, parsley and chives. ❷ Add dressing and toss to coat. ❸ Serve on a bed of romaine lettuce on individual plates. ❹ Garnish with pumpkin seeds and serve.

CHICKPEA SALAD

SERVES 2 - 4

- + 1 ½ cups chickpeas
- + ½ cup cucumber (cut into smallish pieces)
- + 1 ½ cups cherry tomatoes (cut in half)
- + 2 cloves garlic (chopped and crushed)
- + 2 tbsp Italian seasoning (or seasoning of choice)
- + 1 bunch of cilantro (chopped)
- Olive oil, lemon, lime juice for dressing

1 Put in a bowl, stir together and enjoy.



CURRIED RICE SALAD

SERVES 4

This salad can be made with almonds or with leftover cooked chicken or turkey. There are many varieties of curry powder on the market, some mild and some hot. You may need to adjust the amount of curry used in the recipe depending on the 'heat' of the powder you choose.

- + 1 cup raw brown rice
- + 1/3 cup almonds
- or
- + 1 cup cooked chicken or turkey
- + 1/2 cup celery, diced
- + 1/2 cup green pepper, diced
- + 1/2 cup red pepper, diced
- + 2 tbsp green onions, chopped
- + 2 tbsp cilantro chopped
- + 1/4 cup lemon juice
- + 3 tbsp extra-virgin olive oil
- + 1 - 2 tsp curry powder
- + 1 tsp salt
- + 1/8 tsp pepper

1 Cook rice and set aside to cool in a large bowl. 2 Stir in almonds, bell peppers, green onions and cilantro. 3 In a small bowl mix the lemon juice, oil, curry, salt and pepper. 4 Pour the dressing into the rice mixture and mix thoroughly. 5 Adjust seasoning.

GREEN BEAN AND SUNFLOWER SPROUT SALAD

SERVES 2 - 4

Sunflower seed sprouts taste very fresh and just like sunflower seeds. If they are not available, mung bean sprouts are more widely available in supermarkets.

- + 1 cup cut green beans
- + 1 cup sunflower seed sprouts or mung bean sprouts
- + $\frac{3}{4}$ cup julienned carrots
- + $\frac{3}{4}$ cup large red bell pepper, diced
- + $\frac{1}{2}$ cup large cucumber, diced
- + $\frac{1}{4}$ cup green onions chopped, optional
- + 8 cups torn lettuce leaves

1 In large bowl mix green beans, sprouts, carrots, pepper, cucumber, and green onions, if using. 2 Mix in lettuce leaves and toss. 3 Serve with Basic Oil and Lemon Dressing, page 36.



HEMP AND GOJI BERRY SALAD

SERVES 2

- + 2 bunches of arugula (to taste)
- + ½ chopped or shredded red cabbage
- + 3 tbsp Goji berries
- + 1 - 2 ripe avocados chopped
- + 4 - 6 tbsp hemp seeds

DRESSING

1½ tbsp extra-virgin olive oil and freshly squeezed lemon juice

- 1 Combine all the ingredients into a large bowl. Pour dressing over top and mix together.



KALE, CORN AND BEET SALAD

SERVES 4

Cook the beets the day before while preparing for another meal. To easily peel the beets, press their skin with your thumb under water once they are cool enough to handle.

- + 4 cups kale leaves, finely sliced
- + 2 medium cooked beets
- + 1 cup corn kernels, fresh, canned or frozen
- + 1 tsp tarragon leaves
- + ¼ tsp salt
- Pinch pepper
- + ¼ cup Basic Oil and Lemon Dressing, page 36.

❶ Steam kale, with lid partially uncovered, for 3 - 5 minutes. Meanwhile, peel, quarter and slice beets and place in a medium bowl. ❷ Add corn, tarragon, salt, pepper, dressing and toss. ❸ Decoratively arrange salad on a platter or individual plates and serve immediately.



MEDITERRANEAN SALAD

SERVES 4

This salad is similar to a Greek salad but it does not contain black olives and feta cheese. However the flavor is just as full and fresh. Olives that have not been brined with vinegar can be added if desired.

+ 1	medium tomato, diced
+ 1	medium red pepper, diced
+ 1	medium green pepper, diced
+ ½	medium red onion, diced
+ 1 cup	cucumber, diced
+ 2 tbsp	parsley, chopped
+ 2 tbsp	extra-virgin olive oil
+ 2 tbsp	lemon juice
+ 1	clove garlic, minced
+ ½ tsp	oregano
+ ½ tsp	salt
	Pinch pepper

1 In a large salad bowl, mix the tomatoes, bell peppers, onion, cucumber and parsley. 2 In a small mixing bowl, stir together the oil, lemon juice, garlic, oregano, salt, and pepper. 3 Pour over the vegetables, toss and serve.



ORIENTAL GREENS SALAD

SERVES 2 - 4

The combination of suey choy, kale, broccoli mixed with the tahini in the dressing is a fabulous way to consume calcium-containing foods.

- + 1 cup mung bean sprouts
 - + 1 cup suey choy, sliced thin (Chinese cabbage)
 - + 1 cup kale, sliced thin
 - + 1 cup broccoli florets
 - + ½ cup carrots, grated
 - + ¼ cup red pepper, chopped
- Lemon Tahini Dressing, page 41

1 In a large salad bowl, mix the sprouts, suey choy, kale, broccoli, carrots, red pepper and toss. 2 Serve with Lemon Tahini Dressing.



SALMON SEAWEED SALAD

SERVES 2

-
- + 200 grams Salmon (flaked or cubed)
 - + ⅔ cup dried Wakame seaweed
 - + 2 tomatoes
 - + 1 avocado
 - + 2 tbsp lime juice

❶ Soak the Wakame seaweed in a cup with hot water for 5 minutes. ❷ Chop up tomatoes and avocado, and then add everything to a bowl.

SPICY COLESLAW

SIDE DISH FOR 2 - 4

-
- + ½ head purple cabbage, grated
 - + 1 bunch cilantro, finely chopped
 - + 1 carrot, grated
 - + 1 jalapeño pepper, seeded and minced
 - + 1 tsp minced ginger
 - + 2 limes, juiced
 - + 2 tbsp olive oil
 - Pepper and salt to taste

❶ Grate the cabbage and carrots in a large bowl, adding cilantro, carrot, jalapeño and ginger. ❷ Toss with lime, olive oil, and then sprinkle with salt and pepper

SPINACH SALAD

SERVES 2-4

This is an old standard served with a cool cucumber-chive dressing. Olives are generally packed in a brine that often contains vinegar. Ripe black olives packed in water or dried olives can be used for this recipe.

- + 1 large hard-boiled egg
- + 1 bunch spinach leaves
- + 2 tbsp green onions, chopped
- + 1 tsp fresh dill weed, chopped
- + Handful of olives, sliced; adjust to taste
- + ¼ cup Creamy Tofu Chive Dressing, page 38.

1 Prepare the hard-boiled egg and let cool. 2 Wash the spinach thoroughly to remove any grit and sand. Spin-dry the leaves then tear into bite sized pieces. Place the leaves in a serving bowl. 3 Mix in the green onions, dill weed, and olives. 4 Pour dressing over greens and toss or serve the dressing on the side. 5 Peel and slice egg. Arrange slices decoratively on top.



