

PR 103

Transformation



Dr. Amy Rachelle, ND

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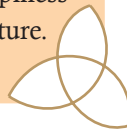


Introduction

Mission Statement



To offer holistic health education for balancing body, mind, and spirit through principles of self-empowerment and sustainability. Our programs offer freedom from physiological and psychological ailments including fatigue, cravings, candida, unwanted guests, indigestion, excess weight, negative body image, depression, stress, self-sabotaging habits, and more. We offer practices and tools for tracking objectives with techniques and support to achieve them. We teach long-lasting lifestyle habits, systems and structures that specifically address health and happiness imbalances and provide solutions that are in accordance with the laws of nature.



Introduction

Our Ethics and Values What We Stand For

The Path & Practices Of The Heart

We are committed to honoring the heart, the foundation of sustainability through love, gratitude, compassion, understanding, observation, equanimity, honesty, self responsibility, self-respect, dignity, and integrity. We teach and live these principles personally and professionally as a precept for true healthy service.

Service To Humanity & All Life

We are committed to humanitarian service, to life, and to the recognition that there is no other – that I am you and you are me. Serving others is serving self.

Ask For Support

We are committed to offering support and to ending alienation and separation. We encourage others to ask for what they need when they need it – without delay or postponement.

Conscious Communication & Listening

We are committed to listening with care from the heart and to communicating honestly, openly, and directly. We are committed to forthright, prompt and dependable communication.

Growth & Evolution

We are committed to personal and planetary evolvment as one and the same. We acknowledge that our growth is the planets evolution and vice versa. We are committed to our collective purpose of evolving and to consciously contributing to our upward growth.

Honoring The Bigger Picture & Working Together

We are committed to viewing ourselves and life from a universal perspective, the bigger picture we are a part of, rather than identifying, isolating, and personalizing the impersonal. We are committed to working together in unity and harmony based on our diverse commonality and the understanding of our interconnectedness and interdependency.

Commitment To Nonviolence

We are committed to maintaining the lifestyle and practices of peace that promote nonviolence and to honoring the wholeness of body, mind, & spirit. We are committed to living foods, regular fasting and cleansing. We are committed to the cultivation of the breath, to a consistent yoga and/or mind, body, spirit practice, and to a consistent meditation practice. We do this not only for our own freedom and happiness, but in service to the liberation and happiness of all be flexibility. We are committed to persevering no matter the opportunity perceived as an obstacle. We are committed to the determination it takes to break through, grow, and uphold the path and principles we stand for.

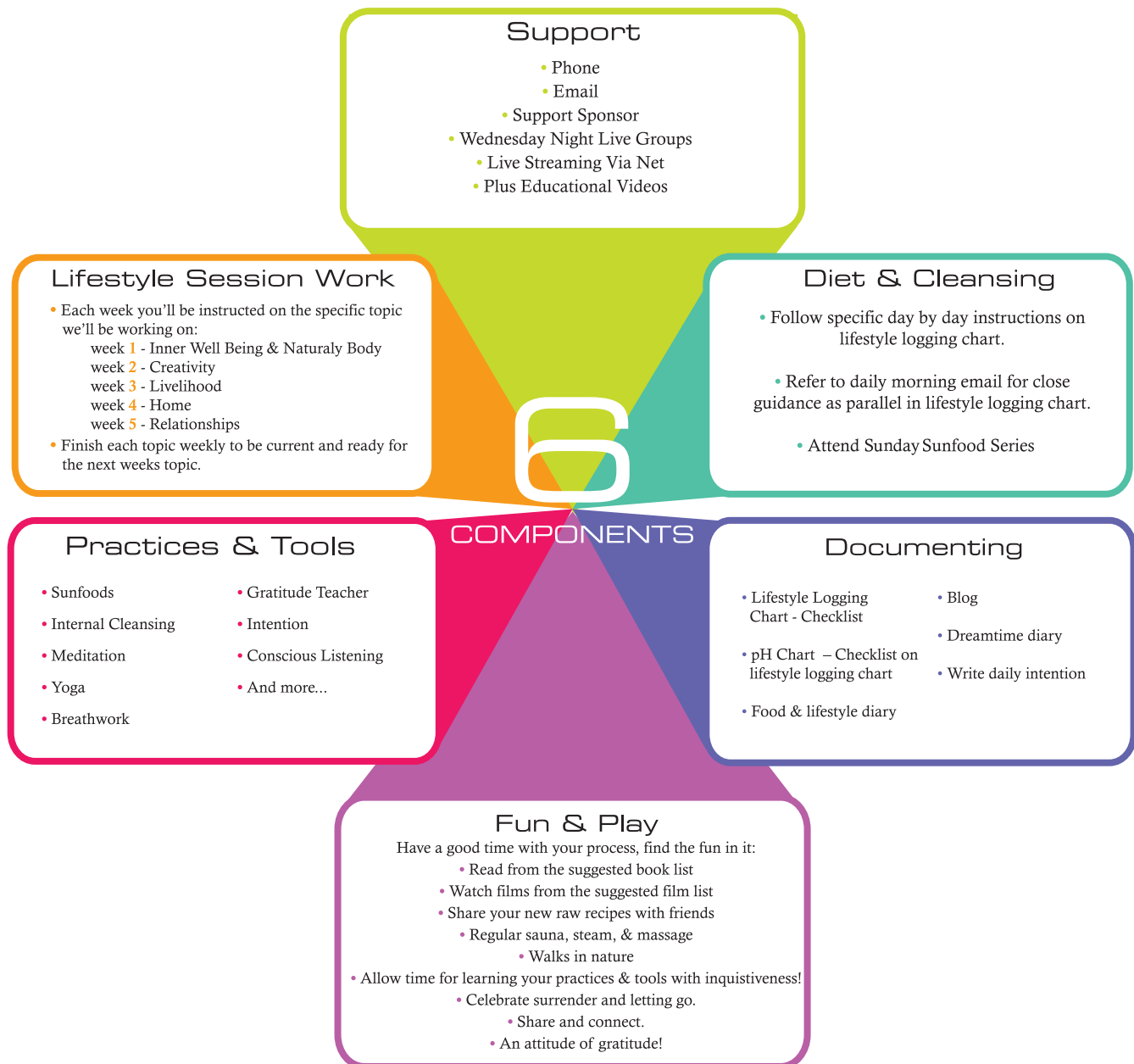
Sustainability - Leaving A Light Footprint

