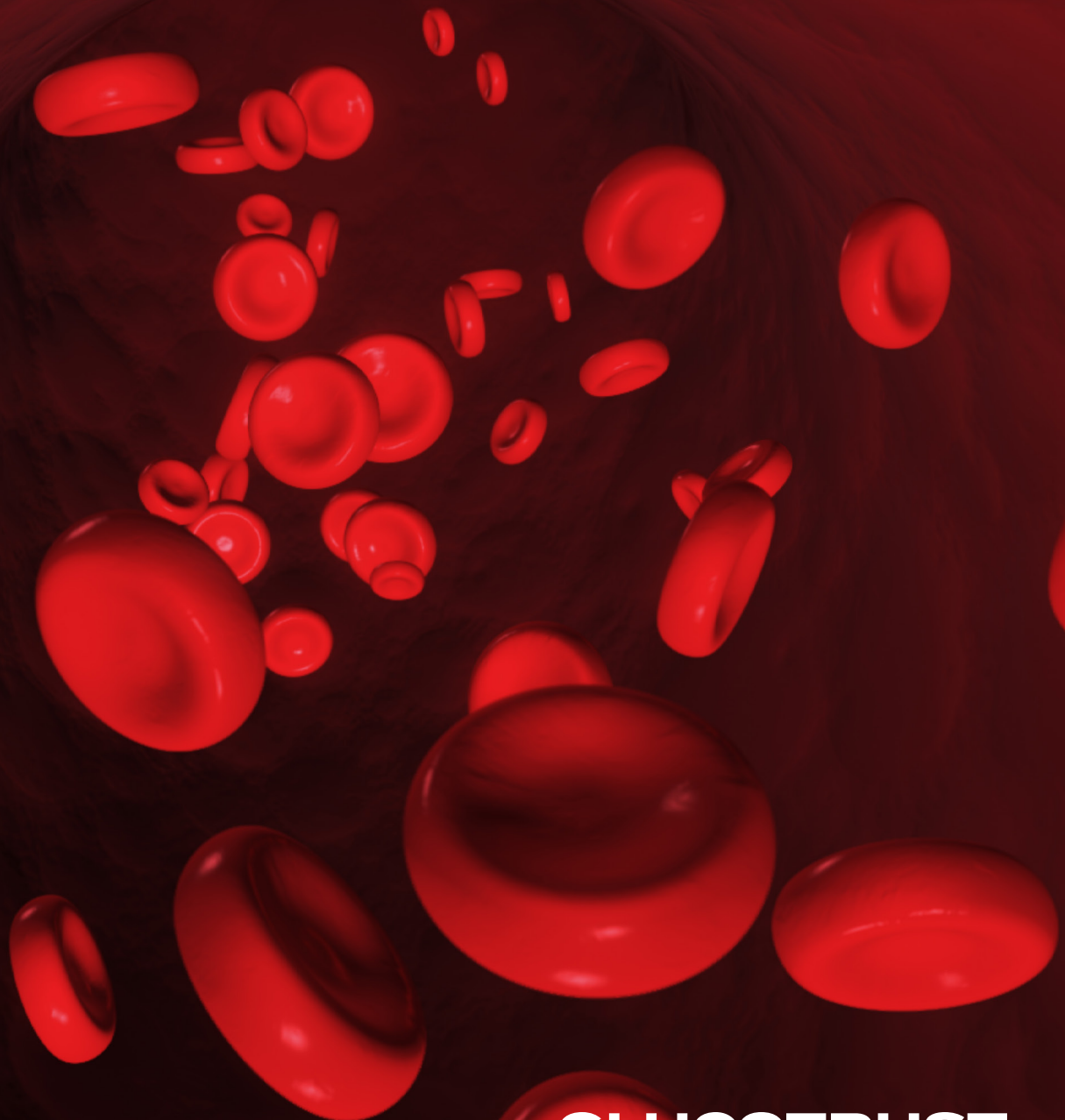


BLOOD FLOW MIRACLE



EXCLUSIVE BONUS

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INTRODUCTION

If you live in the United States, it is all but certain that you know someone who suffers from Hypertension, also known as high blood pressure.

It doesn't sound that bad, does it?

But believe me, it is bad. It's actually several orders of magnitude worse than you imagine.

Let's take a look at the top ten leading causes of death in the United States:

- ▶ Heart Disease
- ▶ Cancer
- ▶ Chronic (Lower) Respiratory Disease
- ▶ Accident
- ▶ Stroke
- ▶ Alzheimer's Disease
- ▶ Diabetes
- ▶ Influenza/Pneumonia
- ▶ Kidney Disease
- ▶ Suicide

Of these ten, four of them (the ones I have bolded) can be traced to the American diet. Three of them (everything but Diabetes) can be traced directly to Hypertension.

In the United States, we have an out-of-control Hypertension epidemic that kills hundreds of thousands every year, either directly or indirectly, by causing the other diseases mentioned here.

One out of every three Americans will suffer with Hypertension at some point during their lives. By the age of 12, a staggering 75% of American children show early signs of heart disease, and the saddest part?

The saddest part is that we are doing this to ourselves, mostly by way of the things we put into our bodies. We over-medicate, we eat too much, and we eat the wrong things.

We are essentially conducting chemical warfare on ourselves, and most of the advice we get (both from the government and from the medical community) is not just wrong, it is dangerously wrong, and is actually making you sicker.

How can this be, you ask? Why on earth would the government and our medical community want to make and keep us sick?

Why would they want to do something that would intentionally cut our lives short?

WE'LL GET INTO THAT IN THE FIRST CHAPTER, BUT FOR THE MOMENT, ASK YOURSELF TWO QUESTIONS:

If you are currently taking medication for your hypertension, why hasn't the "magic pill" cured you yet? And second, if you've tried just about every diet on the market today, why aren't you supermodel thin yet?

I will answer both of those questions in Chapter One. For now, though, it is enough that you think them over, and let that slithering feeling of dread settle over you, because I promise you that you will not like the answer.

The good news here is that it is fixable. All of it. It is entirely and completely fixable.

There was a time when I was EXACTLY where you are right now. Overweight and literally killing myself without even knowing it.

Like you, I tried just about every damned thing on the market – literally everything I could get my hands on.



Yeah, I knew some of the stuff was a long shot and probably they were just blowing smoke up my butt, but when you are desperate, you will take even a long shot, because what if, right? What if IT turns out to be the thing that works for you?

You do not have to guess any more.

You do not have to doubt or worry any more.

If you follow the advice in this book, you will not “merely” get your hypertension under control, you will outright **ELIMINATE** it, and while you are doing that, you will lose weight, and lower your risk of cancer, diabetes, stroke and heart disease, all at the same time.

I know what you are thinking. Sounds impossible, right? Sounds too good to be true. It is not. The simple truth is that we were not born to be sick and miserable. We did that to ourselves over an extended period of time by systematically poisoning our bodies.

I am about to show you how to start undoing the damage.

It is not an immediate process. It does take some time. Many people start seeing results after about two weeks (a few see results even faster than that).

Most people start seeing solid results about one month in, but when you think about it, you've been wrecking your body for as many years as you've been alive. The fact that your body can bounce back from that kind of punishment after just ONE MONTH (or less)? That's pretty fricking amazing.

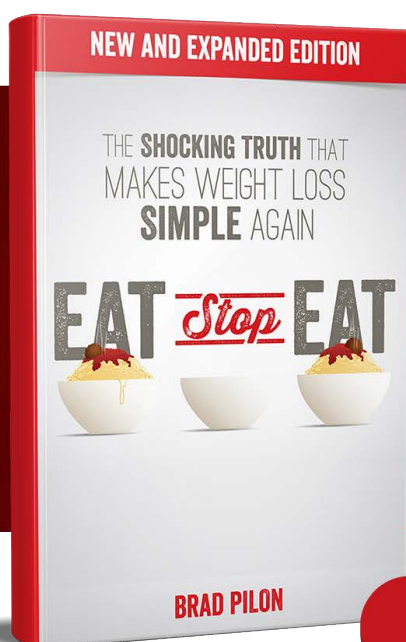
Are you ready to change your life?

Are you ready to FINALLY be free of hypertension, and all the awful things it can do to you?

Are you ready to add YEARS to your life, and meet the new, leaner, happier, healthier you?

I hope so, because I can hardly wait to introduce you! Turn the page. Let's get started.

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Is Your Doctor Really Looking Out For You?

Before we get into fixing the damage your body has endured, let's spend some time talking about how it got in the shape it is currently in. This is something that has happened to you. It is not something that was your fault.

Hell, almost certainly been reading and researching, trying to find a diet or something that would work, because you certainly do not want to poison yourself. You certainly do not want to feel like shit all the time!

The problem though, is that everywhere you turn, there's contradictory information. One book says eat whole grains. Another book says no, whole grains are bad for you.

One book says eat eggs. Another book says no, eggs will kill you. And round and round you go. Bouncing from one bit of bad, muddled or contradictory advice to another.

Hell, you can't even trust the "Food Pyramid" that the government puts out, and we'll explain that in just a moment. To start with though, I want you to understand that this is NOT your fault.



You've probably been listening to trusted experts about what to do, which is what any sane, rational person would do. The problem is, their advice has not been working. I know it has not been working, because if it had worked, you would not be reading this book right now.

So here's' what you do not know:

First, think about doctors, and the medical profession in general. If you had to describe what they did, you'd probably say something like, "they heal the sick," right? Does that seem like a fairly reasonable, succinct explanation of doctors?

That sounds wonderful does not it? It is also completely wrong.

Doctors are in the business of treating symptoms. Now, as it happens, sometimes you can actually make someone better by treating their symptoms. If you go into the doctor with a broken leg, he treats your symptom by putting a cast around your leg. This gives your body time to heal itself.

The doctor did not "heal" your leg. He stabilized it. He treated the symptom and your body did what it does. It self-repaired.

You catch a bad cold, the first thing the doctor is going to do is to ask what your symptoms are. Do you have a sore throat? Here, take this. Are you congested? Here, take that. It is not about making you well, it is about treating symptoms.

This is the reason that your high blood pressure does not "make you well." All it does it treat the symptom.

If doctors, and the pharmaceutical companies that support them were actually in the business of making you better (fixing the problem you are having), then they would be in the business of putting themselves out of business.

Who would do this? When would it make sense to do this?

The doctor and his bag of "magic pills" is not going to cure you. At best, it is going to mask your symptoms.

At worst, it is actually going to make them worse, and give you a host of other conditions, for which they will prescribe yet MORE medications, and keep you on the treadmill forever.

Why?

Because when you are sick, you are a source of revenue. You are a living cash cow, and they want to keep milking the cow, month after month.

Yeah, eventually it'll kill you, but some bean counter told them that they can make a lot more money by doing that and shortening your life, than they can by actually making you well.

The goal here is money, and buddy, let me tell you, we're talking about a lot of money.

Here are the numbers:



In 2011, there were just over 300 million people living in the United States.

American doctors prescribed more than 4 billion drugs. 7 out of every 10 American takes at least one prescription, every month. More than half of all Americans take at least two every month.

Total spending on prescription drugs in America in 2013? Almost \$330 billion (yes, with a "B") dollars. That's right at a thousand dollars per person, spent on prescription drugs, every single year.

What would you give to get in on a gravy train of that size? Hell, even if you could tap into just 1% of that gravy train, you'd be set for life, right?

Well, that's actually about right. Big Pharma spends about \$24 Billion dollars a year marketing drugs to doctors, about \$3.5 Billion of which is in the form of direct payments and kickbacks for choosing to prescribe their drug over a competitor's.

Now, you might be asking how they can get away with that, right? Because that sounds a lot like...well, bribery. But they're sneaky. Here's what they do:

They'll offer to pay doctors to sit down with other doctors and hype their products for them. Most will agree, because they pitch it to the doctor that they want him or her to become a "Thought Leader" for such and so company.

The big drug companies will even "thoughtfully" prepare the remarks to be gone over during the course of the dinner. A script, if you will.

So the doctor takes the money, buys a few dinners to wine and dine their associates, and sings the praises of the company they're working under the table for. There's tons of money to be made by doing this!

What it comes down to then, is this:

You are a walking, talking paycheck to them if they can keep you sick and keep treating your symptoms.

If you were to actually get well, your value to them falls to zero. The scary truth is that you are worth more to them sick, so it should come as no great surprise that they tend to keep you that way.

Now, understand here, we're not talking about a shadowy cabal or some globe spanning conspiracy. It is nothing as complicated as that.

They do not hate you personally. They do not even care about you personally. This is just business. Keeping you sick and taking their pills every month is a revenue stream for them. That's all.

The Role of Government

Earlier, we mentioned the famous “food pyramid,” which all of you have probably seen. Recently, it got updated to a food “plate.” This is the official government position about what you should be eating and how much. It looks like this:



Now, you might be thinking that wise government scientists put their heads together to create this thing, but you would be wrong. For the most part, the pyramid and plate were designed by lobbyists.

Guess who got the biggest, most prominent positions on the pyramid and plate?

If you guessed “the people who spent the most money,” you would be right!

The food pyramid and plate are total scams that you’ve been taught to believe in your whole life. They’re worthless in terms of designing a healthy diet for yourself and your family.

Think about that for just a second.

The government...the official material you were raised believing in is a sham. Why would the government be pushing a sham? The same reason that the doctors overprescribe pills – mostly, it comes down to money.

Of course, in the government’s case, there’s another dimension as well. People who are sick, uneducated, and afraid tend to be compliant. They do not rise up when the government does something they do not like or starts stripping away their freedoms.

That goes an awfully long way toward explaining why we spend so much on education in this country, and get such crappy results. It also explains why we have the worst health care system in the developed world and of course, why the food pyramid and food plate looks like it does.

And we already mentioned that you can’t trust your doctor, the person you are most likely to turn to for health advice, because it is possible that he may have been bought and paid for by Big Pharma and does not have your best interests at heart, which leaves you...pretty much screwed.

Until now.

Look, the reality is that I started exactly where you are right now. I grew up believing in the food pyramid and the rest of the BS we've all been taught to believe. Most of this, I learned by trial and error, using myself as a guinea pig.

The good news is, now that I've worked it out, you do not have to conduct experiments on yourself like a mad scientist. That's why I wrote the book. To save you the time, trouble and frustration I had to go through.

Surgery is NOT The Answer

If you have been on this treadmill for a long time, odds are good that you have considered surgery as a possible "way out." It is easy to understand why. After all, it looks so attractive on the surface.

You go in, they put you to sleep, and you wake up thin, almost like magic!

It is easy to get sucked into the hype, too. They've even got television programs that show the amazing results of some of these surgeries, which only makes it look more attractive.

Unfortunately, the success stories are the exception, and not the rule.

Here is the reality:

One out of every three surgeries will fail outright. For instance, if you get a gastric bypass or a "lap band" surgery (two of the more common varieties), your old eating habits might still betray you.

You'll eat more than it is safe to eat, and the staples will tear, or the band will begin ripping into your soft tissue, causing potentially fatal infections.

It is easy to get sucked into the hype, too. They've even got television programs that show the amazing results of some of these surgeries, which only makes it look more attractive.

Even if you are one of the lucky ones, and you don't encounter this problem, a majority of people who have surgical procedures to lose weight will see complications sometime before the five-year mark.

These can range from minor infections to major complications that will require going under the knife again...and again...and again! The bottom line is that there's just no good reason to consider surgery.

When you think about it, what you're essentially doing is going under the knife to cut, or disconnect healthy tissue. There's just never a valid reason to do that.

Don't be taken in by the hype. Don't allow the prospect of a quick and easy fix to overcome your good sense. You can do this. You CAN succeed.

Believe me, I know that sometimes, it can feel like every card in the deck is stacked against you. Even if you talk yourself out of radical surgery, you're still faced with the prospect of overcoming a variety of other challenges.

Some of them see you at odds with yourself and your own "stinkin' thinkin'." You may feel that it's just too hard to make the kind of changes that will be necessary to have any meaningful impact.