STUFFED AVOCADO SALAD

SERVES 6

The use of imitation crabmeat in this recipe replaces real crabmeat because shellfish is not allowed on the detox diet. Although it is called imitation, this product is actually made from white fish.

- + 3 large avocados
- + 2 tbsp fresh lemon juice
- + 3 hardboiled eggs, chopped
- + ½ tart apple, diced
- + ½ cup imitation crabmeat
(really Alaskan Pollock, a fish)
- + 2 tbsp green onions, chopped
- Pinch cayenne pepper
- salt and pepper to taste
- + 3 tbsp toasted almonds, slivered

1 Cut avocados in half lengthwise and remove pits. Remove flesh with a spoon. 2 Cut avocados into ½ inch pieces, place in a mixing bowl and sprinkle with lemon juice. 3 Add eggs, apple, 'crab,' onions, cayenne, salt and pepper to taste. 4 Spoon into avocado shells. 5 Top with almonds & serve with lemon slices, optional.



TOMATO RICE SALAD

SERVES 4

Serve this salad on a platter over a bed of lettuce greens.

+ 2 cups	cooked brown rice, cooled
+ 2	medium ripe tomatoes, diced
+ 1/3 cup	sunflower seeds
+ 2	medium green onions, chopped
+ 1/4 tbsp	extra-virgin olive oil
+ 2 tbsp	lemon juice
+ 2 tsp	chopped fresh mint or 2/3 tsp dry mint
+ 1/2 tsp	salt
	Pinch pepper

- 1 In a mixing bowl, stir in the rice, tomato, sunflower seeds, green onions, olive oil, lemon juice, mint, salt and pepper.
- 2 Adjust seasoning.



WARM SESAME CUCUMBER RICE SALAD

SERVES 3 - 4

+ 2 tbsp	hijiki seaweed, optional
+ 1 cup	raw brown rice
+ ½ cup	diced cucumber
+ ½ cup	grated carrot
+ 1 cup	broccoli florets
+ 1 tbsp	sesame seeds
+ ½ cup	red pepper
+ 1 tbsp	cilantro or parsley
+ ¼ cup	Basic Oil and Lemon Dressing, page 36 or Lemon Tahini Dressing, page 41.

1 Soak hijiki in cold water for 15 minutes. Discard water and rinse. 2 Meanwhile cook rice. 3 In a mixing bowl combine the soaked hijiki, cucumber, carrot, broccoli, sesame seeds, red pepper, cilantro and dressing. Mix well. 4 Portion the warm rice to individual serving plates and spoon the vegetables over rice or toss rice and vegetables together and serve.



SIDE DISHES

The following side dishes use seasonal ingredients that reflect certain times of the year. They can be served with an entrée to accentuate its taste and nutrition. If a particular ingredient is not available or isn't your favorite, replace it with one you prefer.

These side dishes are prepared on stovetop which is a very effective method of cooking. The transformation of colors, textures and aromas can be very quick through the application of high heat as in a sauté. The change is slower when heat is low and steady as in simmering, such as in a rice pilaf.

Baking and roasting side dishes are also effective methods of cooking but are often reserved for the fall and winter seasons. Vegetables that are most conducive to this technique are tougher, and hardier such as squashes, carrots, beets and onions.

As in all of the categories in this recipe book, side dishes can be varied.

CURRIED CAULIFLOWER AND POTATO

SERVES 2-4

The combination of cauliflower, potatoes and curry is ageless. The amount of curry can be increased or decreased depending on your preference for heat.

+ 1 tbsp	olive oil
+ 1 tbsp	butter
+ 1	large onion, diced
+ 2 tsp	curry powder
+ 1	large potato, diced
+ 2 cups	cauliflower florets
+ ½ cup	water
+ ½ tsp	salt
	Pinch pepper

1 Heat oil and butter over medium heat until the butter starts to bubble. Add onions and sauté for 5 minutes or until onions are soft. 2 Add curry and sauté for 2 - 3 minutes stirring constantly to avoid scorching the powder. 3 Add potato, cauliflower, water, salt, pepper, cover and simmer for 15 minutes or until the potatoes and cauliflower are cooked.



DEVILLED EGGS

SERVES 2 - 4

+ 6	large eggs
+ 2	egg yolks
+ 4 tbsp	lemon (or lime) juice
+ 1/8 - 1/4 tsp	dry mustard
	Cayenne pepper (optional, depending on spiciness desired)
+ 1 tsp	sea salt
+ 1/2 cup	olive oil

❶ Mayonnaise mixture: Add all ingredients (include 2 egg yolks but not the whole eggs) plus a quarter of the oil in blender and blend for 30 seconds. Slowly add the remaining oil to blender until smooth. ❷ Boil the eggs, then remove from stove, place pot in sink and run cold water over them until they are cool. Peel shells from eggs; cut in half and arrange on platter. Scoop out yolk and place into small bowl. Mash egg yolks with the mayonnaise. ❸ Fill the hollowed out egg whites with yolk mixture, and sprinkle a small amount of curry powder over the top. Chill and serve.



GREENS SAUTÉED WITH GARLIC

SERVES 2 - 4

This is a fabulous way to get your greens. Other greens such as collards, mustard, spinach, chard and dandelion can be substituted for the kale or bok choy. Tougher, fibrous greens such as kale and collards need to be steamed before use.

+ 1 tbsp	extra virgin olive oil
+ 1 tbsp	minced garlic
+ ½ tsp	cumin powder
+ ½ tsp	paprika
+ 4 cups	chopped kale leaves
+ 4 cups	chopped bok choy
+ ¼ cup	chopped cilantro leaves
+ 1 tbsp	lemon juice

1 Heat garlic over medium heat for 1 minute or until it just starts to brown. 2 Quickly stir in cumin and paprika for 10 seconds. 3 Add greens and sauté for 1 - 2 minutes until wilted. 4 Stir in lemon juice and serve.



MEDLEY OF VEGETABLES

2 - 4 SERVINGS

This vegetable side dish calls for the cooking technique known as 'blanching'. Cook the vegetables starting with the densest, adding the next dense vegetable until all vegetables are 'al dente', crisp to the bite. Save the blanching water for soup.

- + 5 cups water
- + ½ tsp salt
- + 1 small red onion, diced
- + 1 cup carrots, diced
- + 1 cup cauliflower florets
- + 1 cup broccoli florets
- + 1 cup red pepper, diced
- + 1 cup yellow pepper, diced
- + 2 tbsp vegetable oil or butter
- + 1 tbsp chopped fresh herbs such as basil, dill and cilantro
- Pinch salt
- Pinch pepper

❶ Bring water and salt to a boil. Reduce heat to medium-high. ❷ Add onion, carrots, cauliflower and broccoli to water and cook for 3 minutes. ❸ Add bell peppers and cook for 1 minute. ❹ Meanwhile mix oil or butter, herbs, salt and pepper in a mixing bowl. ❺ Drain vegetables, toss in bowl until butter is melted and serve.