We are committed to walking lightly on Earth, conserving energy, recycling, using a Earth friendly products, composting, etc. - to lessening our impact on Earth.



Components, How To & Philosophy

33 Day Transformation Program's 6 Components



Components, How To & Philosophytory

The What & How

Welcome to Transformation

a healthy food and lifestyle program for success and self-empowerment. Transform, integrate, and unify your body, mind, and spirit through hands-on interactive education and support.

Our system & structure teaches you how to achieve health & success through learning:

- Sustainable food and lifestyle habits
- Tools & techniques for ascertaining life direction & dreams based on what you truly desire
- Models for creating practical proactive plans of action
- Methods for eradicating negative beliefs that keep you from it

What's your Natural Body?

What's your Highest Self Vision?

Uncover your true healthy mind/body/spirit blueprint

Discover your natural design

Get Healthy. Get What You Want.

What's your Highest Self Vision?

Be balanced & at the top of your game physically, emotionally, mentally, & spiritually

Be closely supported with our team of teachers & ever growing community

Program Structure

- Diet transitioning and internal cleansing
- Introduction & information group to start
- Weekly support group - in person (NYC/Amsterdam) and/or web, live or download in your own time
- Optional one-on-one sessions in person and/or by phone w/ Amy or a personal Transformation coach
- Guest speakers, in person, by phone and/or download in your own time
- Support sponsor
- Email and phone support
- It doesn't end there! One of our main objectives is to provide continued education, support and participation after your program to ensure your prolonged success



Components, How To & Philosophy

The What & How

continued

Results

- Peace of mind
- Suppleness and strength in your body
- Natural balanced weight
- Elasticity and improved skin tone, clarity and color
- Increased energy and vitality
- Looking & feeling your best
- Grounded stability from the inside out
- Knowing what you want and how to get it
- Relationships that reflect your healthy self relationship
- The elimination of yeast and parasites
- Balancing sugar & pH levels

Taking Transformation with private individual sessions as well? We'll address an aspect of life and lifestyle in relation to creating healthy habits in your one-on-one individual sessions. We'll discover what you really want in life, what keeps you from it, and create a plan of action for achieving your objectives:

- 1 In the first week our transformation is inner well being - maintaining and sustaining...The True Self. We practice meditation and pranayama (breath work) together – identifying where negative thoughts and beliefs are held in body and mind – and begin using our tools for release, self discovery and understanding.
- 2 In the second week, your session is built upon inner well being. Our transformation focus is creativity... knowing and embracing your life purpose through harnessing and giving expression to creation. We uncover what makes your heart and soul sing and how this translates to your path, purpose and service, your self discovery and expression, your joy and happiness.
- 3 Building upon your inner well being and creativity, in week three your third session, our transformation focus is on right livelihood – doing what you love in order to benefit humanity, and making a living from it. Everyone wins!
- 4 Based on your previous sessions, the fourth week and session concentrates on home—creating space based on how and where it best serves the True You. Our transformation focus is on the Source of where home begins—establishing the foundation for your path and priorities to follow in.
- 5 Your fifth session is an amalgamation of all our work together. Our transformation focus is on relationships - relating, communicating, and creating our reality, internally and with others - based on a healthy self relationship.