In other cases, you may be worried that unless your whole family jumps on the bandwagon with you (and let's face it, they probably won't), that even if you mean well, you'll invariably get dragged off course by the other members of your family.

Or, you may be worried that you'll ultimately fail because when any time you go out to eat, you'll be tempted so far off course that you'll undo all the progress you'd managed to make to that point.

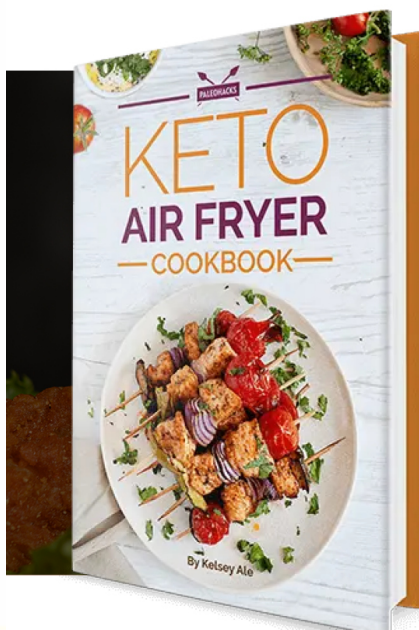
It may be the case that based on your track record with other diet programs, you're just reluctant to try anything new. After all, if the past is any guide, then either the "new" diet plan you're trying won't work at all, or it will work...for a month or two, and then you'll wind up putting all the weight back on.

Some people even convince themselves that they can't do this because they won't get enough protein in this new diet, or that they'll get too skinny and they'll develop wrinkles, or that they just won't like any of the recommended foods.

Understand that none of these are true. They're all lies we tell ourselves in order to resist change, and there's an almost never ending parade of them.

I know. I've been there. I went through that whole list, and then some. I've lived it, and I've been where you are right now. Ultimately, I didn't have to resort to surgery, and neither will you.

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THE ROOT CAUSE OF HYPERTENSION

This is going to be a short chapter. If you go to WebMD or The Mayo Clinic, the official line is, “we do not really know what causes hypertension.”

That is complete and total BULL.

Hypertension is caused by diet. America, as a nation, is killing itself with food. Slowly but surely poisoning itself. We do more harm by what we choose to put in our bodies, than any of this country's enemies could ever hope to.

Let's talk specifics here:

We eat too much processed food. We eat too much stuff that comes out of a can. We eat too much fried food. Too much food that's high in fat (note: some fat is good, but we'll get into that later), and too many “empty” calories.

A portion of that fat from our diet winds up in our bloodstream. Once it is in our blood, it starts to collect on the walls of our blood vessels and arteries.

That constricts them, which means that our heart has to work harder to pump the blood our bodies need through our network of blood vessels, and that is what increases blood pressure.

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It is just that simple. Any first year engineering student who's taken a course on fluid mechanics can tell you that you will get more water pressure out of a small hose than a big one.

In fact, you can test this yourself. Go outside and turn on the water hose. See the water coming out? Now, put your thumb over the end of it, but not completely. Make the hole at the end of the hose smaller. Water pressure increases. It is exactly the same with your blood vessels.

See, the medical community knows what causes it, they just do not want to admit it, because if we did that, then we'd be forced to reevaluate almost everything about the recommendations we currently make about diet and nutrition. Besides, what do you think would happen if people started curing themselves of hypertension by changing their diets?

Do you realize how much money the doctors would lose? These guys have already taken the money from Big Pharma. They're now obligated to make a certain number of prescriptions of the meds, which means they need to make sure you keep right on needing the meds.

The problem, of course, is that while these decisions make a ton of money for the people involved, they're literally killing you and me. Do you know what the top killers in America are? Forget the global statistics for a second, and let's just focus on the USA.

Heart Attacks, Strokes, and Diabetes. ALL caused either directly, or by proxy, by hypertension. These account for 40% of the total deaths in the US. Cancer (all forms combined) account for another 22%.

The root cause of both?

Our craptastic diet. Change it, and we'd see the average lifespan, and average health of our nation shoot up enormously!

Diet is at the root of all of this.

Now, every person is different. Some people's metabolisms are better at processing all the crap we put into our bodies, and some people eat healthier than others, so it takes longer to develop, but studies have shown that even healthy twenty year olds have some arterial clogging.

Unless you know exactly how, it is almost impossible to make food choices that will minimize your risk. That's why such a high percentage of young kids even show signs of early indications of heart disease!

That's where we come in. This book will show you exactly what food choices to make, exactly what to eat, and what changes you can make in your daily life and your lifestyle to get rid of this problem forever.

In the pages that follow, we're going to take all of the guesswork out of the equation for you, so you can focus on getting healthy again, and feeling better than you have ever felt in your life.

WHAT SCIENCE SAYS ABOUT HYPERTENSION REVERSER

So now we know why doctors, pharmaceutical companies, and even the government has a vested interest in keeping you on the treadmill, and you know that diet is the single biggest contributor to the development of hypertension.

It makes sense then, that changes in your diet should be able to reverse it. Stop eating the stuff that's killing you and you can reverse the damage, right?

So now, let's spend some time talking about science. What does the scientific community have to say about our approach to curing you of the condition. To do that, we're going to look at three different reports.

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The China Project

The China-Cornell-Oxford Project ('The China Project,' for short) (<http://www.cornell.edu/video/playlist/the-china-project-studying-the-link-between-diet-and-disease>) was a massive research effort that brought scientists together from all over the world.

The research was based in China, because as a country, it was a near-perfect "laboratory" for the purposes of this group.

In China, a peasant can be born, grow up, live, and die without ever leaving the village he was born into. The diet of these people in the little village is very specific to that village, while a neighboring village just a few miles away might have a notably different diet.

This is what made China so ideal in terms of comparing and contrasting different diets and different long term health outcomes. It gave them the ability to very quickly zero in on what kinds of foods really worked in terms of promoting longevity, disease resistance and immunity, and long term health, versus foods that work against those things.

Some of the villages studied relied heavily on diets rich in animal products. Other villages relied almost exclusively on vegetables, and of course, there were many variations between the two extremes.

The main point though, was that by having access to all of these relatively isolated, insular communities, it became possible to really dig down deep into what makes a certain diet or certain food combinations effective or not.

The results of that research blew a lot of longstanding “truisms” about diet and nutrition out of the water. For instance – we’ve always been told that a high protein diet (lots of meat) is a healthy diet. It is not.

We’ve always been told that you can’t get enough protein from plants. You can.
We’ve always been told that we need milk to promote better bone health – you do not. And on, and on, and on.

This study was amazing and revolutionary. It shed light on so many areas of diet and nutrition that it is just mind boggling. The major finding,

At least as it relates to us is this:

Animal products (meat and dairy)? Not really all that good for you.



High protein diet

The more meat you include in your diet, the more prone you are to developing heart disease, hypertension, and cancer. The more you rely on vegetables, the less you see of all those things. As the inclusion of animal products in diet approached zero, cancer rates and heart disease rates also approached zero.

That's huge!

What it basically says is that cancer and heart disease are essentially diseases of vegetable deficiency. The more vegetables you eat, the less likely you are to develop those diseases, and the data is absolutely compelling.

There were no cases of diets high in animal products having lower cancer and heart disease rates than high vegetable diets.

None.At.ALL.

The American Heart Association

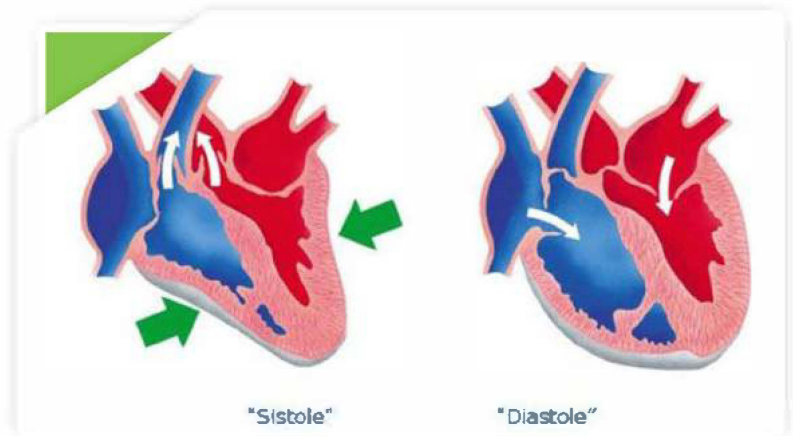
This report, found here (<http://hyper.ahajournals.org/content/47/2/296.full.pdf>) is extremely interesting for a number of reasons, but before we get into the particulars, we first need to explain a few things about blood pressure.

You've almost certainly had your blood pressure taken before, and you know that you get two numbers: 120/80, for instance.

The first number is called the "systolic" pressure. The second number is called the "diastolic" pressure. Blood pressure is measured in these terms, and is written in the form: 120/80 mmHg.

I had to explain that in order to make the key findings of this report make sense. The first finding is that for every 3 mmHg you can lower your systolic pressure number by, you reduce your chances of dying from a stroke by 8%, and you see a 5% reduction in your chances of dying from a heart attack. For every 3 mmHg reduction!!

So what, according to the report, were some ways to reduce that number? Remember, this number IS your hypertension. Any time we talk about lowering this number, we're talking directly about reducing, and ultimately eliminating hypertension from your life!



Weight loss was a big one. They found that reducing your weight (if you are overweight) by 5.1 kg (about 11.25 pounds), sees an average reduction of 3.6 mmHg.

That translates into an 8% reduction in the chances of death by stroke, and a 5% reduction in your death by heart attack, for every 11.25 pounds you lose!

That's pretty huge, and it is good to be able to put specific numbers to these kinds of things, because sometimes, it can be hard to stay motivated when talking about the specific benefits of losing weight.

This study also found that a diet high in vegetable consumption and low in animal product consumption provided a clear mechanism for permanently lowering blood pressure to a healthy range.

In fact, they confirmed this in three different sub-studies, all of which were tightly controlled. Additionally, these studies found that taking fish oil and fiber supplements essentially did nothing to alleviate the problem.

Finally, they demonstrated conclusively that high blood pressure is not the result of old age, and in fact, when they tested older subjects who adopted the "**high vegetable, low animal product**" diets, they were found to have even bigger blood pressure reductions.

It is not hard to see why.

If you start with the assumption that our diet is the root cause of hypertension (as this study verifies), then the older people tested would have been eating the SAD (Standard American Diet) for a longer period, meaning that they have done more cumulative damage to their systems.

It follows then, that changing their diets would have a bigger impact, since they've got more damage to undo, and this is, in fact, exactly what occurred in their tests.



So the question is, if a respected organization like the American Heart Association reached this conclusion, why has not it been reported by every major news outlet in the world?

Why aren't people shouting this from the rooftops? Why has not there been a big push to re-redesign the government's "Food Plate" around this new and better understanding?

Because the report was basically buried. You can find it if you are looking for it, but unless you already know it exists in the first place, why would you look for it?

You wouldn't, which is why you did not find it until you clicked the link just now. It is just not getting any attention, and that's intentional. If this report became common knowledge and widely circulated, it would derail the money train.

The American Society For Hypertension

This study (<http://www.ash-us.org/documents/DietaryApproachesLowerBP.pdf>) looked at the same data as the American Heart Association's study did, and reached exactly the same conclusions. The best way to reduce hypertension? Diet. Specifically, a diet based on veg-heavy, animal product lite eating.

This kind of diet promotes a natural reduction in blood pressure and reduces your risk of a wide variety of diseases. Even better, under this type of diet, weight loss is automatic, which also reduces blood pressure.

This is essentially win-win for you. If you are anywhere close to being in the same boat I was when I started this journey, you are overweight and increasingly desperate to find something that works.

You do not particularly care what it is, you just want a solution, as opposed to more false promises that do not live up to the hype.

I've been there. I know exactly what you mean and where you are coming from, and honestly...this is it. This is the answer. The science bears it out.

Of course, these reports have been buried, and are not being talked about, but we already understand why that is...

There's too much money to be made in keeping you sick. In making sure that you remain part of the gravy train that keeps the Big Pharma companies pulling in record profits year after year, and keeps the doctors driving their Audis and BMWs.

Advertising these reports would hurt the bottom line of too many people, so while the research has been done and the answer is known, it is not something that can be talked about. At least not openly.



HOW TO REVERSE HYPERTENSION NATURALLY

Here are the specific things you can do to naturally reverse hypertension. We'll be breaking these into several different sub-sections in order to keep everything organized and easy to follow.

Most of these changes are fairly easy to make, but each person is different, and some of them might be particularly challenging to you.

The best approach then, is this:

Read through the entire list of lifestyle changes, and focus on two or three that will be easy for you personally. Start with those.

Once you succeed at those, it will give you confidence and encouragement to do more. Then, add to your lifestyle changes iteratively. Just take one thing at a time.

Remember, Rome wasn't built in a day. Your health problems weren't either, and you're certainly not going to fix all the damage that has been done to your body in a single day.

Go slow. Take things at your own pace. It's better (by far) to do it slowly and do it right, than try to do too much, too quickly, and get frustrated and quit.

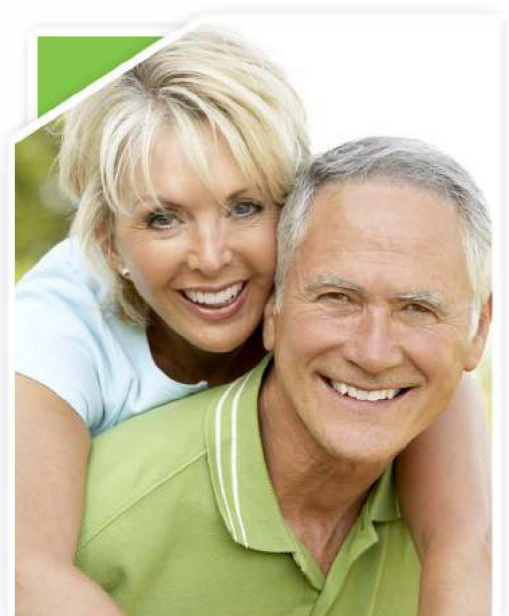
That doesn't help. That doesn't do you any good. Okay, I'll get off my soap box now. Here are the things to focus on:

Lifestyle Changes

Nobody likes to think about the fact that their own lifestyle might be a major contributing factor to their hypertension, but in a lot of cases, it really is. Yeah, this stuff is a pain to change. It can be hard to give up habits you genuinely love and enjoy, but when you think about it, the choice is simple:

Do you want to live a long, healthy life that's remarkably pain and disease free, or do you want to live a shorter, miserable life with the shadow of stroke, heart attack, loss of vision, loss of mental faculty, and a variety of other ailments constantly hanging over your head?

At the end of the day, you have to ask yourself if your current habits and lifestyle are worth THAT much to you? For most people, the answer is no! So here are three areas you need to take a long, hard look at where your lifestyle is concerned.



Alcohol

Many of us enjoy a relaxing drink now and then. In fact, the AMA says that an occasional glass of wine can actually be good for you.

Unfortunately, like with so many other things, we tend to drink in excess. And that's bad.

Your body just can't process the chemicals you are flooding it with when you do a lot of drinking, and what happens here is, if you are drinking heavily, then your body's so focused on trying like hell to keep pace with processing all the alcohol that it simply does not have the resources to do everything else.

Combine that with the fact that we usually keep our bodies busy trying to flush out all the other bad crap we regularly put into it, and it just sends your whole system into overload.

Things do not get done. Things start breaking down.

So give your body a break. Save the drinking for special occasions, and then, only do it in moderation.



Smoking

While an occasional glass of wine is known to have some positive benefits to you, your body, and your health, there is absolutely no redeeming value in smoking.

Cigarettes are lethal. One study done quite some time ago, estimated that every cigarette you smoke shortens your life by about seven minutes.

Think about how many cigarettes you've smoked (if you smoke) over the course of your life? A pack a day (20)? Two (40)? Multiply that by seven. That's how many minutes you've shaved off your lifespan.