PEAS AND BEANS

SERVES 4

Here is a wonderful summer vegetable side dish.

- + 2 cups snow peas
- + 2 cups green or yellow beans
- + ½ tsp fine herbs
- + 1 tbsp butter
- + ¼ tsp salt
- Pinch pepper

❶ Remove ends and string from peas and beans. Cut them on the diagonal in 1-inch pieces. ❷ Steam them partly uncovered for 2 - 3 minutes. ❸ Transfer to a mixing bowl and add fine herbs, butter, salt and pepper. Toss the peas and beans until butter is melted. ❹ Serve immediately.



RICE PILAF

2 - 4 SERVINGS

This is a tasty rice dish that compliments the Lentil Dahl on page 58. White or brown rice, a variety of rice grown in North America, can be used in place of imported basmati rice. If brown Texmati is used, the cooking time is prolonged to 45 minutes.

+ 1 tbsp	olive oil
+ ½	medium onion, chopped
+ 1 cup	basmati rice
+ ½ tsp	salt
+ ¼ tsp	cumin seeds
+ 3 ½ cups	water
+ 1 cup	peas, fresh or frozen

❶ Sauté onions over medium heat for 5 minutes or until onions are soft. ❷ Add rice, salt, cumin seeds and stir. ❸ Add water, bring to a boil then lower heat, simmer covered for 20 minutes. ❹ Stir in peas and let sit for 5 minutes to heat through.



SAUTÉED ZUCCHINI AND TOMATO

SERVES 4

Here is a simple sauté of vegetables to help you take advantage of the abundance of zucchini and tomatoes that tend to be plentiful all summer long.

+ 1 tbsp	olive oil
+ 1	medium onion, chopped
+ 2	cloves garlic, minced
+ 3 cups	zucchini, diced
+ 3 cups	tomatoes, chopped
+ 1 tsp	basil leaves
+ ½ tsp	oregano leaves
+ ½ tsp	salt
	Pinch pepper

1 Sauté onion over medium heat for 5 minutes or until onion is soft. 2 Add garlic and sauté for 1 minute. 3 Add zucchini, tomatoes, basil, oregano, salt, pepper and continue cooking for 3 - 5 minutes or until zucchini and tomatoes are soft. 4 Adjust seasoning and serve.



STUFFED TOMATOES

SERVES 6

+ 6	large firm tomatoes
+ 2	hardboiled eggs, chopped
+ 2 cups	cauliflower, cooked & chopped
+ 1/3 cup	chopped almonds, walnuts or pecans, reserve 2 tbsp for topping
+ 1/2 cup	green onions, chopped
+ 3 tbsp	parsley, chopped
+ 2 tbsp	basil, chopped
+ 1 tbsp	lemon juice
+ 3 tbsp	melted butter, optional salt and pepper to taste

1 Preheat oven to 350°F. 2 Slice 1/2-inch top off tomato. Scoop out centre using a sharp edged spoon or melon baller. Chop and reserve pulp. Sprinkle inside of tomato with salt. 3 Mix together tomato pulp, eggs, cauliflower, nuts, green onions, parsley, basil, lemon juice, salt and pepper. 4 Scoop filling into tomato cavity, sprinkle top with melted butter, if using, and reserved nuts. 5 Bake for 12 - 15 minutes or until tomato is soft to the touch.



SWEET POTATO WEDGES

SERVES 2

- + 1 large sweet potato
- + 1 tbsp olive oil
- + Mixed herbs (thyme, rosemary, cumin, mild chili powder)
- salt and pepper

Low in calories and high in vitamins and fiber, sweet potato wedges have become a favorite at our house. They are quite satisfying, being both filling and nutritious, so they're a great diet food. **1** Preheat the oven to 200°C (400°F). Peel and cut the sweet potato into wedges. **2** In a bowl, mix together the wedges, olive oil, salt, pepper and the spice of your choice. **3** Place the wedges flat on a baking tray, and bake for about 25 minutes or until tender and golden.



WILD RICE STUFFED ACORN SQUASH

SERVES 2 - 4

-
- + 1 large acorn squash
(or another variety of winter squash)
 - + 1 tbsp olive oil
 - + 2 cloves garlic
 - + $\frac{3}{4}$ tsp ground dill seeds
 - + 4 - 5 green onions
 - + 3 cups cooked wild rice or wild rice/
brown rice blend
 - + $\frac{1}{2}$ cup lightly toasted hazelnuts or walnuts
 - + 2 tbs fresh parsley
 - Sea salt and freshly ground pepper
to taste

1 Cut squash lengthwise and scoop out seeds. Place cut side down on a lightly greased baking dish. Bake at 350°F until tender (about 25 minutes). **2** Chop onions and parsley. Mince garlic. **3** Heat oil in a skillet over medium heat. Add garlic and dill seed. Sauté 1 - 2 minutes. Stir in green onions, parsley, rice and $\frac{1}{3}$ of nuts. **4** Season with salt and pepper to taste. **5** Spoon stuffing into baked squash, press into cavity with back of spoon and pile it high. **6** Arrange stuffed squash in baking dish and sprinkle with remaining nuts. **7** Bake at 350°F for 30 minutes, or until squash is steaming and the nut topping is lightly crisp.



SOUPS

The use of soups during a cleanse can become central to your diet since they are easy to make. They require little attention once the initial preparation of the vegetables is complete and they range from light to hearty. The ability to use fresh vegetables all year long combined with the enormous variety of seasonings permitted on the D-Tox diet can result in a diverse repertoire of nourishing soups.

When soups are eaten in restaurants, delis, or from a can for that matter, the rich flavor can often be attributed to a well-developed stock, the careful use of flavourings and the liberal use of salt. Commercial stocks, whether from a can, cube or powder, often contain surprising amounts of salt. Most stock cubes contain yeast extract and hydrogenated oils; ingredients not permitted on the D-Tox diet.

The liquid portion of the soups in the following recipes calls for either vegetable stock or water. If you prefer, chicken stock can be used. If you are using commercial liquid stocks or powders, the amount of salt called for in the recipes needs to be decreased. If you use water you may find the amount of salt needs to be increased. Adjust the final seasoning carefully and according to your taste and preference.

A recipe for homemade stock has been provided for those who have the time and inclination. This simple stock can be kept on hand in the refrigerator for 4 - 5 days or made in larger quantities and frozen. When making stock from scratch, try substituting different vegetables such as tomatoes, fennel, leeks or herbs such as basil, rosemary and coriander. Avoid the cabbage family of vegetables in your stock as their taste and odor can be overpowering.

COD CHOWDER

SERVES 4

Any firm fish could be used in this recipe, especially cold water fish such as salmon, halibut, sea bass or red snapper. Wild fish is preferable since it is a cleaner product than farm raised species.