Fortunately, by stopping smoking, you can begin reclaiming those minutes, although it takes time for your body to repair the damage you've been doing to it. It can take up to seven years for your lungs to fully heal and return to their former state of health.

There's another big reason why you do not want to smoke though, and this one relates directly to hypertension. The nicotine in cigarettes constricts your blood vessels.

We already know what happens when blood vessels constrict. It does not matter whether it is caused by the consumption of nicotine, or by buildup on the interior walls of your arteries, the end result is the same. Pressure increases.



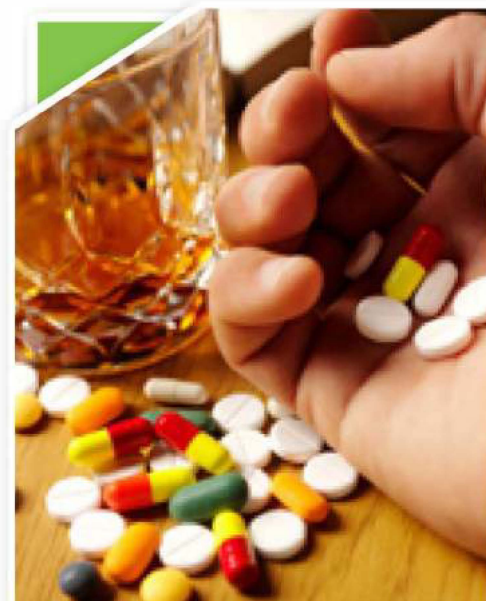
Drug Use

This should go without saying, but it's important, so we'll put a short section in here. This whole category is like smoking, but worse.

There's absolutely no redeeming health value to doing drugs. It just does nothing for you. Sure, it might make you feel good in the short term, but the destructive effects it has on your body far outweigh the short term "feel good" effects.

The only possible exception to this is medical marijuana. If you have some other medical condition, and your doctor has prescribed medical marijuana as a treatment for you, then obviously, you'll want to follow your doctor's advice here.

Just bear in mind that it, like almost every other thing the doctor prescribes, is simply masking the symptoms. It's not really a "cure." Okay, so that's enough about that. I know it sounds cheesy, but just say no!



Stress

Although modern American life is pretty sedentary (we do not get much in the way of exercise and many of our jobs are desk-bound), one thing we DO have a lot of is stress.

Americans work longer hours and take fewer vacation days than people living in any other industrialized nation on the planet, and we pay the price for it, too.

Whole books can (and have) been written on the importance of work/life balance and time management, so we're not going to go into a ton of detail about those things here, but we absolutely do know that stress is a big component of hypertension, and the more stress you are under, the worse your blood pressure is going to be.



There are three basic strategies for dealing with stress, and we'll cover them in brief below. You should strongly consider adopting elements from all three of these areas, because these are easy ways to make a big difference in lowering your blood pressure, and ultimately eliminating hypertension from your life for good.

#1 – SLEEP

Americans do not get enough sleep. On average, we get about six hours a night. Most people need at least eight, with some requiring a little more than that.

Did you know that after just three days with no sleep, you're essentially psychotic? That is to say, you exhibit the same major symptoms of a person who has suffered a psychotic break. Pretty scary.

Not only does a lack of proper sleep tend to increase your stress levels, but staying awake even when your body starts telling you that it needs rest sends mixed messages to your body.



It starts to think you are in "crisis mode" and starts craving food. You're not actually hungry, but your body will send you signals that you are, because it thinks you need an injection of fuel.

When that happens, you are likely to hit the vending machine and grab a candy bar or a bag of chips and a soft drink. These are mostly empty calories. They provide lots of fat and sugar, but almost no actual nutritional value.

And of course, some of that fat winds up further clogging your arteries, so not only are you tired and more stressed because of it, but you are eating more of the wrong things that only makes your hypertension worse in the long run.

Basically then, lack of sleep gets you coming and going. Do not fall into that trap. Get a good night's sleep every night.

I know it sounds silly, but honestly, set a regular bed time for yourself and stick to it. Just as your body needs the "right" kinds of fuel in order to heal itself, it also needs the downtime.

Make sure you are getting it, because nobody else is going to do that for you. If you do not do it, it just will not get done.

#2 – TIME MANAGEMENT

Everybody's always saying how there just are not enough hours in a day. It is an expression you've probably used yourself. We're working harder than ever, working longer hours than ever, and we still leave our jobs at the end of each day with stuff on our mind that we're dreading having to deal with tomorrow.

The reality is, most people only have about 3.5 truly productive hours a day. The rest of the time gets frittered away checking email, texting, browsing Facebook or other social media, and stuff like that. We actually waste a spectacular amount of time throughout the course of any given day.

Don't believe me? See for yourself. For the next three days, keep meticulous track of every minute you spend at various tasks. You will be shocked by the amount of slack in your day. These are things that can be tightened up dramatically.

For me, email is my biggest time waster. If I have an unopened email sitting in my inbox, it bugs me. I used to be in the habit of checking my email constantly. When I did my own time analysis, I found that I was spending almost four hours a day, just in my inbox.

Nowadays, I only open my email three times a day, and I limit myself to twenty minutes a session. That gives me a sense of urgency when handling each message, and forces me to prioritize and make hard decisions about what I want to respond to. The most critical pieces first, and working my way down from there. Instantly, I reclaimed three hours of my day!

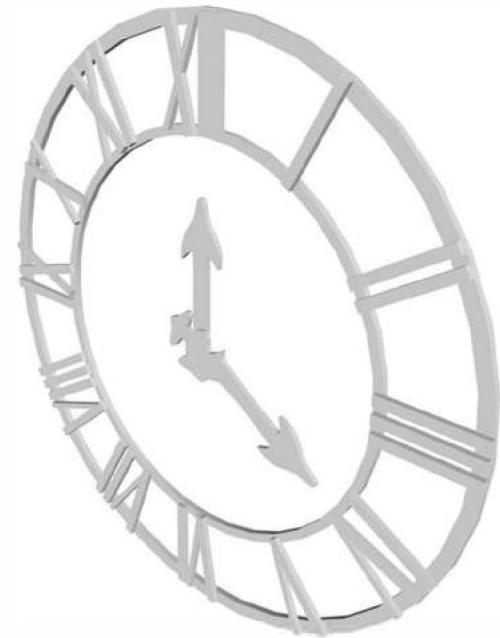
Maybe email isn't your Achilles Heel. Maybe it is social media. Or YouTube. It's pretty easy to get caught up watching video after video on YouTube, and before you know it, a couple hours have passed you by.

Whatever your biggest time sinks are, you need to identify them. That's the only way you'll be able to know what needs fixing or adjusting.

I'd also recommend using software to help you. Google Calendar is a Godsend, if you bother to use it. If you are more old school, a day planner works fine too.

The important thing is to get a better handle on your day and the time you spend at various tasks. You will get a lot more done, be more productive overall, and wind up lowering your stress levels as a result.

If you do not like Google Calendar, use something like Trello. There are literally hundreds of time management apps available, and many of them are absolutely free. Just find something you like, and stick with it. It makes a big difference.



#3 – UNPLUG

This is a big, expansive category, and there's lots to talk about here. The first and simplest way to unplug is to do exactly that. Take some "you time," and do it on a regular basis.

Once you've recaptured several hours each day using better time management techniques, you will be able to afford it, and it is something you should totally invest in.

You do not have to "do" anything in particular, or go anywhere that costs a ton of money. Just – step away from the office. Your desk. Put on some music and let it carry you away for a while, and do it on a regular basis.

Look, just like with the sleep thing, nobody is going to do this for you. Hell, your boss would just as soon you work 24/7 (without any overtime pay, of course), so he'll be thrilled if you stay late or take work home.

If you do not put your foot down and take some time for yourself, it just will not happen. See that it does. It will de-stress you faster than almost anything.

Another thing you can do is take up meditation. No, that does not mean you need to grow a beard, wear funny clothes and sit with your legs tied up in knots for hours making funny noises, although if that sounds appealing to you, knock yourself out!

You can meditate anytime, anywhere. Just close your eyes and visualize something soothing. If it helps, put on some "nature sounds" music.

I am partial to rainfall/thunderstorms personally, but if that does not interest you, there are plenty of other options. Or, just do it without the background noise. Even ten minutes a day can make a world of difference.

If simple meditation is not enough for you, consider Yoga or Tai Chi. Both will relax and center you, and both are excellent stretching exercises.

Bonus tip for the men reading this: If you are looking for a date, you should know that lots of really, insanely hot women take Yoga, so in addition to helping de-stress you, it could also be a nice way to improve your love life!

The point of all this is that there are tons of great ways to reduce your stress level. Taking steps to restructure your life so that you are not constantly feeling like you are spinning out of control will go a long way toward naturally reducing your hypertension. These ideas by themselves will not cure you, but they're a very big, important step in the right direction.



You and Your Diet

The standard American diet is just...well...sad. That's actually a great acronym to remember it by: Standard American Diet = SAD.

It is actually one of the worst diets on the planet. As a nation, we're literally killing ourselves by the crap we put into our bodies. Almost everything we eat directly contributes to hypertension.

Fast food. Fried food. Processed food. Canned food. It is insane. It is almost all bad for you.

For the average American, here is where most of your calories come from:

62% come from processed or refined foods. Food in a box. These foods are loaded with chemicals your body can't process, and have had almost all of their nutritional value leached out. This leaves you feeling full, but under-nourished. Overfed and undernourished. Not a good place to be.



25.5% of the average American's caloric intake comes from dairy, meat, and other animal products, and just 12.5% comes from fresh fruit and vegetables. This is what's killing us.

Diet is the centerpiece of our plan to naturally cure your hypertension. It is the single most important factor. If you do not do anything else...if you do not follow any other suggestions in this book, you can still greatly reduce your hypertension simply by following the diet I will outline in this section.

Of course, the more of the other recommendations in this book you follow, the bigger the impact it will have, but make no mistake – diet is the key thing here.

The good news? This is a really simple diet plan. It does not involve portion control, or calorie counting, or any of the other confusing BS that most diets try to saddle you with.

You will not have to count points, or keep track of anything, although I will be giving you some handy numbers to remember. You can always just refer back to this guide though, so you do not actually have to memorize anything. Honestly, this is one of the simplest diets on the planet, and it changed my life. It can change yours too.

Quick question for you – which has more protein, broccoli or a big, juicy steak?

Most people say steak, and they'd be wrong. Actually, broccoli is a better source of protein. It contains 11.1 grams of protein per 100 calories. Steak has only 6.4 grams per 100 calories.

Of course, the difference is that you can eat 100 calories of steak in about 2 bites. To get 100 calories of broccoli, you'd need to eat about a pound. That's the difference. Caloric density.

And here's why it matters:

Thousands of years ago, in our hunter-gatherer days, big game was one of the most important food sources for our ancestors. It was calorie dense, allowing them to stockpile energy for the next hunt.

Times have changed. We no longer live in a world of uncertain food supplies where we might go literally days between meals. Because of that, we no longer need calorie dense foods, but we haven't changed our habits.

These days, what we need...what helps us the most is low calorie, nutrient dense food. Sure, if you love to get your steak on every once in a while, you can still do that, but steak, chicken, pork, and fish should all be considered supplemental sources of nutrition, not the main course.

In other words, we have our diet exactly backwards. We use meat as our main course, and consider salads as a side dish.

The reality is, that vegetables should be most of your diet, and most of the vegetables you eat should be raw (fresh or frozen, but not from a can unless there's just no other choice). If you're not going to eat them raw, steam them or have them in soup, so you don't lose nutrients.

The exact percentage of your diet that is vegetables is up to you, and mostly depends on how much weight you want to lose. Just understand that weight loss is one of the keys to reducing your blood pressure.

With less weight, and less fat, your heart does not have to pump as hard to move the blood through your body. This is why hypertension and obesity go hand in hand. Every obese person alive today has high blood pressure. It just comes with the territory.

Did you know that a bowl of mixed greens (a variety of lettuce, broccoli and such) has less than 100 calories per pound? That's crazy. It actually makes the food calorie negative, because your body is going to spend more calories digesting it than the food contains!

That's great for you, because that bowl of greens will give you tons of nutrients and make you feel full, but it will not up your caloric intake at all.

Because you feel full and satisfied, you will not crave more food. Because your body has lots of nutrients to work with, it is going to hop to it, and start burning fat for the energy (calories) it needs, and you will see the pounds drop like magic.

Now, I know what you are thinking – that I am going to tell you to turn into a vegetarian or something, but I am not! You can still eat and enjoy all your favorite foods – it is just that you've got to do so in moderation. Consider them to be special occasion foods.



Look, you can continue the way you are eating right now, and wind up putting yourself into an early grave, or you can give this plan a try, and see how well it works.

Once you do see how effective it is, your mind will be blown. You simply will not believe the difference it makes, and how much better you feel.

You may be reading this book right now because you've tried just about everything else under the sun, and when it didn't work, you wound up here. So really, what have you got to lose?

Give this plan an honest try for a month. If you hate it, stop doing it, but you will not hate it. In fact, once you see how well it works, you will wish you'd found it years ago.

The "DON'T Eat" List

Here are the things you want to either outright eliminate, or seriously cut back on:

BOXED FOODS

these should be eliminated entirely. You're never going to get good nutrition from a box, so don't even try. In fact, in some cases, you might get more nutritional value by eating the box, rather than the food inside!

If it comes in a box, steer clear. This includes TV dinners, cereals, and boxes of instant potatoes, and probably at least a third of the stuff in your pantry right now. This is probably going to be a big issue for many of you, but it is really important.

Boxed food is horrendous for your health. The processing that this "food" goes through before it is stuffed in the box takes out virtually all the nutrients in it, and leaves the calories, so they're mostly "empty" calories.

Plus, boxed food contains tons of chemicals, preservatives, artificial colors and a bunch of other stuff that your body was never designed to process. It is crap. Avoid it like the plague, because in a way, it is.



CANNED FOODS

Most foods that come in a can are loaded with sodium, because it (sodium/salt) is a preservative. We're not going to recommend that you cut salt out of your diet altogether, but you will want to limit it to no more than 1200mg/day. Given that, you are going to want to cut out as much canned food as you can, in order to save your salt for other types of food.



DAIRY

– This one might surprise you. Odds are that you grew up hearing that milk is good for you and strengthens your bones. The reality is that while milk is the perfect food for a baby calf, you are not a cow.

Well, the doctors like to think of you as a cash cow, but that's not quite the same thing—although who knows, maybe it was an intentional, subtle joke they made when they decided to hype milk.

Milk does not really do anything for you, and it can't give you anything that you can't get from other, better sources. The same is true of cheese, and other dairy. If you like that stuff, enjoy it now and then, but otherwise, as much as possible, ditch it.

In the Standard American Diet, cheese is the #1 source of saturated fat, which is horrible for you, so enjoy in extreme moderation.



RED MEAT

This is a big one. Most people I know love a good steak. Hell, I love a good steak, but it is calorie dense, nutrient poor food. It tastes great, but honestly, it's just not that good for you.

If you were living a hunter-gatherer life and going days between meals, it would give you the fuel you need, but I'm guessing that does not describe the way you live your life.

You don't have to eliminate this entirely from your diet, but you should limit your intake to 2-3 times a month, and no more than 4 ounces per serving.



WHITE MEAT (CHICKEN/PORK)

Same story here. It's marginally better for you than red meat, but not by much. It's still calorie dense, and nutrient poor compared to other food choices.

As with red meat, if you're going to eat this kind of meat, do so no more than 2-3 times a month, and no more than four ounces per serving. Note that this is not cumulative with the red meat section, so if you eat red meat three times this month, then do not eat white meat at all until the next month.



FISH

Of all the meat you could eat, fish is the best of the bunch. If you like fish, that's good news for you. You can enjoy it more often than the rest, but here, you must be aware that some fish, depending on where it was caught, has huge amounts of mercury in it.