+ 1.5 lbs	fresh cod cut into large chunks
+ 3 tbsp	olive oil
+ 1 cup	onions, diced
+ 1 cup	carrots, diced
+ 1 cup	celery, diced
+ 1 cup	cabbage, diced
+ 2 cloves	garlic, minced
+ 3 cups	pureed fresh tomatoes or canned
+ 2 cups	vegetable stock or water
+ 1 cup	diced potatoes
+ ½ tsp	thyme
+ ½ tsp	oregano
+ 2 tbsp	chopped fresh basil
	salt and pepper to taste

❶ Sauté onions, celery, carrots and cabbage in olive oil over medium heat for 5 minutes. ❷ Add garlic, tomatoes, stock, potatoes, thyme and oregano. ❸ Bring to a boil, reduce heat, cover and simmer for 7 minutes. ❹ Add fish, bring to a simmer again & heat until fish is just cooked through, about 5 minutes. Do not overcook! ❺ Adjust seasoning, add the basil & serve.



CREAM OF CAULIFLOWER SOUP

SERVES 4 - 6

Chopped cooked cauliflower florets and toasted sunflower seeds can be added as a garnish just before service.

+ 1	onion, chopped
+ 2 tbsp	olive oil
+ 3	garlic cloves, minced
+ 3 cups	cauliflower, diced
+ 2 tsp	oregano
+ 6 cups	vegetable stock
+ 2 cups	almond or rice milk
+ 1 cup	firm tofu, mashed
+ ¼ cup	green onions, chopped
+ 2 tbsp	parsley, chopped
+ 2 tbsp	lemon juice
	Pinch cayenne pepper
	Salt and pepper to taste

- 1 Sauté onions over medium heat for 5 minutes or until they start to brown.
- 2 Add garlic, cauliflower, oregano, and stock, bring to boil, reduce heat, cover and simmer for 30 minutes.
- 3 Transfer soup to food processor, add almond milk and tofu. Puree until smooth.
- 4 Return to pot on stove and heat to just below boiling point.
- 5 Add green onions, parsley and lemon juice.
- 6 Adjust seasoning and serve.



CURRIED RED LENTIL SOUP

SERVES 2 - 4

+ 1 ½ cups	red Lentils
+ 5 cups	water
+ 1 tsp	olive oil
+ ½ tsp	salt
+ 1 tbsp	butter or Ghee
+ 1	medium diced onion
+ 1 tsp	turmeric
+ 1 ½ tsp	ground cumin
+ 1 ½ tsp	ground coriander
+ ¼ - ½ tsp	crushed red pepper to taste
+ 2 tbsp	vegetable Broth

1 Rinse Indian red lentils under cold water and strain.
2 Put in 3 quart saucepan along with water, oil and salt.
3 Bring to a boil and cook uncovered for 20 minute (stirring occasionally). 4 In a small skillet heat butter or ghee and broth. 5 Add onions, garlic and spices; cooking for about 3 minutes, or until the onion begins to get tender. 6 Add contents of the skillet to the lentils stir and cook for about 20 more minutes. 7 You can adjust the thickness by adding water if needed. It can be eaten immediately, but is best if left to cool for 1 - 2 hours and reheated. Serve with a pat of butter or Ghee.



GREEN SOUP WITH GINGER

SERVE 4 - 6

+ 2 tbsp	olive oil
+ 1	large onion, chopped
+ 1	teaspoon Celtic salt
+ 2	large leeks, white and green parts, sliced
+ 2 cups	greens (swiss chard, kale, spinach, collards, etc.)
+ 2 - 6 tbsp	fresh ginger, minced (plus more to taste)
+ 2	quarts chicken stock (or vegetable stock)
+ 1 - 2 tbsp	fresh lemon juice

1 Cook onions with salt, in a large oiled pot over low heat until soft and golden, about 15 - 20 minutes. **2** Add in leeks, cooking for an additional 10 minutes. **3** Add greens and ginger, sautéing for 5 minutes more. **4** Then add chicken or vegetable stock and cook for 10 additional minutes. **5** Add lemon and it is ready to eat. I find it is nicer if you puree at this point, either with a wand or a good blender.



MOROCCAN CHICKPEA AND MILLET SOUP

SERVES 4

This mixture of vegetables, spices, cereal grain and peas makes for an intriguing and delicious soup.

+ 2 tbsp	olive oil
+ 1 medium	onion, diced
+ 2 cloves	garlic, minced
+ 1 cup	celery
+ 1 cup	peeled, diced yam
+ 1 cup	cooked chickpeas
+ ½ cup	raw millet
+ 1 whole	star anise
+ 1 ½ tsp	ground cumin
+ ¼ tsp	turmeric
+ ¼ tsp	nutmeg
+ 3 - 4	lemon slices
+ 4 cups	water
+ 1 tsp	salt
+ Pinch	pepper
+ 2 tbsp	chopped cilantro

❶ Sauté onion, garlic, and celery over medium heat for 5 minutes or until onion is soft. ❷ Add yams, chickpeas, millet, cloves, cumin, turmeric, nutmeg, lemon slices, water, salt and pepper, bring to a boil, reduce heat and simmer for 20 minutes or until yams and millet are cooked. ❸ Add the cilantro and serve.



KITCHERI

SERVES 4 - 6

The 5000-year-old self-healing system in India known as Ayurveda prescribes a rice and mung bean dish called kitcheri. According to the system, this dish is soothing and balancing to all body types and can be eaten for breakfast, lunch or dinner.

+ ½ cup	basmati rice
+ ¼ cup	split mung beans
+ 1 tbsp	ghee or olive oil
+ 1 tsp	cumin seeds
+ 1 tsp	crushed coriander seeds
+ 1	medium onion, chopped
+ 3 cloves	garlic
+ ¼ tsp	cracked black pepper
+ 5 whole	cloves
+ 6 cups	water
+ 1 cup	carrots, sliced or chopped
+ 1 cup	green beans, chopped
+ 1 cup	zucchini, chopped
+ 1 tsp	salt

- 1 Wash rice and beans under cold water. Set aside.
- 2 Heat cumin and coriander seeds in the ghee over medium heat until seeds start to brown, about 3 minutes.
- 3 Add onion, garlic, pepper, cloves and sauté for 3 minutes or until onions are soft. Add rice, mung beans, water and bring to a boil. Reduce heat, cover and cook for 30 minutes.
- 5 Add carrots, green beans, zucchini and salt.
- 6 Cook for 15 - 20 minutes or until carrots are cooked.
- 7 Adjust seasoning.

FRESH BEET BORSCHT

SERVES 4

Squeeze beets once they are grated and reserve the liquid. Adding it to the soup at the end of the cooking time will enhance the fresh beet flavor. The color of the soup will also be revived to a beautiful ruby red.

+ 1 tbsp	olive oil
+ ½	medium onion, diced
+ 1 tsp	caraway seeds
+ 2 cups	green cabbage, shredded
+ 2 cups	beets, grated & juice reserved
+ 6 cups	vegetable stock or water
+ 1 tbsp	lemon juice
+ 1 tbsp	fresh dill, chopped
+ ⅛ tsp	marjoram or basil
	salt & pepper to taste

❶ Sauté onions, caraway seeds and cabbage over medium heat until cabbage is soft. ❷ Add beets and stock. Bring to a boil, reduce heat & simmer uncovered for 15 minutes. ❸ Stir in reserved beet juice, lemon juice, dill, marjoram or basil, salt and pepper. Heat but do not boil. ❹ Adjust seasoning and serve.