Mercury is poison to the human body, and it takes years to leave your system entirely. The more fish you eat, the more exposure you get to mercury, which can lead to a whole host of problems. If you are going to eat fish, stick with Salmon for the most part.



WHITE STARCH

This includes white bread, white rice, pasta, and potatoes (sweet potatoes are okay, but not the white/gold/red ones—when we say "white potatoes" we're not referring to the skin, but rather the insides!) This stuff just has almost no nutritional value. It has all been stripped out!

In some cases, they "enrich" it by artificially adding some nutrients back in, but these are not nearly as good for you as natural foods.



If you're going to eat grains at all, they should be whole wheat. That's important, so remember it: whole wheat. Not Whole Grain. If it says "Whole Grain," skip it.

You will not get nearly the nutritional value out of it compared to whole wheat. Even then, you should limit your intake of grains and cereals in general. They should be a garnish or side, when you have them at all. Never the main course.

SUGAR

This is a big category that includes ALL of the artificial sweeteners. Just get it out of your life. You may be wondering, "How can I possibly survive without sugar?" Trust me, you can. If you want something sweet, eat fresh fruit. That's sugar in a form your body can handle, and the fiber in the fruit will help with its processing.

When you eat unrefined sugar, it overloads your body. Most artificial sweeteners are poison. Even the ones that are based on or extracted from plants in nature are just more empty calories that get in the way of your progress.



JUICE

Again, juice is fruit minus the fiber. Too many calories, not enough processing control. Skip it.



FAST FOOD

We mentioned this before, but it's a big item and bears talking about in more detail. If you haven't watched it, check out a movie called "Supersize Me."

It's about a guy who made a documentary of himself and his health situation, as he ate nothing but fast food for 30 days. Literally, all this guy ate—breakfast, lunch and dinner—was fast food. And it almost killed him!

Fast food contains tons of calories and has almost no nutritional value. It is one of the worst nutritional “bangs for your caloric buck” that you can consume.

Even worse, it's so laden with fat that you can almost feel your arteries clogging as you choke it down. It might keep you alive, but it's probably not even fair to call this “food.” Any of it. Take it off the menu entirely.



The “DO Eat” List

Whew! Okay, so after reading all of the “do nots,” you might be wondering if there's anything left on the planet that you can eat and enjoy.

First of all, remember, most of the things on the “Don't Eat” list are not totally banned. You can still enjoy that dish of ice cream. You can still enjoy a steak now and again, and so on, but they appear on the “Don't List” as a reminder.

If you are serious about eliminating hypertension from your life, and all the medical problems that come with it, then you've got to dramatically reduce your consumption of the stuff on the “Don't List.”

The more exceptions you make, the more you will slow down your progress. The fewer exceptions you make, and the more fully you embrace this diet, the better and faster your progress will be.

Below, I am going to show you the first of two lists. These are, in my opinion, the best foods in the world. They are my “Super Foods” lists. Before I show you that list though, I should probably tell you how a food can make it onto the list.

What does it take for a regular food to become a “Super Food?”

Here are the criterion I used: The food must be non-calorically dense. The fewer calories, the better. The reason? You can eat as much of these low-cal foods as you want. It'll fill up your stomach, so you will feel satisfied.

But foods can't only be low-cal. A rice cake is low calorie, but it's contains barely anything in the way of nutrients. (Not to mention the fact that it tastes like cardboard.)

To qualify as a “Super Food,” it must be loaded with nutrients. The foods with the fewest calories and the most nutrients are the best Super Foods of them all.

These foods are listed in descending order. The first item on the left hand column is the best “Super Food” of all. Then we move down the list till we hit the right side column.

The food at the bottom of the right side column is still a "Super Food." Everything on both of these lists is good for you, I just had to rank them some way or another, and low cal/high nutrients seemed the most logical.

Remember, anything that appears on this list, you can eat as much as you want, until you start feeling full. These foods are so low calorie that when you factor in the calories your body has to spend digesting them, they actually wind up being calorie negative (but they're still packed with nutrients your body needs).

- Kale
- Collard Greens
- Mustard Greens
- Watercress
- Swiss Chard
- Bok Choy
- Spinach
- Arugula
- Romaine
- Brussels Sprouts
- Carrots
- Cabbage
- Broccoli
- Cauliflower
- Bell Peppers
- Mushrooms
- Asparagus
- Tomato
- Strawberries
- Sweet Potato
- Zucchini
- Artichoke
- Blueberries
- Iceberg Lettuce
- Grapes
- Pomegranates
- Cantaloupes
- Onions



This is the real secret of proper dieting. It's not about counting calories. It's about eating lots of delicious foods with low caloric density, because this stuff will leave you feeling full and satisfied, provide you with tons of high-powered nutrients, and WON'T saddle you with calories you do not need.

There's a lot of variety on the list I just gave you, but we're not done yet. Here's the next part of the list:

- Flax Seeds
- Oranges
- Edamame
- Cucumber
- Tofu
- Sesame Seeds
- Lentils
- Peaches
- Sunflower Seeds
- Kidney Beans
- Green Peas
- Cherries

- Pineapple
- Apple
- Mango
- Peanut Butter
- Bananas
- Whole Wheat Bread
- Corn
- Pistachio Nuts
- Oatmeal
- Shrimp
- Almonds
- Avocado
- Salmon
- Eggs
- 1% Milk
- Walnuts
- Brown Rice

The foods on this list provide variety and flavor, and support the first list, but should not be consumed in unlimited quantity. These are more like treats and specialty items, to be eaten occasionally.

Finally, on top of the items you will find on both lists, are your exceptions. These are foods that you personally love and do not want to live without.

Make a list of your top ten to fifteen “exceptions” and treat them as rare occasion foods. Small quantities only, and no more than 3-4 times a month.

Some of the stuff on this list, you may have never even heard of. I had no idea what Swiss Chard and Bok Choy were before I started down this path, but they’re delicious—and super good for you.

In the next section, I will provide lots of wholesome and delicious recipes, and even a “done for you” meal plan that make heavy use of these foods—so if you are at a loss as to how to prepare them, the next chapter will help you immensely.

The point is, you are not limited in the kinds of foods you can eat and enjoy. In fact, if you eat heavily from the first list, then quantity-wise, you’ll be eating more food than usual. And you will still lose weight—because again, these foods pack a huge nutritional punch, without very many calories.

That’s good news if you’re overweight, because you will leave the dinner table feeling full and satisfied—and you’ll also be giving your body all the nutrients it needs to function well, without ingesting a ton of empty calories that still need to be burned off.

It is recommended that you stick closely to the food items we’ve listed here until you hit your optimal weight. Once you DO hit your optimal weight, you can safely adopt the Mediterranean Diet, if you want to add more variety to your menu.

Do not adopt the Mediterranean Diet prior to achieving your optimal weight, however.



Studies have shown, and experts agree, that while the Mediterranean Diet is excellent at helping people maintain their optimal weight, it is actually a rather poor weight loss plan because it relies heavily on starches like pasta, and is oil heavy (especially olive oil).

That's bad because very small amounts of oil add huge amounts of calories, without providing anything in the way of nutrients. Yes, it makes the food taste better, but it does so at the cost of greatly increasing your caloric intake.

That's the beauty of the diet plan we are suggesting. With this plan, you do not have to count calories. Not because they're not important, but rather, because you will never eat too many calories if you stick mostly to the first list.

Did you know that a whole pound of mixed greens only has around 100 calories? **Your body will burn through that, and then some, just digesting it!**

You would have to eat 20 pounds of mixed greens a day to even reach 2,000 calories (which is what most professionals consider the top end of a healthy diet). There's no way you are going to eat that much, so there's no real point in counting calories, is there?

Before we go any further, a quick note for those of you who laid eyes on the "Do Eat" and "Don't Eat" lists, and decided on the spot that this program might not be right for you...

Again, I want to emphasize that we're not saying the foods you currently love and enjoy are off limits. There's room in this eating plan for exceptions – it's just that you've got to be mindful of what you're putting in your body, if you want anything to change.

You are in control here. You have the power. You can either choose to use it, and make sensible changes in your life to lose the weight, get healthy, and get rid of your hypertension forever, or you can choose to ignore everything you've read so far and keep doing what you've been doing.

How's that been working out for you, though?

Even if you choose to disregard the suggestions we've outlined where diet is concerned, I'll tell you a secret. A shortcut. Granted, this shortcut won't give you the full range of benefits. It's not as powerful as truly embracing this eating plan would be, but for some, it might be a place to start—a way to "ease into" more fully embracing this new way of eating.

The shortcut plan is this. Every single day, you should strive to eat the following:

- Eat some tomatoes, onions, mushrooms, peppers, assorted herbs and garlic
- Enjoy fresh fruit a minimum of three times
- Prepare and enjoy a large serving of steamed greens and other mixed vegetables
- Eat one large bowl of salad with a light drizzle of dressing
- Eat one cup of beans

If you JUST do those things, and you do them faithfully, you'll see at least some of the benefits we've been talking about. Like I said, you won't get the **full** benefits. Your hypertension probably won't disappear, but you will be eating healthier, and feeling better.

If you have to start this way, then by all means, do so. It's better to make some changes than to just keep doing what you've been doing, and slowly making your hypertension worse.

Notes On Food Preparation

A diet that consists mostly of healthy, colorful vegetables is good for you. It will help you lose weight and will give you access to tons of foods that have low caloric density, meaning you can eat as much as you want without feeling guilty about it. Your meals will also be packed with the essential nutrients your body needs to begin repairing itself.

Note here that at least half of your fruit and vegetable intake should be raw. You do not even have to cook this stuff at all. The greater your intake of raw vegetables, the more total nutritional value you will get.

This is because the act of cooking your food leeches about 40% of the nutritional content out of them.

For this reason, salads should become a huge new part of your routine. Replace meals with salads. Anything else will be considered a side dish.

If you put meat on your exceptions list, the best way to make it seem like you are getting more than you are actually eating is to chop it into bite-sized pieces, and sprinkle it on top of your salad.



You can also sprinkle nuts (sun flower seeds, flax seeds, almonds, or walnuts – no more than one ounce, or what will fit in the palm of your hand). These make great salad garnishes, and add a dash of flavor and variety.

The good news is that if you do not especially like raw vegetables, a lot of our recipes are soups and stews. This is cooking your food, yes, but since the juice stays in the recipe, you wind up getting the nutrients anyway. They leech out of the vegetables and into the soup stock, which you eat, so nothing is really lost.

Steaming is another wonderful option that preserves more nutritional value than other cooking options. One thing you do not want to do is melt butter or pour oil into your pan when you cook your vegetables.

Again, oil is incredibly dense, calorically, and provides no nutritional value. You are just adding empty calories to your diet when you do that. These are calories that do not actually “do” anything for you.

Also note that in addition to the two lists of foods on the previous pages, you can use any spice to add and enhance flavor, except for salt. That’s the only one on the “Don’t List,” and it is not really not a strict “do not.” It’s more a case of, “use in moderation.”

When it comes to salt, you shouldn’t have more than 1,200 mg per day. You don’t have to be obsessive about it, or even actually count your mg’s of salt, just be mindful of it. Be aware of the amount of salt that’s contained in the foods you do eat. That comes down to reading food labels!

In addition to that, since you will be eating tons of salads, and since they’ll be your main course in many cases, I would encourage you to experiment with salad dressing.

When pouring your salad dressing, use “the three second rule”: Lightly drizzle (do not pour) for about three seconds, then mix. You don’t want your salad swimming in dressing (which adds flavor, but is mostly empty calories) – you’re just looking for some added flavor.

Where salad dressing is concerned, you can certainly buy it, but if you do, you should read labels and focus on the lowest-calorie options that sound appealing to you. If you’re interested in making your own, here’s how you do that:

Every salad dressing starts with a base. Pick something from this list to use as your base:



Fresh, dried, or frozen fruit



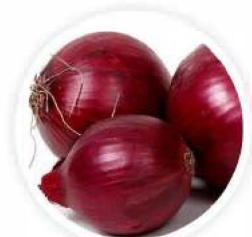
Fresh or dried herbs



Dijon Mustard



Garlic



Onion



Spices (individual or blended)

Once you've settled on a base, add in a fat by picking something from this list:



Almonds/Almond butter



Avocado



Cashews/Cashew butter



Hemp or flax seeds



Pine nuts



Pistachio or other nuts

Now your dressing is really starting to come together, but you can still punch it up a notch. You want to add some kick to it, because after all, the whole purpose of adding dressing to your salad is to take the flavor to the next level.

One of the best ways to do that is to add some acidity to the mix with something from this list:



Balsamic vinegar



Flavored vinegar



Lemon juice



Rice or wine vinegar

You can stop there if you like, or, if you want to add another layer of complexity to the flavor, add one or more from this list:



100% fruit or vegetable juice



Low sodium tomato sauce



Soy, hemp, or almond milk



Tofu

Using these bulleted items in various combinations, you can make an unbelievable number and variety of great tasting dressings to enjoy. Experiment away!

My personal preference is for almond milk. I've tried all three types on the list (soy, hemp, and almond milk), and they're all good, but there's just something about the taste of almond milk that hits the spot for me.

Experiment with all of them, see which one you like the best, and then stick with it. You can use these three interchangeably in any recipe that calls for milk. It's a much healthier option.

Again, you can make exceptions when it comes to your favorite foods—but you do need to treat them as special occasion foods, and consume smaller quantities when you do enjoy them. Consider them to be rewards for the progress you are making!

Let's Talk About Taste

When people read this information for the first time is, some of them think "There's no way I could stick to that type of diet, because I don't like those foods."

**But it will work for you once you commit to it,
and here's why:**

Taste is relative. Your taste buds are reactive. They grow accustomed to certain tastes, and acclimate to them. Those are the things that "taste good" to you.

If you change your diet, and give it an honest 2-3 weeks, your taste buds will readjust. The things you once thought tasted so good, won't taste so great any more. And the new things you are eating will begin to taste even better.

The clearest and best example of this is salt. Most people use way too much salt, because sodium is a preservative and is crammed into pretty much everything we eat. Salt, however, numbs your taste buds.

Three weeks after going low salt, all of the new foods you are enjoying will begin to taste richer and will be more flavorful. This is not because the food changed – it's the same food it was before. The difference is that your taste buds changed.

Fat – The Good, The Bad, & The Ugly

I've mentioned fat in a few different places, so now it's time to go into more detail. Not all fat is bad. There's good fat, and there's bad fat, but how do you tell the difference? I will explain that in a moment.

There are two names to remember: Omega-6 and Omega-3. The Standard American Diet sees us eating lots of Omega-6 (which is found in oils, and just about everything else that's bad for us), and Omega-3's, which are found in fish like Salmon, and nuts that are good for you, like flaxseeds, sunflower seeds, almonds and walnuts.



When reading food labels, if you see the words "hydrogenated," "partially hydrogenated," "trans," "polyunsaturated," or "saturated," leave it alone. If you see the word "monounsaturated," that's good.

You need Omega-3's. You do not need Omega-6. You can get all the Omega 3's you need by eating a handful of any of the aforementioned nuts, every day. Pop them in your mouth, or use them as a garnish on a salad.

If you follow the dietary recommendations in this book, you will be getting rid of most of the “bad” fats anyway, and the foods mentioned above will provide you with the good fat you need.

A lot of people try to make the issue of fat seem more complicated than it is. It really isn't that complicated at all.

Final note: Don't bother trying to get your Omega-3 fix from fish oil tablets. Studies have shown that often, the fish oil they use in these is rancid, which means it provides no benefits, and is actually kinda gross. Putting rancid oil in your body on purpose – bleh!

The Importance of Exercise

The reality is that all of the good intentions, lifestyle changes, and dietary adjustments you make will not be half as effective if they're not accompanied by some form of regular exercise.

The problem, of course, is that almost nobody wants, or likes to do it. In fact, it has become such a huge problem that most doctors will not even broach the subject of exercise any more with their patients. They already know that it's going to be pretty much ignored.