CURRIED SPINACH SOUP

SERVES 4

The addition of potato and rice gives the soup a velvety smooth texture when its pureed.

+ 1 bunch	spinach
+ 2 tbsp	vegetable oil
+ 1	onion, diced
+ 2 large	cloves garlic
+ 1 tsp	ginger root, chopped
+ 2 tsp	curry powder
+ 6 cups	water
+ 1	large potato, diced
+ 1/3 cup	raw basmati rice
+ 1 tsp	salt

1 Wash spinach thoroughly to remove any grit and dirt. Set aside. 2 Sauté the onion over medium heat for 5 minutes or until soft. 3 Add garlic, ginger, curry and sauté for 3 minutes stirring constantly, so curry does not burn. 4 Add water, potato, rice and salt. Bring to a boil, reduce heat, cover and simmer for 15 minutes or until rice and potato are cooked. Add spinach and cook for 3 minutes. 5 Transfer soup to a blender and puree until smooth. Return to pot, heat and serve.



VEGETABLE CHOWDER

SERVES 4

This soup is hearty and goes down well when the weather is cooler since ginger root has a warming effect on the body.

+ 1 cup	chopped potatoes
+ 2 tbsp	olive oil
+ ½	medium onion, diced
+ 1 tsp	ginger root, peeled & minced
+ 1 cup	carrots, diced
+ 1 cup	celery, diced
+ 1 ½ cups	potatoes, diced
+ 3 cups	vegetable stock or water
+ 1 tsp	oregano
+ ¼ tsp	nutmeg
+ 2 tbsp	chopped parsley
	salt and pepper to taste

- 1 Cook potatoes for 25 minutes or until soft. Mash and set aside.
- 2 Sauté onions, ginger, carrots and celery over medium heat for 3 minutes or until vegetables start to brown.
- 3 Add potatoes, stock, oregano, nutmeg and bring to a boil, reduce heat, cover and simmer for 10 minutes.
- 4 Add parsley, mashed potatoes and squash. Bring to boil again and adjust seasoning.



VEGETABLE RICE SOUP

SERVES 4

To reduce the cooking time by 30 minutes, this soup can be made with leftover rice. Leftover cooked chicken or turkey can also be added to the soup. Sautéing the vegetables well brings out their natural sugars, therefore a key to developing flavor for any dish that calls for 'sautéing' vegetables.

+ 7 cups	stock or water
+ ½ cup	raw brown rice
+ 2 tbsp	olive oil
+ ½	medium onion, diced
+ 1 cup each	carrots, celery, parsnips, diced
+ 4 cloves	garlic
+ 1 tsp	oregano
+ ½ tsp	cumin
+ ½ tsp	thyme
+ 1 cup	cooked chicken or turkey, optional
+ 2 tbsp	chopped parsley
+	salt and pepper to taste

1 Bring stock and rice to a boil, reduce heat, cover and cook for 30 minutes. 2 Meanwhile, sauté onions, carrots, celery and parsnips in oil over medium heat for 5 minutes or until vegetables start to brown. 3 Add garlic, oregano, cumin, thyme and cook for 30 seconds. 4 Stir into the stock along with the chicken or turkey, if using. 5 Continue cooking for 15 minutes or until rice is cooked. 6 Just before serving add parsley and heat through. 7 Adjust seasoning and serve.

VEGETABLE STOCK

MAKES 6 CUPS

This simple stock can be kept on hand in the refrigerator for 4 - 5 days or made in larger quantities and frozen. When making stock from scratch, try substituting different vegetables such as tomatoes, fennel, leeks, or herbs such as basil, rosemary and coriander. Avoid the cabbage family of vegetables in your stock as their taste and odor are overpowering.

+ 6 cups	water
+ 2	carrots, diced
+ 2	stalks celery, diced
+ 1	large onion, chopped
+ ¼ cup	parsley leaves and stems
+ 2	large cloves garlic, chopped
+ ½ tsp	dried thyme
+ 10	peppercorns, crushed
+ 3	bay leaves
+ 3	whole cloves

① Place **everything** in a large pot; bring to a simmer and cook, uncovered, for 30 minutes. ② Strain through colander or sieve, discard vegetables and let stock cool before refrigerating or freezing.



WINTER VEGETABLE SOUP WITH BUCKWHEAT

SERVES 4 - 6

This hearty winter soup calls for the use of buckwheat or millet, two cereal grains native to Russia. These grains are also highly recommended during a D-Tox program.

+ ½ cup	raw buckwheat or millet
+ 2 tbsp	olive oil
+ ½ tsp	caraway seeds
+ ½	medium onion, diced
+ 1 cup	diced carrots
+ 1 cup	diced celery
+ 1 cup	peeled, diced turnip
+ 1 medium	potato, diced
+ 6 cups	vegetable stock or water
+ 2 tbsp	chopped parsley
	salt to taste

1 Sauté buckwheat or millet and caraway seeds in oil over medium-high heat until the seeds begin to pop, approximately 3 minutes. 2 Add onions, carrots, celery, turnips and sauté for 5 minutes or until vegetables start to brown. 3 Add potato, stock, salt and bring to a boil, reduce heat and simmer, covered for 20 - 25 minutes or until vegetables are cooked. 4 Garnish with parsley, adjust seasoning and serve.



ZUCCHINI SOUP

SERVES 4

Leftover cooked grains such as rice, barley or millet can be added to this soup.

+ 2 tbsp	olive oil
+ ½	medium onion, diced
+ 3 cloves	garlic, minced
+ 4 cups	diced zucchini, ½-inch
+ 3 cups	vegetable stock or water
+ 2 cups	coarsely chopped fresh tomatoes (or canned)
+ 1 tsp	oregano
+ ⅛ tsp	nutmeg
+ 2 tbsp	green onion, chopped
+ 2 tbsp	fresh basil
	salt and pepper to taste.

❶ Sauté onions over medium heat for 5 minutes or until soft. Add garlic, zucchini and sauté until zucchini is lightly browned. ❷ Add stock, tomatoes, oregano and nutmeg. Bring to a boil, reduce heat, cover and simmer for 10 minutes or until zucchini is cooked. ❸ Add green onions and basil, adjust seasoning and serve.



ZUCCHINI SOUP 2

SERVES 2

+ 2	zucchinis
+ 1	onion
+ 2 - 4	garlic cloves
+ 2 tsp	Thyme
+ 1 tsp	Rosemary
+ 2 tbsp	coconut or olive oil
	Celtic salt to taste

❶ Steam zucchinis and onions in steamer. ❷ Put in a blender, add garlic cloves and olive oil. Blend in the amount of water desired for consistency. Pour in bowl and add sea salt.



BEVERAGES

CHOCOLATE, NUTTY, AVOCADO CREAM SMOOTHIE

SERVES 2

-
- + 1 - 2 medium avocado, peeled and pitted
 - + 1 - 2 cups almond milk, or coconut milk, or combination
 - + ½ cup mixture of berries (blueberries, strawberries, raspberries)
 - + 1 Small handful of almond, or (1 tbsp.) almond butter
 - + 5 - 15 Cocoa nuts, or 1 - 2 tbsp nibs (to taste)
 - ice cubes

Yes, I know there is chocolate in this blender drink, and yes it is legal in the D-tox diet, as long as it does not have sugar, etc. with it. ❶ Blend together all ingredients until smooth.



GREEN DRINK

SERVES 2

- + 2 cups packed of various greens (spinach, kale, swiss chard, collar greens, arugula, cilantro)
- + 1 cup coconut water
- + 1 cucumber

1 Put in blender and blend until drinkable consistency.

GINGER TEA

- + 2 - 10 slices of ginger (to taste)
- + 2 - 4 cups water

1 Boil for 1 - 5 minutes, again to taste. You can add a bit of lemon juice for added flavor.



ALMOND MILK

YIELDS 1 OR MORE LITRES
(DEPENDING ON THICKNESS)

.....
 This is a favorite in our house. We find it is easier to make then going to the store to buy and then recycling the tetra pack. Soak nuts at least overnight in about 2 - 3 time as much water as nuts. All nuts with brown skins need to be soaked at least overnight to make them more digestible.

+ 1 - 2 cups raw almonds (try other raw nuts also)
 Vanilla extract to taste

① In our house we soak them overnight, throw away the water and soak them for another 6 - 12 hours longer. ② You then put them in a good blender, add about a litre (1 quart) of water (vary to thickness desired), add in vanilla and blend until smooth. Place in a nut sock (or good fine strainer) and squeeze. You can do it twice and or add more water depending on the thickness you desire your nut milk. Almond milk will keep in the refrigerator for about 3 - 4 days. Be sure to check out the almond 'biscuits' we make with the leftovers!



VEGGIE JUICE

+ 6	carrots
+ 1	pepper (green, red, orange or yellow)
+ 2	celery stalks
+ 2	beets
+ 1/4"	ginger (to taste)

① You can vary the vegetables to desire, but it is good to have a nice base of carrots. Vary the amount of ginger to your taste buds. I often put in twice as much. Put through a juicer and enjoy. Others simply put all the veggies in a good blender and blend; feeling the added roughage is another benefit.

COCONUT MILK

+ 2 cups	unsweetened shredded coconut
+ 4 cups	water
+ 1 tsp	vanilla extract

① Soak coconut in water for 1 - 2 hours (do not discard water). ② In a good blender, combine coconut, water, vanilla and blend on highest speed. ③ Strain liquid through a nut bag or fine strainer, discarding solids

TREATS



ALMOND BUTTER ON CELERY

1 A great alternative to peanut butter, with the old classic, nut butter spread into the hollow of a celery stick. You can try different nut butters for variety.

BLUEBERRY AND ALMOND BUTTER TREAT

+ 1 bowl of frozen wild blueberries
+ 2 - 3 tbsp almond butter
Sprinkle with shaved unsweetened coconut

1 Mix berries and almond butter in a bowl and sprinkle with coconut.



ALMOND SAVORY 'BISCUITS'

My partner, Alexandra Luppold, wanted to use up the meal leftover (by-product) after making almond milk (see beverages), so she came up with this great recipe for savory biscuits. It has become so popular in our house that we now gobble them up faster than the almond milk. This means that the almond milk has now become the by-product of the biscuits. They are great for a snack anytime during the day, but we most often eat them at breakfast with almond butter. What's wrong with putting almond butter on almond biscuits?

I have tweaked it a bit from her original recipe, finding the oil and proportions yield a better consistency, but they are meant to be quite crumbly and solid biscuits. You might have to play around with the proportions to find a blend you like and binds well enough. We often save up several batches of almond meal in the freezer until we are ready to make the biscuits. Yes, I noticed that there are mushrooms in the biscuits. You can have most of the medicinal mushrooms on the Herbal D-tox, just not the one you normally find in the produce section of the grocery store.

- + 2 cups almond meal (leftover from making Almond milk, see Beverages)
- + 4 cups raw rolled oats (ground finer in the blender)
- + 6 eggs
- + 2 - 4 tbsp Herbs and spices (fennel (50-70%), rosemary, thyme)
- + 2 tbsp Chaga mushrooms (finely powdered, or other medicinal mushrooms)
- + 2 tbsp Olive (or Coconut) oil

1 Mix all ingredients in a bowl, and then place on a cutting board. Knead dough until it stays together. Take the dough

making a large tube “sausage” encased in food wrap about 75 - 100 mm (3 - 4 inches) in diameter and about 150 - 225 mm (6 - 9 inches) long. Leave sausage shaped dough in refrigerator overnight. ② On the next day cut the tube into cookie size 6 - 12 mm. (¼ - ½ inches) thick. Cook in a preheated oven at 160°C (325°F) for about 45 - 60 min. (you can smell when they are ready.) They are great right out of the oven with butter on them.



INFORMATION ABOUT CANDIDA & THE D-TOX

The Meal Plan on the D-Tox program is almost identical to a Candida diet. Like all yeasts, Candida thrives on a diet rich in simple carbohydrates, so all sweets and refined foods must be avoided. Candida also grows on all yeast, molds, fungi and fermented foods. One should do away with foods containing these elements as well as nutritional yeast or supplements with yeast in them while on this program. This means no mushrooms (there are several medicinal mushrooms that are OK), grapes (including raisins), or oranges – as yeast naturally occurs on the skins of these foods.

FERMENTED FOODS

No wines, beers or other fermented drinks are allowed – as yeast is a main ingredient in these foods. No vinegar, soy sauce, black tea or miso – these are also fermented foods. Black tea is not allowed because it is fermented during the production. Green tea is fine, although it is the same plant, green tea has not been fermented.

FLOUR

All flour, bread and flour products such as pasta, cakes, pancakes, flour in sauces and crackers must be eliminated. Flour products are not recommended due to a glue-like substance created when flour is mixed with water. This substance has a tendency to congest the intestinal tract, something you want to avoid. Flour products, because they are already broken down during processing, make it easier for the body to quickly turn into simple sugars. Whole grains are considered a complex carbohydrate and may be eaten on this program.

COFFEE

If one drinks coffee regularly, a small amount can be enjoyed during the 12-day program. Two cups (maximum) is allowable daily as long as it is black only (no sweeteners or milk). Large amounts of coffee can weaken the immune system and over time, can also cause stress to the adrenal glands.



Healthier Cleansing Tip: There are several brands of coffee substitutes available in health food stores. They won't give you the caffeine 'kick' that coffee does, but you may find them a good 'ritualistic substitute' when reaching for a hot, steamy cup in the morning. Some people use Yerba Mate, as it has a similar caffeine-like effect, but is more alkaline than coffee.

NUTS

Peanuts, which are grown underground and are not truly nuts, must be avoided, as they contain naturally occurring yeast and molds. The best nuts are almonds and filberts.



Healthier Cleansing Tip: Many people who enjoy peanut butter have found almond butter or tahini on rice cakes or corn thins a great substitute.