If you're like most people, you've made a New Year's Resolution in the past concerning weight loss and exercise. It probably lasted about a week. That's not because you didn't have good intentions, and it's not because your heart wasn't in the right place. It probably was!

It's just that creating new habits is hard. Did you know it takes about 21 consecutive days of some new activity for it to become habit?

Most people can't stick with it for that length of time. They'll do it for a while, but again, it is hard, and that's why it so seldom "sticks."

I do have a solution for this, and let me tell you, I hate dragging myself to a gym.

Now, this might not work for everybody, but I urge you to give it a try. You'll be surprised at how much easier the whole exercise thing can be, once you use this tip!

The way around the "problem" of exercise is to not think of it as exercise. Find some physical activity that you genuinely enjoy doing. This activity should be more geared toward cardio (getting your heart beating faster) than strength training (which is more designed to build muscle).



I personally found it best to experiment with fun-sounding physical activities I always wanted to try, but kept putting off for different reasons.

For some people, it'll be something like bicycling or swimming. For me, my two big passions turned out to be fencing and whitewater rafting.

Let me tell you something about whitewater rafting. You might not think that sitting in a raft or kayak and paddling is a whole lot of exercise, but I promise you this – it is way harder than it looks. It takes skill and balance, and works your entire upper body.

Not to mention, the first time you find yourself facing a wall of angry whitewater and hit it face first, you're going to feel like you've been hit by a train, and everything will hurt the next day.

But for me, it's probably the most fun I have with my clothes on. **Highly recommended!**

As for the fencing, I have a confession to make here. I am a really bad fencer. It is actually almost comical. It is a thing that I just genuinely suck at, but I have fun trying, and that's kind of the point.

When you find a physical activity that you really enjoy doing, it stops feeling like exercise. It's just fun. And you'll get all the benefits of a regular cardio workout, too!

If you're not that adventurous, you can always do something else. Even taking a 30-minute stroll around your neighborhood each day, while listening to some good music (or an audio book) on your headphones, will have a positive effect.

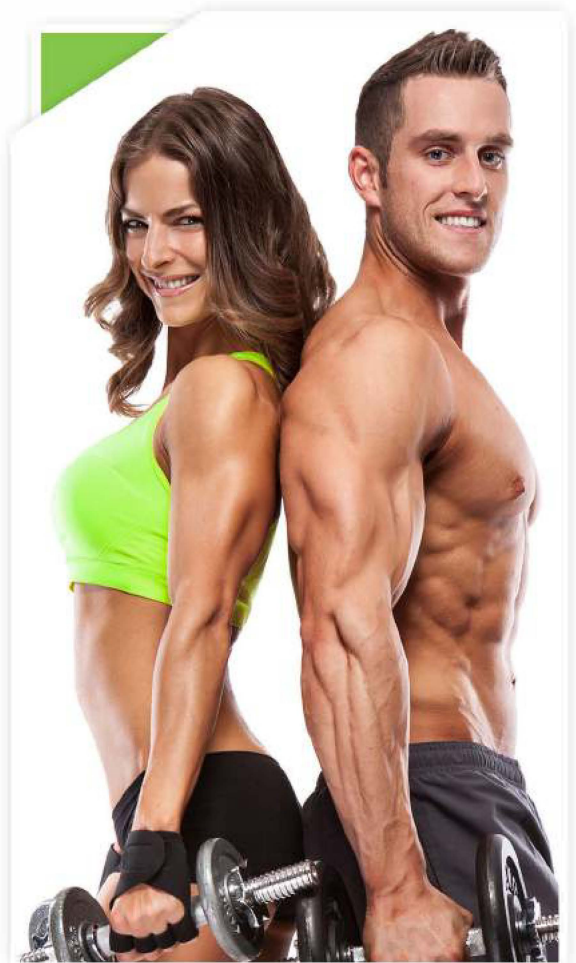
Just make sure it's long enough that you can feel your heart rate start to pick up. You can gradually increase the length of your walks, as you start getting into better shape.

That's it! That's the whole secret to learning to love exercise. Just tie it to something you like doing. This makes a world of difference.

Ultimately, your target should be a minimum of at least 30 minutes a day, three times a week. If you can do more, by all means, do so, but treat that as your major exercise milestone.

How much of a difference does it make? Well, it varies from person to person, but studies have shown that if you follow the advice above, you will reduce your systolic BP number (the first one) by 3-5 mmHg. That's significant.

Combine that with the reductions you will see from weight loss and switching to a vegetable-heavy diet, and you're well on your way to having hypertension gone from your life completely!



Simple Tricks To Get More Exercise Without Changing Your Routine

If none of the ideas above work for you, and you can't think of any physical activity you like or want to try, then use any of the following ideas to increase the amount of physical activity you get day to day:

- After you stop smoking, continue to take your regularly scheduled smoke breaks, but spend that time to make a quick lap around the building you work in.
- When watching TV, take advantage of commercial breaks to get up and move. Even if you do nothing more than walk around the house a couple times, that's better than nothing at all!
- Any time you go shopping, park toward the back of the lot and walk the distance to the store and back. A small change, but it can actually make a pretty big difference!
- When you go out to check the mail, take the opportunity to do a lap or two around your house, or stroll to the end of the street and back.

These are small things that don't really change the pace or flow of your day. If you spend a lot of time on the couch, or sitting at your desk while you work, even these changes can significantly add to the amount of exercise you get each day.

A Note On Caffeine

You might have noticed there's one thing that hasn't been included on our lists: Caffeine.

There's a reason for this. In the first place, I get it. I know how hard it is to make any lifestyle changes at all, and having read this far, you might feel like I'm asking you to turn your whole world upside down.

While it is true that caffeine is a drug, and it dehydrates you, requiring you to drink more water to satisfy your body's need for water, the impacts to your health are somewhat marginal. You should probably cut back on your consumption, but a couple of cups in the morning to jump start your day are not going to kill you.

Just be mindful of your consumption of soda, coffee, or tea. It can be addicting, and if you find that you are drinking it all through the day, then cut back some, and limit your consumption to the morning hours to get your day started.

The two biggest impacts caffeine has on your body are a) the fact that it dehydrates you (which can be countered by drinking more water), and b) it keeps you awake.

This can become a problem because when your body is kept awake longer than it should be, it'll respond by sending hunger pangs to you. It thinks it needs extra fuel, when it probably doesn't.

This can cause you to eat more, and eat when you are not really hungry. It is just a "phantom signal" your body is sending because it is getting confused by the caffeine.

As long as you are mindful of that, you can still enjoy a couple of cups of Joe in the morning. If you don't especially care for coffee anyway, and don't mind giving it up, then doing so will help speed you on your journey, but don't feel as though you have to give it up.



As you saw in our earlier chapter section on diet, our “diet plan” is pretty simple, and consists of eating lots of raw vegetables. These will still be your go-to meal choice.

Eat a salad, filled with every kind of veggie you like, and go crazy experimenting with small amounts of dressing – try several!

But we can't live on salads alone, so in this section, we're going to take the ingredients we covered earlier and use them in clever and delicious ways.

**Before we get to the recipes themselves, let's talk about servings per day/week.
Here's what you should be shooting for:**

Vegetables (raw or cooked): 4 to 6 servings per day (a serving, for this category is 1.5 cups if the vegetables are cooked, or 2-5 cups if the vegetables are raw)

Fruit: 4-6 servings per day (a serving in this category is 1.5 cups)

Beans: 1-2 servings per day (0.5 to 1 cup is your serving size here)

Nuts & Seeds: 1-3 servings per day (1 ounce – roughly a quarter cup)

Whole Grains: 1-3 servings per day (one slice per serving!)

Animal Products: (no more than 3 per week – 4 ounces is your serving size here, so literally, one 12-ounce steak is your meat for the week!)

Sodium: 1200mg/day

Fats/Oils: 1 tablespoon per day (probably most often used in salad dressings)

Okay, so having given you the outline, let's start talking about good stuff to eat!

Breakfast

This is the most important meal of the day, but “eating breakfast” does not need to mean devouring a big plate of eggs, bacon, toast, etc.

Start your morning off with a cold glass of water to help jumpstart your metabolism. Then reach for some fresh fruit. Or, if you're looking for something a bit more structured, try any of these delicious recipes:

Banana Bar Fountain of Youth

Ingredients:

- 1 whole banana, medium ripe
- 1 cup of old fashioned oats
- ¼ cup of raisins
- 1 cup of blueberries
- 1/8 cup of pomegranate juice
- 2 tablespoons of dates, chopped finely
- 1 tablespoons of walnuts, rough chopped
- 1 tablespoon of Goji berries
- 1 tablespoon of raw sunflower seeds
- 2 tablespoons of ground flax seeds



Cooking Instructions:

Preheat oven to 350 degrees (Fahrenheit).

Start by mashing the banana into a medium sized mixing bowl. Add the remaining ingredients and mix thoroughly.

Lightly glaze an 8" square baking pan with a small measure of virgin olive oil. Spread your mixture evenly into the pan and bake for 25 minutes. Allow to cool on a wire rack and cut into equal-sized bars. Eat and enjoy. Store leftover bars in the fridge. Serves 6.

Why You Will Love It:

Loaded with anti-oxidants, biting into one of these chewy and delicious bars is like having your very own Fountain of Youth with you. The blueberries combine beautifully with the banana to give the bars a sweet, decadent flavor, and the rest of the ingredients add both texture and complexity to the finished product. Great for breakfast on the go, or a middle of the day pick-me-up!

Berrylicious Breakfast Bowl

Ingredients:

- 1 apple, sliced
- 1 orange, sliced
- ½ cup of blueberries
- ½ cup of strawberries, sliced
- 2 tablespoons of flax or hemp seeds, ground
- 2 tablespoons of walnuts, chopped



Cooking Instructions:

No cooking required. Combine all ingredients, toss and serve. Serves 2.

Why You Will Love It:

There are few breakfasts that are faster or simpler to make, with as broad a range of flavors. Absolutely delicious.

Morning Apple Bake

Ingredients:

- 6 apples (cored, peeled, and chopped)
- 2 teaspoons of cinnamon
- ½ cup of chopped walnuts
- 3 dates (pitted)
- 2 tablespoons of ground flax seeds
- ¼ cup of unsweetened hemp, almond, or soy milk

Cooking Instructions:

Preheat your oven to 350 degrees (Fahrenheit).



Combine one cup of the chopped apples with the cinnamon, walnuts, dates, flax seeds and milk in a blender. Pour this mixture into a baking dish, then sprinkle the remaining apples over the top. Add raisins and mix. Sprinkle oats over the top if desired. Bake for 15 minutes. Serves 4.

Why You Will Love It:

Apple and cinnamon are a classic flavor combination, and if you've never tried it, making this dish with almond milk gives it a surprising finish that you will really enjoy. The almonds and (optional) oats give it a bit of contrasting crunch and combine beautifully with the core flavors. This one will likely be a favorite.

Sweet Potato Pancakes

Ingredients:

- 2 1/2 cups of whole wheat baking mix
- 1 3/4 cups of almond, soy, or hemp milk
- 1 cup of mashed sweet potatoes
- 3 tablespoons of brown sugar
- 2 tablespoons of white vinegar
- 2 tablespoons of vegetable oil
- 2 tablespoons vegetable oil, or as needed
- 2 1/2 teaspoons pumpkin pie spice



Cooking Instructions:

Mix baking mix, brown sugar, and pumpkin pie spice together in a large bowl. Beat milk, mashed sweet potatoes, white vinegar, and 2 tablespoons vegetable oil together in a separate bowl until smooth; gradually beat into the dry mixture to incorporate into a batter.

Heat a large skillet over medium heat; add just enough oil to cover the cooking surface and let oil get hot. Pour batter onto hot skillet by 1/4 cup portion, taking care to not overcrowd the skillet. Cook pancakes until browned, 3 to 5 minutes per side. Repeat cooking steps until all batter is used.

Why You Will Love It:

This decadent treat should probably only be enjoyed once a week, due to the presence of the oil and sugar, but this recipe doesn't involve too much of either, and it incorporates an important member of our "Super Foods" family in an innovative way.

You may not have considered sweet potatoes for breakfast, but in this incarnation, as pancakes, they're absolutely delicious. Use locally sourced honey or a nice blueberry spread as topping, and you've got a wholesome, nutritious breakfast that will leave you feeling full and satisfied.

Tofu Skillet Breakfast

Ingredients:

- 3 scallions, diced
- ½ cup of bell pepper, finely chopped
- 1 medium tomato, chopped
- 2 cloves of garlic (your choice, minced or pressed)
- 2 cups of tofu, drained and crumbled
- 1 tablespoon of Mrs. Dash no salt seasoning
- 1 tablespoon of nutritional yeast
- 5 ounces of baby spinach (coarse chop)



Cooking Instructions:

Set stove to medium heat and sauté scallions, red pepper, garlic and tomato in a quarter cup of water for five minutes.

Add all remaining ingredients and cook for an additional five minutes. Serve. Makes two servings.

Why You Will Love It:

The peppers give this meal a southwestern flair. You've probably eaten similar omelets or skillet breakfasts made with eggs, rather than tofu, and the taste is virtually identical, because the tofu has a similar consistency to egg, and tends to adopt the flavor of whatever it is cooked with. An absolutely delicious, zesty way to start your day!

Tropical Fruit Cup Breakfast

Ingredients:

- 2 cups of pineapple, cubed
- 1 cup of mango, cubed
- 1 cup of papaya, cubed
- 2 oranges, peeled and sliced
- 1 banana, sliced
- 2 tablespoons of unsweetened coconut, shredded
- Shredded romaine lettuce



Cooking Instructions:

No cooking required. Toss all ingredients but lettuce and coconut. Serve on a bed of lettuce and garnish with coconut. Serves 4

Why You Will Love It:

Did you notice how this recipe steps “off-script” slightly? Some of the fruits mentioned here are not on our “Super Foods” list, and that’s okay. Any fresh fruit or vegetable is perfectly okay, it is just that the “Super Foods” list contains the best of the best. This slight departure adds several delicious new flavors to your menu, and is a great way to start your day!

Salads

I mentioned earlier that a big part of your new eating lifestyle would be salad. The great thing is that salads are impossible to mess up! Even if you have zero skill in the kitchen, you can make a great salad with whatever vegetables you’ve got on hand.

If you’re looking for specific recipes to try though, instead of just “winging it,” check out this awesome collection of tasty main-course salads.



Bok Choy Surprise

Ingredients:

- 6 cups bok choy, finely chopped
- 1 apple, large, shredded
- 1 carrot, large, shredded
- ½ cup red onion, chopped
- ½ cup of unsweetened soy or almond milk
- ½ cup of raw cashews or ¼ cup of raw cashew butter
- ¼ cup of balsamic vinegar
- ¼ cup of raisins
- 1 teaspoon of Dijon mustard



Cooking Instructions:

In a large serving bowl, combine bok choy, apple, carrot, and onion.

In a food processor, blend milk, nuts, vinegar, raisins and mustard. Pour desired amount into serving bowl. Serves four.

Why You Will Love It:

To be honest, I did not even know what Bok Choy was when I first started on this new path, and this was one of the first dishes I made with it. It makes for an absolutely wonderful salad, and the apple/onion combination gives it an unexpected zest. Not to be missed.

Broccoli-Spinach Twist

Ingredients:

- 4 ounces of spinach
- 4 cups of broccoli florets
- 1 pear, cored and quartered
- 1 apple, cored and quartered
- 1 lime, peeled
- ¼ cup of walnuts



Cooking Instructions:

Place all ingredients into a food processor, spinach first and give everything a rough chop with an "S" blade. Mix and serve. Serves two.

Why You Will Love It:

Why You Will Love It: Two of the best, most powerful foods on the planet, dancing together in your bowl? What's not to like about that? Add to that the fact that this salad is quick to prepare, and it only makes it more attractive. This one's on my regular list! Just enough fruit flavor to balance the vegetables, and the lime gives it a surprising finish.