SUGAR

White/brown sugar, dried fruit and fruits juices are to be avoided because yeast finds these foods to be a most attractive food to grow on. Ridding the body of excess yeast is one of the functions of the Herbal D-Tox. Dried fruit and tropical fruits are high in a form of fruit sugar and must be avoided. While on the Herbal D-Tox a bit of fresh fruit can be eaten (refer to the column in the food section chart, page 26). Fruit juice, whether natural or sweetened, contain too much sugar and should be avoided while on this program. Remember to read labels carefully when buying foods. If you do not usually do this, you will be surprised at the large amount of "healthy" packaged food that contains added sugar. Keep in mind that ingredients like molasses, brown rice syrup, malt, fruit juice concentrate, honey, maple syrup, maltose, glucose and fructose are all sugars.

CANDIDA DIET

This program has been very successful in treating Candida (yeast) colonization. The program should be followed for 3-9 months, unless otherwise advised by a health practitioner. This program has to be adhered to more strictly than other diets, as 'cheating' will only create a stronger strain of Candida in your body.

There are three basic components to the program:

- + Eliminating the foods Candida yeast live on. This is the most difficult, yet most important part.
 - + Inhibiting Candida with specific vitamins and destroying them with homeopathic remedies.
 - + Strengthening the body so that Candida will not return.
-



FOOD AND DRINKS TO BE AVOIDED

- + All flour products (for 1 - 2 months)
 - + All dairy products (for 1 - 2 months; butter is ok)
 - + Any flour product with yeast (entire length of the program)
 - + Any curded or fermented dairy (after 11/2 months, yogurt may be eaten)
 - + All yeast or yeast-containing foods
 - + No peanuts, grapes, oranges, mushrooms, tropical fruits or melons
 - + No wine, beer, or vinegar (including sauces with vinegar; after 2 months vinegar can be resumed)
 - + No soy sauce, miso, tofu (after 11/2 months, these are acceptable)
 - + No sugar or sweetening agents of any type
 - + No dried fruit
 - + No black tea (herbal teas, including green tea, are ok)
 - + Only one piece of fruit daily, two cups of coffee (max.), two ounces of distilled alcohol (gin, vodka, scotch, cognac, tequila) a week (if desired)
-



GOOD FOODS

At first this might appear to leave very little to eat. Much of this feeling is due to cravings, which you have had all along. On this program you can eat the following good foods:

-
- + All the vegetables desired (except mushrooms)
 - + Meat (if desired; chicken and fish are best)
 - + Grains (flours of the grain are not acceptable, but the whole grains themselves are)
 - + Beans (not more than four times a week)
 - + Some fruit (apples, peaches, pears, plums, and berries; no more than the mass of an average sized apple daily)
-

SUPPLEMENTS

-
- + Homeopathic Candida 30X (5-10 drops, four times daily)
 - + BEVC (2 tablets, twice daily)
 - + Digestive Enzymes (1-3 capsules with each meal)
 - + Acidophilus Plus (2 capsules, twice daily)
-

CANDIDA LONG QUESTIONNAIRE

This is the long questionnaire designed for adults and is not appropriate for children. It is based on a questionnaire created by William G. Crook M.D. and his book *The Yeast Connection*. Modifications have been made to suit our clientele. It is appropriate to complete this questionnaire every two years or so to check if the risk factors or symptoms related to Candida have increased enough to consider it an issue. There is a shorter questionnaire also. It helps keep track of symptoms on an ongoing basis. It can tell you when Candida is no longer a problem for you.

This questionnaire lists factors in your medical history, which can promote the growth of *Candida albicans* (Section I) and symptoms commonly found in people that have a Candida problem (Sections II and III). If the question applies in Section I, circle the number and add the score. In Sections II and III you are asked to rate symptoms. By adding all these numbers together we can derive the probability of having a Candida (yeast) problem. This questionnaire is not definitive. On its own, it cannot determine with absolute certainty whether or not you have a problem

SECTION I: HISTORY

1. Have you taken antibiotics (such as tetracyclines for acne) for two months or longer?	25
2. Have you, at any time in your life, taken a broad spectrum antibiotic for respiratory, urinary or other infection (for more than two months or longer, or 4 or more short courses within a year)?	20
3. Have you ever had a persistent vaginal infection or more than 3 episodes in one year?	25
4. Have you been pregnant two or more times?	5
once?	3
5. Have you ever taken birth control pills for more than two years?	15
six months to 2 years?	8
6. Have you ever taken cortisol-type drugs (e.g. prednisone, decadron etc.) for more than two weeks?	15
two or fewer weeks?	6
7. Do you get a negative response to perfumes, insecticides or chemicals?	
with moderate to severe symptoms?	20
mild symptoms?	5
8. Do damp days or mouldy places make your symptoms worse?	25
9. Do you have persistent athlete's foot, 'jock itch', or other fungus on skin or nails?	
severe or persistent	25
mild to moderate	10
10. Do you crave sugar?	15
11. Do you crave bread?	20
12. Do you crave alcoholic beverages?	10
13. Does tobacco smoke really bother you?	15

TOTAL OF POINTS SECTION 1

SECTION II: MAJOR SYMPTOMS

For each symptom which is present,
enter the appropriate score:

if mild **3 points**

if moderate **6 points**

if severe **9 points**

1. Fatigue or lethargy

2. Feeling of being 'drained'

3. Poor memory

4. Feeling 'spacey' or 'unreal'

5. Depression

6. Numbness, burning or tingling

7. Muscle aches and pains

8. Muscle weakness or partial paralysis

9. Pain and/or swollen joints

10. Abdominal bloating or pain

11. Constipation

12. Diarrhea

13. Bloating in general

14. Troublesome vaginal discharge

15. Persistent vaginal burning or itching

16. Enlarged prostate

17. Impotence

18. Loss of sex drive

19. Pelvic inflammatory disease or endometriosis

20. Problems with menstrual cycle

21. Premenstrual tension

22. Spots in front of eyes

23. Erratic vision

TOTAL OF POINTS SECTION II

SECTION III: OTHER SYMPTOMS

For each symptom which is present,
enter the appropriate score:

if mild
if moderate
if severe

1 point
2 points
3 points

1. Drowsiness

2. Irritability or jitteriness

3. Poor co-ordination

4. Concentration problems

5. Mood swings

6. Headaches

7. Dizziness/vertigo/loss of balance

8. Feeling of swollen head or tingling pressure above ears

9. Itching

10. Rashes

11. Heartburn

12. Indigestion

13. Intestinal gas or belching

14. Mucus in stools

15. Hemorrhoids

16. Dry mouth

17. Blisters, canker sores or rash in mouth

18. Bad breath

19. Swollen joints

20. Nasal congestion or discharge

21. Postnasal drip

22. Dry or sore throat

23. Nasal itching

24. Coughing

25. Pain or tightness in chest

26. Wheezing or shortness of breath

27. Urinary frequency or urgency

28. Burning on urination

29. Failing vision

30. Burning or tearing of eyes

31. Recurrent ear infections

32. Fluid in ears

33. Ear pain or deafness

34. Tubes in ears

35. Low thyroid

36. Other symptoms:

TOTAL OF POINTS SECTION III

Grand Total Score
(Add Sections I, II and III)

FEMALES

**over
175**

If your score is over 175, almost certainly Candida is a contributing factor to your health condition.