Salad, Southern Style

Ingredients:

- 2 cloves of garlic, minced with a dash of black pepper
- 1 ½ cup of cooked black-eyed peas
- 1 cup of water
- 1 cup of yellow bell pepper, seeded and chopped
- 1 tomato, chopped
- 1/3 cup of fresh parsley, chopped
- ¼ red onion, chopped
- 2 tablespoons of balsamic vinegar
- 10 ounces of mixed salad greens (around 7 cups)

**Cooking Instructions:**

Combine water, pepper and garlic in a large saucepan and bring to a boil. Add black-eyed peas and simmer over low heat for 10 minutes. Then drain.

Combine all ingredients but the salad greens in a large serving bowl. Cover and chill overnight (or for 3-hours, at a minimum). Serve over salad greens. Serves two.

Why You Will Love It:

This is a classic salad recipe with bold, traditional flavors. The yellow pepper is the flavor standout, with the garlic and black pepper adding just the right amount of bite. This makes a memorable, completely satisfying meal.

Spinach – Garbanzo Bean Surprise

Ingredients:

- 12 ounces of baby spinach
- 1 ½ cups of cooked garbanzo beans (alt: You can substitute a
- 15-ounce can of no-salt-added/low sodium garbanzo beans)
- 1 cup of carrots, shredded
- 1 cup of broccoli florets
- 1 cup of mushrooms, sliced
- 1 cup of tomatoes, chopped



Dressing:

- 2 cloves of garlic, minced
- 2 tablespoons of lemon juice
- ½ teaspoon of dried parsley
- ½ teaspoon of dried basil
- ¼ teaspoon of ground mustard seeds
- ¼ teaspoon of onion powder
- ¼ teaspoon of balsamic vinegar

Cooking Instructions:

Mix all salad ingredients in a large serving bowl. Mix and whisk all dressing ingredients together. Pour over salad and re-mix. Serves 4.

Why You Will Love It:

The surprise, in this case, is the zesty lemon fig dressing, which makes a truly wonderful contrast with the fresh, earthy tastes of the rest of the salad. That contrast is what makes this meal so memorable.

The Brazilian Connection

Ingredients:

- 3 plum tomatoes, chopped
- 1 ½ cups of cooked chick peas (alt: One 15-ounce can of no-salt-added garbanzo beans)
- 1 green apple, cored, peeled, and chopped
- 1 cucumber, chopped
- ½ small onion, chopped
- ¼ cup of Brazil nuts, chopped
- 3 tablespoons of balsamic vinegar
- 1 tablespoon of chopped cilantro
- 10 ounces of mixed salad greens



Cooking Instructions:

Mix everything but the greens and Brazil nuts. Serve on a bed of greens and sprinkle the Brazil nuts as a garnish.

Why You Will Love It:

The cilantro and balsamic vinegar give this salad its bold flavor, while the Brazil nuts provide a dash of unexpected texture. The ingredients come together well to make this a memorable meal.

Walnuts, Greens and Pears

Ingredients:

- 8 ounces of mixed greens
- 2 ounces of arugula or watercress
- 2 pears, cored, peeled and sliced
- 1 pear, cored, peeled, grated
- ¼ cup of dried currants
- ¼ cup of walnuts, chopped



- ¼ cup of walnut halves
- 2 tablespoons of rice vinegar
- 2 teaspoons of extra virgin olive oil

Cooking Instructions:

Combine the grated pear, arugula, greens, walnuts and currants in a bowl. Toss with vinegar and extra virgin olive oil. Garnish with sliced pears and walnut halves.

Why You Will Love It:

It's hard to beat this fruity, nutty combination of flavors. It creates a pleasant contrast in your mouth that your taste buds will come to crave. This tastes almost like dessert, but you can enjoy it as a main course!

Zesty Asparagus

Ingredients:

- 2 pounds of asparagus
- ½ cup of water
- ½ cup of raisins
- ¼ cup of balsamic vinegar
- ¼ cup of walnuts
- 1 teaspoon of Dijon mustard
- 2 garlic cloves, pressed
- 2 tablespoons of red onion, chopped
- 2 tablespoons of pine nuts



Cooking Instructions:

Place asparagus in a large skillet with ½ inch of water. Bring water to a boil, reduce heat, cover & simmer for 3-5 minutes, or until crisp and tender.

Drain asparagus and place in serving dish.

Combine remaining ingredients in a blender and pour over asparagus. Let stand 1-2 hours prior to serving. Garnish with pine nuts. Serves four.

Why You Will Love It:

This dish evokes strong opinions. Those who enjoy asparagus will love it, and those who despise asparagus might not want to go anywhere near it. But since asparagus is such a potent, nutritional vegetable, this is a superb addition to any diet.

Soups

When you want to take a break from salads, soups are a great option. As with salad, making a soup doesn't require any fancy cooking skills.

Even if you've got limited experience in the kitchen, you can make some incredible meals by following these simple recipes. Or, if you're feeling adventurous, start making up your own recipes!



Apple-Cinnamon "Butternutiness"

Ingredients:

- 5 cups of carrot juice
- 4 cups of butternut squash (fresh/frozen)
- 4 cups (packed) of kale (stems removed), chopped
- 2 medium apples, peeled, seeded and chopped
- 1 cup of onion, chopped
- ½ cup of almond, hemp, or soy milk
- ½ cup of cashews, or ¼ cup of cashew butter
- 2 tablespoons of fruit-flavored vinegar
- 1 teaspoon of cinnamon
- ½ teaspoon of nutmeg



Cooking Instructions:

Place the squash, apples, kale, onion, vinegar and carrot juice in a large soup pot. Bring to a boil, then let simmer on low heat for 30 minutes, or until kale is tender.

Puree half of the soup with the milk and cashews in a blender. Return the blended mixture to the soup pot. Add cinnamon and nutmeg. Serves six.

Why You Will Love It:

This soup has it all. It's hearty and delicious—and the combination of flavors are perfect for the Autumn and the Holiday Season—but this is truly a heavenly meal you can enjoy guilt-free at any time of the year. Every single ingredient in this soup is delicious and great for you.

B-L-T (Broccoli – Lentil – Tomato)**Ingredients:**

- 8 cups of water
- 4 cups of chopped broccoli
- 2 cups of carrot juice
- ½ cup of cashews
- 2 pounds of plum tomatoes, chopped
- 1 pound of dried lentils
- 6 cloves of garlic, minced
- 3 small zucchini, chopped
- 3 celery stalks, chopped
- 2 onions, chopped
- 2 carrots, chopped
- 1 yam, peeled and chopped
- 3 tablespoons of balsamic vinegar

**Cooking Instructions:**

Place all ingredients but the yam, the vinegar, and the cashews in a large soup pot. Bring to a simmer and let cook for 45 minutes. Add the yam and simmer for an additional 15 minutes, or until the lentils and vegetables are tender.

Remove from heat and add vinegar.

Remove 2 cups of soup and puree with the cashews in a blender. Stir back into the soup and serve. Serves eight.

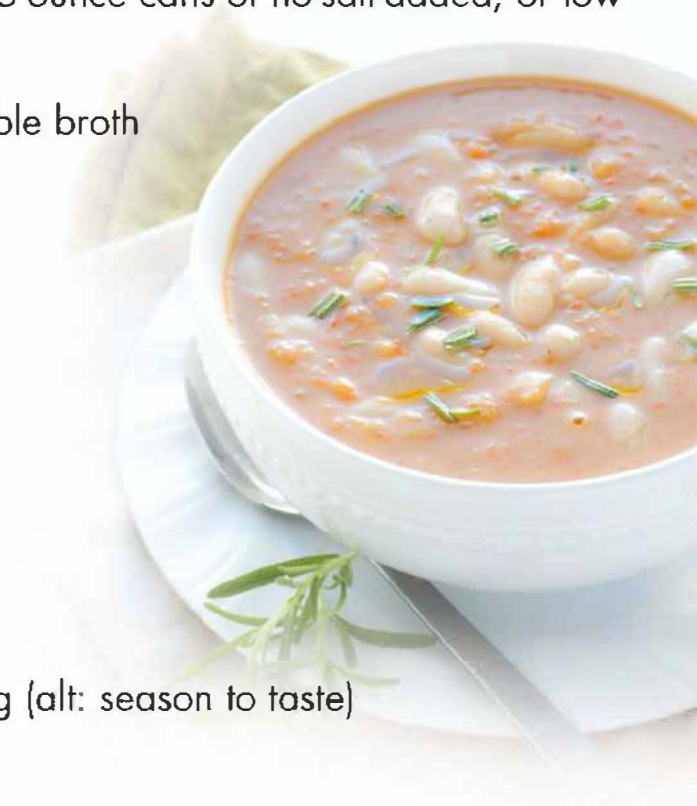
Why You Will Love It:

This is a thick, substantial, "stick-to-your-ribs" soup that will leave you feeling full and satisfied. The flavors are earthy, balanced and subtle, which for me, only adds to the enjoyment. A delicious meal, for any time of the year.

Classic Veggie-Bean Soup

Ingredients:

- 4 ½ cups of cooked cannellini beans (alt: 3 15-ounce cans of no-salt-added, or low sodium cannellini beans, drained)
- 4 cups of no-salt-added or low sodium vegetable broth
- 2 cups of broccoli florets
- 2 cups of spinach, chopped
- 2 cups of carrot juice
- 1 cup of onions, chopped
- ½ cup of cashews
- ¼ cup of pine nuts
- 3 tomatoes, chopped
- 1 bunch of fresh basil, chopped
- 4 tablespoons of Mrs. Dash or other seasoning (alt: season to taste)
- 1 teaspoon of garlic powder



Cooking Instructions:

Combine all ingredients except for the cashews and pine nuts in a large soup pot. Cover and let simmer on low heat for 35-40 minutes.

Blend ¼ of the soup with the cashew nuts in a blender, then add back to the soup pot.

Serve with pine nuts sprinkled atop as a garnish. Serves eight.

Why You Will Love It:

Another hearty, wintertime classic that's suitable for any time of the year. This is probably the easiest soup recipe there is – everything goes into one pot. No preparation or planning required.

Don't let its simplicity fool you, however. The rich flavors will leave you smiling and completely satisfied.

Homemade Cream of Mushroom

Ingredients:

- 2 pounds of fresh mushrooms, sliced
- 5 cups of carrot juice
- 3 cups of cooked, white beans (northern, navy, or cannellini) (alt: 2 15-ounce cans of no-salt-added or low sodium beans)
- 3 cups of unsweetened hemp, almond, or soy milk
- 5 ounce of baby spinach
- 3 leeks, cut in ½-inch rounds
- 2 carrots, coarsely chopped
- 2 medium onions, chopped
- 1 cup of celery, chopped
- 2 cloves of garlic, minced or pressed
- 2 tablespoons of water
- 2 teaspoons herbes de Provence



Cooking Instructions:

Heat water in a large sauté pan. Water sauté the mushrooms, garlic and herbes de Provence for 5 minutes or until tender. Add water as necessary to prevent the ingredients from sticking. Set this aside.

Bring the carrot juice, 2 ½ cups of the milk, carrots, onion, corn, celery, leeks and seasoning to a boil in a large soup pot. Reduce heat and let simmer until all vegetables are tender (about thirty minutes).

Puree the cashews and remaining milk. Add half of the soup liquid and vegetables, lemon juice, thyme, and rosemary. Blend until smooth and creamy.

Return this mixture to the soup pot, add the remaining ingredients. Heat until spinach is wilted. Sprinkle on garnish and serve. Serves five.

Why You Will Love It:

Personally, few soups make me happier than cream of mushroom, and this is one of the finest-tasting recipes I've ever encountered for it. A fantastic comfort food.

Lentil Stew

Ingredients:

- 6 cups of water
- 2 cups of dried lentils
- ½ onion (medium), finely chopped
- 3 fresh tomatoes (large), chopped
- 1 celery stalk, finely chopped
- 1 teaspoon of dried basil
- 1/8 of a teaspoon of black pepper (or season to taste)



Cooking Instructions:

Place the lentils, onion, pepper and basil in a large pot with the water and let simmer for 30 minutes. Add the tomato and celery and let simmer for an additional 15 minutes or until the lentils are tender.

Why You Will Love It:

This recipe is simplicity itself. In fact, this was the first one I mastered, because when I started on this journey I had zero experience in the kitchen. Simple or not, this is a hearty, great tasting meal that's incredibly good for you. Literally anybody can make this one.

Sweet 'Tater Stew

Ingredients:

- 2 large garlic cloves, chopped
- 1 ½ cups of stewed tomatoes (with juice)
- 1 medium zucchini, cut into ½" rounds
- 1 onion, thick sliced
- 1 large sweet potato, peeled and cut into ½ inch pieces
- 1 teaspoon of Mrs. Dash, no-salt seasoning
- ½ cup of cooked chick peas/garbanzo beans
- ¾ teaspoon of dried rosemary



Cooking Instructions:

In a sauté pan, heat two tablespoons of water. Add the onion and water sauté for 5 minutes, or until the onion is slightly softened and separating. Add the garlic and cook for one minute. Add water as needed in order to prevent scorching.

Mix in the stewed tomatoes with the sweet potatoes, garbanzo beans, rosemary and juice. Bring this mixture to a simmer, stirring occasionally. Cover and cook for five minutes.

Add zucchini. Cover and cook until the sweet potatoes are tender (about fifteen minutes), stirring occasionally. Season with Mrs. Dash and serve. Serves eight.

Why You Will Love It:

This is another one of those dishes that people will have strong opinions about. If you're a fan of sweet potatoes, you're going to be in love with this. If you don't care for them much, then this recipe will probably leave you cold.

Personally, I love sweet potatoes during any time of the year, although the flavor does naturally lend itself to the Autumn / Holiday Season. Hearty and delicious, with just enough kick to make it memorable.

“Three Amigos” Chili**Ingredients:**

- 1 pound of tofu, dried and crumbled
- 10 ounces of onions
- 3 cups of broccoli, finely chopped
- 3 cups of cauliflower, finely chopped
- 2 ½ cups of corn kernels (fresh or frozen)
- 1 ½ cups of cooked pinto beans (alt: use one 15-ounce can of no-salt-added or low sodium pintos, drained)
- 1 ½ cups of cooked black beans (alt: use one 15-ounce can of no-salt-added or low sodium black beans, drained)
- 1 ½ cups of cooked red beans (alt: use one 15-ounce can of no-salt-added or low sodium red beans, drained)
- 1 can (28-ounce) of no-salt-added or low sodium diced tomatoes
- 1 can (4-ounce) of chopped mild, green chilis



- 3 cloves of garlic, chopped
- 2 large zucchini, finely chopped
- 2 tablespoons of chili powder (alt: season to taste)
- 1 teaspoon of cumin

Cooking Instructions:

Place the tofu, chili powder and cumin in a large soup pot and brown. Add all remaining ingredients and allow to simmer on low heat, covered for two hours. Serves six.

Why You Will Love It:

This mouth-watering chili is perfect as a wintertime food, but it can be enjoyed any time of year. The “three amigos” in the recipe (tofu, chili powder and cumin) give the chili a surprisingly complex flavor, and the ingredients combine overall to give it a robust taste that will almost certainly see you going back for seconds – which you can do guilt-free, because this chili is so good for you!

Tomato Bisque

Ingredients:

- 1 ½ pounds of fresh tomatoes (chopped) (alt: You can use a single 28-ounce can of no-salt-added or low sodium whole tomatoes)
- 5 ounces of baby spinach
- 3 cloves of garlic (chopped)
- 2 celery stalks (chopped)
- 1 onion (small) (chopped)
- 1 leek (chopped)
- 1 large shallot (chopped)
- 1 small bay leaf
- 3 cups of carrot juice
- ½ cup of cashews
- ¼ cup of fresh basil (chopped)



- ¼ cup of sun-dried tomatoes (chopped)
- 2 tablespoons of Mrs. Dash or other no-salt seasoning (your choice)
- 1 teaspoon of dried thyme (crumbled)
- 1 pinch of saffron

Cooking Instructions:

Combine all ingredients except the cashews, basil and spinach in a large saucepan, and simmer for 30 minutes. Discard the bay leaf.