**between
120-175**

If your score is over 120, it is likely that Candida is causing some health issues.

**between
60-120**

If your score is between 60-120, Candida possibly contributes to your health issues but in a minor way.

**less
60**

A score less than 60 means that Candida is not causing a problem significant enough to treat.

MALES

**over
100**

If your score is over 100 almost certainly Candida is a contributing factor to your health condition.

**between
80-100**

If your score is between 80-100, it is likely that Candida is causing some health issues.

**between
50-80**

If your score is between 60-120, Candida possibly contributes to your health issues but in a minor way.

**less
50**

A score less than 50 means that Candida is not causing a problem significant enough to treat.

Treating is recommended to females if above 120 and males if above 80.

CANDIDA SYMPTOM SCORE

(SHORT QUESTIONNAIRE)

Enter a number (from 0 - 5) after each of the following symptoms related to *Candida*. not present 0
very severe 5

Vaginal discharge	
Frequent urination	
Bladder infections	
Sensitivity to smoke, perfume, insecticides, dry cleaning fumes, chemical fumes	
All symptoms worsen in dampness or on muggy days	
Athlete's foot, ringworm, "jock itch"	
Do you crave	
sugar?	
bread?	
wine or beer?	
peanuts?	
oranges?	
grapes or raisins?	
Fatigue or lethargy	
Feeling "drained"	
Feeling "spacey" or "unreal"	
Depression	
Numbness	
Abdominal pain	
Constipation	
Diarrhea	
Bloating	
Low sex drive	
Cramps and/or menstrual irregularities	
Spots in front of eyes	
Irritability	
Inability to concentrate	
Mood swings	
Headaches	
Dizziness/loss of balance	
Itching	
Rashes	
Heartburn	
Indigestion	
Belching and/or passing gas	
Burning anus	
Bad breath	
Nasal congestion	
Burning or tearing of eyes	

Total Score on Short Questionnaire

(Treatment is recommended if females score above 20 or males are above 15)

GRAIN COOKING CHART

GRAIN - 1 CUP	WATER (cups)	TIME	PRESSURE Cooking	WATER (cups)	TIME
Barley					
Hulled (not peeled)	3	60 min	3	2.5	40 min
Natural Brown	3	90 min	3	2.5	50 min
Buckwheat					
Goats	2	10 min	no		
Kasha	2	20 min	no		
Hulled	2	20 min	no		
Bulgur					
Coarse, med or fine	2	15-30 min	no		
Cornmeal					
Yellow	3	15-30 min	no		
White	3	15-30 min	no		
Millet	3	30-40 min	2.5	2	20 min
Oats					
Rolled/flaked	2	10 min	no		
Steel-Cut	2	10 min	no		
Rice - unpolished brown					
Short Grain	2	30-40 min	2	1.5	15 min
Long Grain	2	30-40 min	2	1.5	15-20 min
Creamed Rice	3	25 min	no		
Rye					
Whole Kernels	2.5	1hr 10min	3	2	50 min
Flaked	2	20 min	no		
Wheat					
Berries	2.5	90 min	3	2	50 min
Flakes	2	15-20 min	no		
Cracked wheat	3	25 min	no		
Porridge	5.5	2.5 hrs	no		

5 EASY WILD ROSE PROGRAMS!

Today's lifestyle can make it difficult to find the time for sourcing out all the supplements and herbal remedies you need to help you manage stress and address other health concerns. Wild Rose understands your needs and is dedicated to making your healthcare choices easier, without compromising quality.

The **WILD ROSE 12-day HERBAL D-TOX** program, a familiar and proven product in natural healthcare, is now joined by 4 exciting new 15-day programs from Wild Rose. Manufactured with the same quality you have come to trust and associate with the Wild Rose name, these new programs take personal healthcare to a new level.

Each Wild Rose program contains Wild Rose products that have been clinically tested and proven effective, and that are specifically chosen to complement one another. As part of a comprehensive approach to good health, nutritious meal plan recommendations are also included with each program.

Wild Rose - convenience and quality, naturally.

WILD ROSE CAND-AID PROGRAM

Contains: Cand-Aid 30X, BEVC, Di-Gest, Acidophilus + Bifido.

Candida (*Candida albicans*) is a type of yeast that, along with many other microorganisms, exists normally in the body. Many of today's lifestyle factors though, including antibiotic use, oral contraceptives, hormone replacement therapy and too many refined foods can lead to an overgrowth of Candida. When this occurs, many seemingly unrelated symptoms can appear including gas and bloating, fatigue, mental "fogginess", athlete's foot, vaginitis and strong food cravings for refined carbohydrates (sweets, breads, alcohol etc).

The **Wild Rose Cand-Aid Program** is designed to help overcome Candida overgrowth. It features **Cand-Aid 30X**, a homeopathic Candida preparation, and **BEVC**, a

synthetic blend of beta-carotene, vitamins C and B6, Zinc and Echinacea. **Wild Rose Di-gest** provides a superior preparation of buffered hydrochloric acid and digestive enzymes. **Acidophilus + Bifido** is a “friendly intestinal bacteria” replacement which aids in re-establishing bacterial balance in the intestinal tract.

WILD ROSE LIV-REJUV PROGRAM

Contains: Biliherb, Milk Thistle Plus, C-Herbaplex.

The liver is involved in hundreds of different bodily functions, two of the most important being digestion and the elimination of wastes. Our modern diet and lifestyle can overburden the liver though, causing congestion and sluggishness and resulting in a build up of wastes in the body.

The **Wild Rose Liv-Rejuv program** is designed to gently stimulate bile production by the liver and enhance digestion and elimination. At the cornerstone of this kit are **Biliherb** and **Milk Thistle Plus**, two Wild Rose herbal formulas that promote healthy liver function and help to protect the liver from the damaging effects of toxins. Also included is C-Herbaplex which provides additional antioxydant support from vitamin C and bioflavonoids.

WILD ROSE SLIM-TECH PROGRAM

Contains: CLA (Conjugated Linoleic Acid), Slim-Tech, Di-gest.

Effective weight management requires more than one approach for a healthy weight to be achieved and maintained. The **Wild Rose Slim-Tech program** is a comprehensive program of clinically proven herbal preparations and supplements designed to help with weight management, along with a nutritious meal plan.

Wild Rose Slim-Tech program features CLA (Conjugated Linoleic Acid), derived from 100 % Sunflower Oil, and Wild Rose Slim-Tech herbal formula. CLA has been shown to be helpful in decreasing body fat while maintaining muscle mass. The Wild Rose Slim-Tech herbal formula contains CitriMax. The main ingredient of CitriMax is (-) HCA (Hydroxycitric acid), which has been shown to inhibit the conversion of sugars to fat while helping to decrease appetite and increase energy level. Wild Rose Di-gest helps insure the proper breakdown of

foods and absorption of vital nutrients through its combination of buffered hydrochloric acid and digestive enzymes.

PLEASE NOTE:

It is not our intention to prescribe or make specific health claims for any of our products. Any attempt to diagnose and treat illness should come under the direction of your healthcare practitioner.