Remove two cups of the vegetables with a slotted spoon and set these aside. Puree the remaining soup and the cashews in a food processor or blender until smooth and creamy. Return the creamy mixture and the vegetables removed earlier to the pot and stir the basil and spinach in until the spinach has wilted. Serves six.

Why You Will Love It:

Tomato soup of any kind is probably the ultimate “comfort food,” and this recipe is no exception. Absolutely delicious with a rich texture and flavor.



Zucchini Dream

Ingredients:

- 2 pounds of zucchini, chopped
- 4 cups of no-salt-added or low sodium vegetable broth
- 4 cups of baby spinach
- 2 cups of corn kernels
- ¼ cup of cashews
- 1 large onion, chopped
- 3 cloves of garlic, chopped
- 1 teaspoon of dried basil
- ½ teaspoon of dried oregano
- ½ teaspoon of dried thyme
- ¼ teaspoon of black pepper, or season to taste



Cooking Instructions:

Add the onion, zucchini, garlic, oregano, basil, thyme, and vegetable broth into a large soup pot. Bring to a boil, then reduce heat and simmer for 25 minutes, or until the zucchini is tender.

Pour your soup into a food processor in batches if you cannot fit it all in at once, adding cashews to each batch, and blend until smooth and creamy.

Return the creamy mixture to the soup pot, add the corn and baby spinach and simmer until the spinach is wilted. Add water as needed to adjust the consistency. Season with black pepper to taste and serve. Serves four.

Why You Will Love It:

Not only is this fabulous, warm, creamy comfort food, but the oregano-basil-thyme-pepper combination give it an unexpectedly bold flavor that will make you go back for more. It somehow manages to be bold and subtle at the same time, which is that much more remarkable. Definitely a recipe you'll keep returning to, if you're even a marginal fan of zucchini.

Entrées

Sometimes you just don't want salad, and soup isn't going to get it done, either. So you might be wondering what other kinds of meals you can turn the items on our "Super Foods" list into.

The ideas presented here are just the tip of the iceberg, but should give you enough options to get you started, and offer plenty of raw material to use when designing your own fantastic recipes.



A Taste Of Italy

Ingredients:

- 4 cups of lettuce, shredded
- 1 cup of walnuts, finely ground
- ½ cup of parsley, chopped
- ½ cup of tomatoes, chopped
- 4 pitas or wraps (100% whole grain)
- 4 ounces of baked turkey or chicken (sliced, chopped, or shredded)
- 3 tablespoons of tomato paste
- 2 teaspoons of Italian seasoning
- 2 pinches of garlic powder



Cooking Instructions:

Combine the lettuce, tomatoes, walnuts, parsley Italian seasoning, meat (chicken or turkey) and garlic powder in a bowl, mixing well. Serve stuffed into the pita or wrap. Serves two.

Why You Will Love It:

A deluxe feast fit for a King! A truly fantastic combination of flavors that harken back to the Old World. Robust and delicious, these make a perfect dinner.

Basic Bean Enchiladas

Ingredients:

- 1 green bell pepper (medium or large), seeded and chopped
- ½ cup of onion, sliced
- 8 ounces of no-salt-added or low sodium tomato sauce
- 6 corn tortillas
- 2 cups of cooked beans (pinto or black) (alt: use 2 15-ounce cans of no-salt-added or low sodium beans of the desired type, drained)
- 1 cup of corn kernels (fresh or frozen)
- 1 tablespoon of chili powder
- 1 tablespoon of cilantro (fresh, chopped)
- 1 teaspoon of ground cumin
- 1 teaspoon of onion powder



Cooking Instructions:

Sauté the onion, green pepper, and 2 tablespoons of the tomato sauce until the vegetables are tender. Stir in the remaining tomato sauce, beans, chili powder, cumin, corn, onion powder and cilantro, and simmer for five minutes.

Spoon approximately ¼ cup of the mixture onto each tortilla, roll and tuck. Either serve as-is, or bake for an additional 15-minutes in an oven preheated to 375 degrees (Fahrenheit). Serves six.

Why You Will Love It:

Take your taste buds on a trip “south of the border” with this delicious recipe. Authentic Mexican flavor, easy to prepare, absolutely delicious, and great for you. You won’t believe that you’re actually eating healthy!

Cauli-Spinach Mash

Ingredients:

- 6 cups of cauliflower florets
- 4 cloves of garlic (sliced)



- 10 ounces of fresh spinach
- ½ cup of raw cashew butter
 - ** almond, hemp, or soy milk as needed for consistency
- 2 tablespoons of the no-salt spice blend of your choice
- ¼ teaspoon of nutmeg

Cooking Instructions:

Steam the garlic and cauliflower until tender (approximately 8 to 10 minutes). Drain and press to remove as much water as possible.

Steam spinach until wilted, then set aside.

Blend cashew butter, garlic, and cauliflower in a food processor or blender until smooth and creamy, adding the milk (soy, almond, or hemp) as necessary to adjust consistency.

Add spice mix and nutmeg. Mix in your wilted spinach and serve. Serves four (well, theoretically it serves four, but don't feel guilty about having seconds!)

Why You Will Love It:

You should know by now that potatoes are basically empty calories, but what if you're craving a big, steaming pile of mashed potatoes? Well, if you do, then you're in luck—and odds are, you'll like this recipe even better.

Not only does this recipe taste better (giving you a richer, more complex flavor, while mirroring the consistency of mashed potatoes), but it's also better for you. That's a win-win!

Classic Stir Fry

Ingredients:

- 14 ounces of extra firm tofu, cubed
- 1 cup of brown rice
- ¼ cup of sesame seeds (unhulled)
- 2 tablespoons of the no-salt seasoning of your choice (alt: season to taste)
- 1 teaspoon of low sodium soy sauce
- ¼ teaspoon of crushed red pepper flakes



Sauce Ingredients:

- ¼ cup of dried apricots, soaked in ½ cup of water overnight
- ¼ cup of unsalted peanut butter (or cashew butter)
- ¼ cup of balsamic vinegar
- 4 cloves of garlic, chopped
- 2 tablespoons of ginger, chopped
- 4 teaspoons of no-salt seasoning (your choice) (alt: season to taste)
- 1 teaspoon of arrowroot powder
- ¼ teaspoon of crushed red pepper flakes

For the Vegetables:

- 1 ¼ pounds of romaine lettuce, shredded
- 1 pound of fresh spinach
- 4 red bell peppers (medium), seeded and cut
- 2 carrots (medium), cut into 1/3" diagonals
- 1 medium onion, cut into wedges, and separated into 1-inch strips
- 4 cups of broccoli florets
- 3 cups of fresh mushrooms, stems removed
- 2 cups of bok choy, cut into bite-sized pieces
- 1 cup of sugar snap peas, cut into bite-sized pieces (alt: use snow peas)
- ½ cup of cashews, coarsely chopped
- 2 tablespoons of water

Cooking Instructions:

Let the tofu marinate in the soy sauce, red pepper flakes, and seasonings for at least thirty minutes prior to cooking.

Add rice and 1 ¼ cup of water to a saucepan. Bring to a boil, then reduce heat and cover, allowing rice to simmer for 30 minutes, or until the water is absorbed and the rice is tender. Set this dish aside.

Preheat oven to 350 degrees (Fahrenheit). Toss tofu and sesame seeds together, and bake in a nonstick pan for 30 minutes.

Let the tofu marinate in the soy sauce, red pepper flakes, and seasonings for at least thirty minutes prior to cooking.

Add rice and 1 ¼ cup of water to a saucepan. Bring to a boil, then reduce heat and cover, allowing rice to simmer for 30 minutes, or until the water is absorbed and the rice is tender. Set this dish aside.

Preheat oven to 350 degrees (Fahrenheit). Toss tofu and sesame seeds together, and bake in a nonstick pan for 30 minutes.

For the sauce, place the soaked apricots (and the water they are soaking in), the peanut butter, ginger, garlic, seasonings, vinegar, red pepper flakes and arrowroot powder into a blender and blend until smooth. Transfer to a small bowl and set aside.

Heat water in a saucepan (large) and sauté the onion carrots, broccoli, peas, and bell peppers for five minutes. Add water as needed in order to keep the vegetables from scorching. Add mushrooms and bok choy, cover and simmer until all vegetables are tender.

Continue cooking until the water is (mostly) cooked off. Add spinach and toss until the spinach is wilted.

Add the sauce from your bowl and mix together until all vegetables are lightly glazed and sauce is bubbly (should take no more than one minute). Mix with tofu and cashews. Serve over a bed of lettuce and a quarter cup of rice. Serves four.

Why You Will Love It:

A taste of the Orient, cooked up in the comfort of your home. This is a marvelous blend of flavors that will make your guests think you've been taking cooking classes. Easy to prepare, and consistently delicious.



Kickin' Chicken (& Spinach)

Ingredients:

- 10 ounces of spinach
- 8 ounces of boneless, skinless chicken breasts, thinly sliced
- 4 cloves of garlic, minced
- 1 green pepper (large), chopped
- 2 cups of cooked brown or wild rice
- 1 ½ cups of fresh tomatoes (chopped)
- 1 cup of celery (chopped)
- 1 cup of chili sauce (low sodium)
- ½ cup of onion (chopped)
- 1 tablespoon of basil (fresh, chopped)
- 1 teaspoon of chili powder (adding more as needed to season to taste)
- ¼ teaspoon of dried, crushed red pepper



Cooking Instructions:

Prepare chicken slices in a lightly oiled skillet, turning occasionally. Cook 3 to 5 minutes, or until no longer pink.

Add all remaining ingredients except for the rice. Bring to a boil, then reduce heat to medium and simmer (covered) for ten minutes or until vegetables are tender.

Serve over the rice of your choice. Meal serves four.

Why You'll Love It:

Introduce a little Creole flair to your dining experience! This spicy dish is filled with unforgettable flavor, loaded with vitamins and minerals essential to your health, and is sufficiently low-calorie to enjoy without guilt.

Red Pepper & Portobello Sandwich

Sandwich Ingredients:

- 4 Portobello mushrooms (large), stems removed
- 4 Pitas (100% whole grain)
- 2 Red bell peppers (medium or large), seeded and cut into ½" thick slices
- ½ Red onion (large), thinly sliced
- 2 cups of arugula leaves

Spread Ingredients:

- 2 dates (pitted, chopped)
- 1 clove of garlic (small), chopped
- ½ cup of tahini (pureed sesame seeds)
(alt: 2/3 cup of sesame seeds (unhulled))
- ½ cup of water
- 1 tablespoon of lemon juice
- 1 tablespoon of no-salt seasoning blend (your choice)
- 1 teaspoon of low sodium soy sauce



Cooking Instructions:

Preheat oven to 375 degrees (Fahrenheit). Arrange the peppers, Portobellos and onions on a baking sheet, roasting until tender (approximately 15 to 20 minutes).

While these are roasting, make the spread by mixing all ingredients in a blender until creamy.

Split the pitas in half (horizontally) and warm slightly. Spread a generous portion of the tahini spread on the top half of each. Place ½ cup of Arugula leaves on the bottom half, then top with a mushroom cap, sliced onion, and roasted pepper. Serves four.

Why You Will Love It:

With a tremendously bold collection of flavors, this meal is sure to be pleasing to any palate. Combining whole grain goodness with incredibly powerful foods from our "Super Foods" list, these sandwiches pack an amazing nutritional punch, and they taste just as great.

Stuffed Mushrooms

Ingredients:

- 12 mushrooms (large), chopped (remove stems)
- 5 ounces of spinach
- 1 onion (small to medium), chopped
- 1 clove of garlic, minced
- ¼ cup of vegetable broth (no-salt-added or low sodium)
- 2 tablespoons of almond butter
- 1 tablespoon of nutritional yeast
- ½ teaspoon of thyme (dried) Black pepper (to taste)



Cooking Instructions:

Preheat your oven to 350 degrees (Fahrenheit).

In a large saucepan, sauté the chopped onion in 3 tablespoons of water for two minutes, before adding the mushroom stems, thyme, and garlic. Continue to sauté for an additional three minutes. Add mushroom caps and vegetable broth, bring to a simmer, and cook for five minutes (ten minutes total cooking time).

Remove the mushroom caps and place on a lightly oiled (extra virgin olive oil) baking sheet. Add spinach to the onion mixture in your saucepan and heat until the spinach is wilted.

Remove from the stove and stir in almond butter, yeast, and black pepper to taste.

Fill mushroom caps with your spinach and onion mixture and bake for 20 minutes, or until golden brown. Serves two.

Why You Will Love It:

One of my personal favorites. If you are a fan of mushrooms at all, this recipe will dazzle your taste buds and send you back to the kitchen to whip up another batch. Filled with nutritional goodness and bold flavors, this is what guilt-free dining looks like!

Sweet Potato Fries

Ingredients:

- 4 organic sweet potatoes
- 1 tablespoon of onion powder
- 1 tablespoon of garlic powder



Cooking Instructions:

Preheat oven to 400 degrees (Fahrenheit).

Cut sweet potatoes into strips and place on a cookie sheet. Sprinkle your onion and garlic powder onto the potatoes. Bake for approximately 45 minutes, or until tender and lightly browned, turning the fries every fifteen minutes. Serves four.

Why You'll Love It:

Maybe you thought guilty pleasures, such as fries, would be a thing of the past once you embrace your new diet. But remember—sweet potatoes are on the “Super Foods” list, and this is a simple way for you to continue enjoying them.

Desserts

Don't think for a second that you can't enjoy delicious and healthy desserts – it's just not true. I've only included three here, but two of them are ice cream, and you can use the basic ice cream recipe to create any number of flavors to try. This is another area where you can have a lot of fun with experimentation.



Banana Walnut Ice Cream

Ingredients:

- 2 ripe bananas, frozen (freeze for at least 24-hours prior to making this dessert)
- 1/3 of a cup of vanilla soy, hemp, or almond milk
- 2 tablespoons of walnuts (chopped)

Cooking Instructions:

Blend all ingredients in a high-powered blender until smooth and creamy.

Note – to properly freeze the bananas, peel and cut into thirds, then wrap tightly in plastic wrap.

Freeze your mixture overnight, then serve and enjoy. Serves two.



Why You Will Love It:

Is there anything better than guilt-free ice cream? Personally, it's a weakness of mine, and I've made no less than a dozen different flavors using this as a base. You can easily make chocolate ice cream by borrowing from the recipe below.

Chocolate Almond Dip

Ingredients:

- 1 1/3 cups of raw almonds (alt: You can substitute 2/3 of a cup of almond butter here)
- 1 cup of soy, hemp, or almond milk
- 2/3 of a cup of dates, pitted
- 1 tablespoon of natural cocoa powder
- 1 teaspoon of vanilla extract



Cooking Instructions:

Blend all ingredients in a blender until they are smooth and creamy. Add milk as needed to adjust consistency. Use this as a dipping sauce for fresh fruit slices.

Why You Will Love It:

Guilt-free chocolate! What's not to love about that?

Chocolate Cherry Ice Cream

Ingredients:

- 4 dates, pitted
- 1 ½ cups of dark, sweet frozen cherries
- ½ cup of vanilla soy, hemp, or almond milk
- 1 tablespoon of natural cocoa powder

**Cooking Instructions:**

Blend all ingredients in a high-powered blender until smooth and creamy. Note that you may have to divide the ingredients in half and blend in stages, depending on the size of your blender. Freeze overnight before serving. Serves two.

Why You Will Love It:

This ice cream has a purely decadent flavor, but is actually quite nutritious. This means you can satisfy the cravings of your sweet tooth, completely guilt-free.

It's a recipe that unlocks a whole world of flavorful adventure, especially when you add the cocoa. With the various healthy nut choices available to you, there's no end to the variety of tasty, frozen treats you can make for yourself.

In fact, this recipe may become the gateway that gets your friends or family members to join you on your new, healthy path.

Done For You Meal Plans

Okay, so having outlined some of the delicious meals you can create—primarily using the items on the “Super Foods” lists, and mixing in a few favorites imported from your old way of eating—now we're going to make it really simple for you, by presenting you with a sample diet plan, spanning one week's time.

Feel free to use this meal plan as is, or swap out any item you don't personally care for with one of the other meals included in the plan.

Note that in some cases, I'll write “Dealer's Choice,” which means just use what you've got on hand and whip up a creation of your own (salad or fruit cup).



Although the done for you meal plan offered below does not specifically include any of the dessert items I mentioned earlier, feel free to add some in. This is probably not something you'll want to do on a daily basis, but you can easily add in a delicious dessert 3-4 times a week without any harm to your longer term goals and objectives.

MONDAY

Breakfast: Dealer's Choice. Mixed fruit cup and two slices of whole wheat toast with jam (not jelly!) of your choice.

Lunch: Apple-Cinnamon Butternuttness

Dinner: Zesty Asparagus + A Taste of Italy

TUESDAY

Breakfast: Morning Apple Bake

Lunch: Dealer's Choice Mixed Greens Salad with dressing drizzle of your choice

Dinner: Cauli-Spinach Mash + 4 ounces of lean beef, chicken, or port and a side salad of mixed greens (salad dressing drizzle of your choice)

WEDNESDAY

Breakfast: Dealer's Choice. Mixed fruit cup and two slices of whole wheat toast with jam (not jelly!) of your choice.

Lunch: Classic Stir Fry

Dinner: Basic Bean Enchiladas + side salad with nuts added as a garnish (your choice of dressing drizzle)

THURSDAY

Breakfast: Banana Bar Fountain of Youth!

Lunch: Dealer's Choice. Steamed vegetable medley on a bed of brown rice

Dinner: "Three Amigos" Chili and a side salad, sprinkled with nuts (dressing drizzle of your choice)

FRIDAY

Breakfast: Dealer's Choice. Mixed fruit cup and two slices of whole wheat toast with jam (not jelly!) of your choice.

Lunch: Broccoli-Spinach Twist

Dinner: Kickin' Chicken (& Spinach) with a side salad (and dressing drizzle of your choice)

SATURDAY

Breakfast: Tofu Skillet Breakfast

Lunch: Red Pepper & Portobello Sandwich + Sweet Potato Fries

Dinner: Sweet 'Tater Stew

SUNDAY

Breakfast: Banana Bar Fountain of Youth!

Lunch: Spinach-Garbanzo Bean Surprise

Dinner: Homemade Cream of Mushroom Soup

Does that meal plan surprise you a bit?

As it shows, you'll be eating lots of good, wholesome food (perhaps even more than you're currently eating!), while losing weight and restoring your body to good health.

I've had the pleasure of speaking with hundreds of people who have found their way to this program. Most people are shocked that you can enjoy such a variety of awesome foods, that are so beneficial to your health and well-being. That's why I love it so much.

Unleashing Your Inner Chef

While we have included a number of delicious recipes in this book, there are endless different ways to combine them.

There are enough foods on both "Super Foods" lists for you to create a staggering number of nutritious meals that are not calorically dense, enabling you to enjoy more of them than you ever imagined possible.

Far from being the end of life as you know it, this is just the beginning!

It also means that if you don't know much about cooking, you're probably going to want to take at least a little time to learn. You don't have to be good enough to star in your own cooking show, but you should at least be comfortable with the basics.

Look at it this way: You've already seen (and lived through) the results when you put your faith in foods that other people prepare for you. Here, we're talking about foods that come in boxes and cans. This style of eating was harming you.

If you want to take control of your life, then you need to take control of what you put into your body. This means not only shopping smarter, but also learning how it's prepared, and ultimately, learning to prepare it yourself.

Cooking is actually a lot easier than you might think. You might even find it enjoyable, as I now do. And with this plan, you'll be following a set of detailed instructions.

If you're looking for a great place to get more recipes, I recommend allrecipes.com. It is free to sign up, and you can search for recipes by specific kinds of food, so it's easy to just type in some of your favorite foods from the "Super Foods" list and see what pops up.

When you find something that interests you, save it to your personal online recipe book, and it'll be there, at your fingertips, any time you want it. Pretty cool.

If you've ever watched any of the cooking shows on TV, you know that oftentimes, they make deals with local farmers, who deliver farm fresh produce to them, which they then use to cook on their show. You can do the same thing.

Small, local, organic farms are becoming increasingly popular. There might even be a farming co-op in your area. If there is, you can join up, and swing by the farm every couple of weeks or so to pick up your supply.

If you want to take it to the next level, you can even consider growing your own. You can do this, even if you live in an apartment!

We won't spend a lot of time on the details, because that's really starting to move beyond the scope of this book. But if growing your own food is something you're interested in, then do some research on "Grow Towers" that you can make from recycled 2-liter soda bottles.

Or, if you have a house and some yard space, look into building a green house and using raised beds and/or window boxes.

You don't have to grow all your own food, obviously, but you would be amazed at how much you can grow in a couple of raised beds. If decide you want to go this route, then focus on two things: Grow your favorites first, because since they are your favorites, you will be buying lots of those things, and the more you can grow, the less you'll have to buy.



Also, focus on growing the stuff that's most expensive to buy. Basil, for example. Depending on where you live, basil can be surprisingly expensive. You can grow quite a lot of it though, in a single window box in your kitchen. Then you can just harvest what you need right before you'll be using it.

In some parts of the country, bell peppers can be pretty expensive too. The main thing is to focus on growing the things you'll use the most, and the things that are the most expensive.

If you do that, you'll be in great shape, and you might discover that you really enjoy gardening!

Notes About Hunger

Just so you're not taken by surprise by this when it happens to you (and it probably will happen), for the first couple of weeks after you adopt this new eating style, you're probably going to feel hungry.

You won't actually be hungry, but you'll feel like you are. So it's important to understand the difference between "phantom hunger" and real hunger.

The reality is that you're currently addicted to foods that are high in sugar and fat. Your body will crave these things for the first couple of weeks. It's used to having them. This, however, is not true hunger.

When you are truly hungry, any food will fill the void. True hunger is merely a signal your stomach sends that says it wants something in it. If you are craving a specific food item, it simply means that you're addicted to that food. It has nothing to do with whether your body really needs fuel or not.

These cravings last 14-21 days. It's different for every person. The main thing here is to be aware that it will happen. Be mindful of it, and when you think you're hungry, ask yourself a simple question: Are you craving something specific, or do you just need something in your belly?

That's how you'll be able to tell the two apart, and it's important, because if you stray from the diet plan I've outlined here, it will almost certainly be on account of some food you're addicted to and get a sudden, mad craving for.

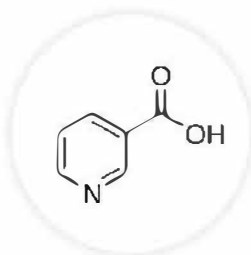
But if you can resist the temptation for two to three weeks, your taste buds will have had time to readjust, and your body will have had time to shake off the addiction—and even if you do eat some of the unhealthy foods you used to crave, they just won't taste as good to you anymore.

The new foods you're now eating will taste better to you. That's a good thing. That's exactly where you want to be.

IMPROVING YOUR BLOOD FLOW AND ARTERIAL ELASTICITY

Some of the foods we covered in our “Super Foods List” are especially good at improving your overall blood flow and helping make your arteries more elastic. Both of these are important for lowering your blood pressure.

There are also certain vitamins and minerals that help with your arterial elasticity. Here is a list, along with some of the foods they are found in:



B3 (Niacin) – Not only does this help with elasticity, it’s also an important vitamin for lowering cholesterol and blood pressure. To be sure you get plenty, eat mushrooms, asparagus, leafy greens, and peanut butter.



Vitamin C – This vitamin actually helps with the production of the fibers that keep your arteries elastic. It can also help prevent the buildup of plaque. Most people think of oranges as the go-to source for vitamin C. While it’s true that oranges contain it, mostly this is a marketing gimmick that we’ve all been falling for, for years.

Actually, sweet red peppers have triple the amount of this vitamin than a glass of OJ, but there are plenty of other options too, including banana, avocado, guava, all citrus fruits, tomatoes, broccoli, cauliflower, Brussels sprouts, red and green bell peppers, cabbage, and spinach.

If you want to venture slightly away from the “Super Foods” list, you can add cantaloupe, plums, black currant, oranges, melons, and most berries (some of which are on the “Super Foods” list anyway!)



Vitamin E – Another essential vitamin that helps keep blood clots from sticking to your arterial walls. Good sources for Vitamin E include whole-grain products, legumes, Swiss chard, avocados, blueberries, and leafy greens.



Vitamin D – Studies have shown that many Americans are dangerously deficient in this vitamin. And despite the “Got Milk?” marketing campaign, milk is not the excellent source of vitamin D that you might think it is. Actually, the best way to get the vitamin D your body needs is sunlight.

Did you know that your body can synthesize vitamin D naturally? It can! All it needs is fifteen minutes of sunlight per day (without you wearing sunscreen). That’s literally all it takes to get enough vitamin D.

The fact that Americans are deficient in this area says that we spend way too much time in doors. Get outside!



Vitamin K – Essential for overall heart health. To be sure you are getting plenty of it, you are looking at Brussels sprouts, broccoli, cauliflower, spinach, watercress, collard or mustard greens, and Swiss chard.



Magnesium – This helps with overall elasticity, and a deficiency in this mineral can actually cause high blood pressure—which is very thing you are trying to reverse, so Magnesium really does matter.

Fortunately, pretty much everything on the “Super Foods” list will give you what you need, including all the leafy greens, broccoli, almonds, spinach, sunflower seeds (and most other seeds, for that matter), and whole wheat products. You can also eat beans, peas, legumes, avocados, or bananas to get your fill.



Potassium – Another essential mineral, this one helps you maintain a steady heartbeat and balances all your body’s fluids. A potassium-rich diet will also (by itself) marginally lower blood pressure. To be sure you are getting enough, focus on bananas, broccoli, avocado, Brussels sprouts, cauliflower, legumes, beans, peas, and almonds.

And that’s it. Making sure you maintain good arterial elasticity is actually pretty easy, and you will notice that most of the foods needed to do so are already on our list of “Super Foods.”

Nutritional Myths

Notice in that section alone, we busted two more nutritional myths: The one about milk and vitamin D, and the one about orange juice and vitamin C.

Unfortunately, most of what we think we know about diet and healthy nutrition has been spoon fed to us by people who have been influenced by money—or in the case of milk and orange juice, by the folks who actually sell the stuff.

Hey, if they can get people to believe it, why not? They make money, and most people will probably never find out they've been misled.

The problem is, not only is this ethically wrong—it's also more proof of how the food and pharmaceutical industries deceive us in order to sell us more products.

But hey—now you know!



Okay, so you've just about got the complete picture. If you follow the dietary guidelines we've spelled out, and you combine those changes in your diet with some exercise and a few lifestyle changes, several big, important things will start happening with your body.

First, you will lose weight automatically. Eating foods that have low caloric density, but high nutritional density, will make you feel full and satisfied—even though you are not ingesting a ton of calories.

Since your body has all the nutrients it needs, when it needs more calories it will naturally turn to your stores of fat, and start burning those. Since you aren't starving yourself, your body will not go into "crisis mode" and start hoarding fat and burning muscle for fuel.

The pounds will start dropping off you like magic!

Your weight loss, combined with the natural phytochemicals in the vegetables you're eating, will create a powerful one-two punch that will start lowering your blood pressure. Meanwhile, your new commitment to exercise will further lower your blood pressure.

Those are great things, but if you want to take your efforts to the next level, you need to add one more element. You also need a mechanism to jumpstart your metabolism.

You need to kick it into high gear, so that all of the good things we just described start happening more quickly.



Dietary Enhancements

To accomplish this goal, we're going to highlight a few items from our "Super Foods" list, and add in a couple more. These are things you will eat and/or drink in moderate amounts, adding to the diet we've already outlined.

By the way, this part is optional. If you're happy with your metabolism the way it is, you can just skip this chapter. If you want to push your efforts into overdrive, then this is how you can accomplish it.

Add the following to your diet:



Garlic – using garlic as a flavoring for the foods on the "Super Foods" list will speed your metabolic rate. If you're not a fan of garlic, that's okay. There are plenty of other options. If you are, season your food with it. There's no such thing as too much, at least for these purposes!



Dark Chocolate – Don't go crazy here, but know that dark chocolate will increase your metabolic rate and help you to de-stress. Buy a King-Sized dark chocolate Hershey Bar, and make it last the week.



Lentils – Lentils are a food from the "Super Foods" list. All by themselves, they increase your metabolism. The more you include them in your diet, the better. Beans also fall under this category.



Nuts! – Especially Almonds and Walnuts. Eaten in small quantities (no more than an ounce a day), they will serve as a source of good fat (remember, there are "good" and "bad" fats!), and help boost your metabolism. They also make great salad garnishes.



Apples – one of the best, most nutrient dense, low calorie fruits you can eat. The high fiber content, along with its host of nutrients all combine to help take your metabolism to the next level. At least one a day, just like the old saying indicates.



Avocado – Avocados have been described as “butter that grows on trees,” but where butter is not good for you, the fat in Avocado is monounsaturated (the “good” fat), and will help your body burn calories more effectively and efficiently.



Broccoli – Another entrant on the “Super Foods” list, broccoli, eaten raw or steamed, is not only good for you in general, but will help to speed your metabolic processes.



Peppers – Yet another item from the “Super Foods” list. The more of these you eat, the more they’ll speed your metabolism. The hotter the pepper, the bigger the impact



Water – You know how some diets say you should drink some incredibly huge amount of water per day? We haven’t been telling you to do that. That’s because when you stick with our plan, you’ll be eating a lot of vegetables—and vegetables contain water. However, adding an 8 oz glass or two per day is a good way to crank your metabolism up a little bit more. You can drink one glass first thing in the morning, before your first cup of coffee, and one just before bed.

CONCLUSION

You made it to the end – congratulations!

In reality though, this is not the end at all, but rather “the end of the beginning.” While you may have finished this book, my hope is that you will re-read it so you retain more of the information it contains, then refer back to it as you continue your journey toward better health.

You should start seeing results fairly quickly, but depending on your weight loss goals, and how high your blood pressure is at the start, it may take some time to get your numbers down to where they should be.

The end result will be a healthier, happier you. The weight should start coming off automatically, with no special thought or effort beyond changing a few eating habits. Your body will function better and provide you with more energy, because it will be saturated with all the nutrients it needs.

Because you’ll be getting away from the kinds of foods known to increase hypertension, and replacing them with foods known to decrease it, your problem will begin to diminish. As it does, the risks of all the other associated diseases also begin to diminish.

You decided to try this program because you’re worried about your blood pressure, so of course, that’s what we’ve spent most of our time focusing on...

But the “Super Foods” you’re now going to enjoy on a regular basis will completely rewrite your body chemistry so that it can ward off many other ailments and diseases. This includes cancer, and diabetes—a disease that arises as a direct consequence of obesity.

In fact, your risks of developing more than a dozen different diseases and conditions will be reduced. Everything from Angina and asthma, to arthritis, gallstones, gout, IBS (Irritable Bowel Syndrome), fibromyalgia, gout, stroke, kidney stones, gastritis, and more.

If you occasionally suffer from relatively minor conditions such as hemorrhoids, constipation, or headaches, you can expect to be bothered by them much less frequently from now on. Perhaps never again.

So while solving your hypertension has been our focal point, what you’re really learning here is a way of life that will give you better health and well-being, overall.

It’s easy to get lost in the contradictory, and often just plain wrong data circulating around the internet about diet, health, and nutrition. It’s no wonder that so many people get fed up and frustrated by plans that do not work, or only work in the short run, or work but create more problems than they solve.

Please Note:

The information presented in this book is not intended as specific medical advice, and is not a substitute for professional treatment or diagnosis. These statements have not been evaluated by the Food and Drug Administration.