Crazy busy? No problem. This entire course can be taken in your own time!



How to take the Transformation Program

Stay close to email and be sure to ask for help/support when you need it. Feel free to write questions/concerns/how you're feeling etc., anytime. Support is paramount in your process. Also feel free to tune in with your support sponsor anytime. We highly encourage reaching out!

Every day you will receive a daily guidance and support email. You will frequently also receive email dialogue from daily email correspondences that different people in the group have inquired about. All names are removed to protect privacy. If ever you would prefer that your email isn't shared with the group, just let Amy know and she'll keep it confidential.

Find yourself interested in one part of the program more than another? Take what works best for you and no worries about the rest. Traveling/busy? The schedule and its requirements can be tailored to your specific needs – adjust accordingly. Need help? Call or email Amy and/or your support sponsor.

Follow the calendar for class times (Attend calls live or listen to call recording later. Attend groups live in NYC and Amsterdam or be present live via net streaming - missed groups can be viewed by video in your own time. See video tech instructions in your manual for conference all numbers, live streaming instructions, etc. Be sure to let me know if you'll be missing a group so we are sure to tape it.

Program structure:

- Wednesday night support group, 6-7:30 pm, Amsterdam time
- Sunday series, 1-4 pm, Amsterdam time

Note about colonics and liver/gall bladder flushing: colonics are recommended once per week during your program. If possible, it is also recommended to get a colonic the day before flushing (to assist in being empty enough to pass stones), and the day after (to assist in eliminating stones that may have gotten clogged up). Flushing is scheduled once throughout your process (twice is also an option for the enthusiastic).

Stay Supported. Keep Connected. Reach Out.



Philosophy

NAVIGATING THE NEW PARADIGM, THE PATH OF THE HEART

A Self Discovery Guide from Separation to Unification,
from Ego to Superhero

Stage 1: Ego Identification/Separation...

In this stage, one identifies solely with the five senses – the external perception filtered, validated, and reinforced solely by what one sees, hears, tastes, smells, and touches. One is disconnected from internal sensory perception (feelings), and the physical body. As a reactor, trapped in taking things personally, one perceives oneself separate from people and all of life. In this stage one is self-consumed and caught in the personas of negative emotions like anger, hatred, jealousy, confusion, co-dependency, insecurity, unworthiness, etc. For a person personified and masked by ego, everything and everyone is objectified, a means to an end, and life is unconsciously contrived to fulfill the continuing of suffering.

Stage 2: Ego Disintegration... The Destruction Of The Egoic False Self

Just as nature is cyclical, so is the nature of a human being. Just as summer disintegrates into fall, the ego is continually offered the opportunity to shed layers of suffering that uncover and reveal the Truth Self. In this phase, one might be asking: “Why is this happening to me again?” “What have I done to deserve this?” This is when it seems like life is falling apart, it’s really just the natural process of ego disintegration – that which makes space for something else to flourish. Many resist this stage and reloop to stage one, ego identification where they suffer from the same patterns and continue to fight, struggle, and self-destruct.

Stage 3: Purification... A New Foundation

By allowing the ego to naturally disintegrate, by inviting and becoming familiar with ego disintegration, and through devoting self cultivating practices (sunfoods, internal cleansing, meditation, yoga, breathwork) one has a clean foundation to live from. Through renunciation and purification, giving up everything in life that no longer supports and serves The True Self, one has the opportunity to be free of outdated fixed identities and accumulated suffering (stage 1). Through purification, one can naturally discover spirituality, birthright, and purpose on the planet.

Stage 4: Integration... Transitioning Into The True Self

Integrating into the world as The True Self, one naturally learns to live in balance in the mental, physical and spiritual without separation. Integrating as the whole human being, one has the option to be a positive proactive member of society for progressive change in the world. One sees reality as it is, not as one would like it to be, and makes choices accordingly rather than creating life through projection, stories and suffering. Assimilating and adjusting to living authentically, one peacefully accepts Truth and the responsibilities of it within every aspect of life – and allows for learning the learning curve.

Stage 5: Unification... The Superhero In Service To Humanity

Integrated, one is in realization of being a magnified representative of Pure Source Energy, that which created us, that which we have never been disconnected from. Unified in Oneness, we are aware of the Source of our true power and we use it for the betterment and in service to all beings. This is where one glows from the inside out. From this inner awakening, one is happy just to be alive and lives through the awareness of Love & sustainability, ethics).



September Intensives

note: - all times are for Amsterdam time zone

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	Day 1 Acidic Support Group 6-7:30	Day 2 Acidic	Day 3 80 - 100%	
			28	29	30	

October Intensives

note: - all times are for Amsterdam time zone

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						Day 4 80 - 100% 1
Day 5 80 - 100% 1-4 pm, Sunfood Series, Class #1, The Basics 2	Day 6 80 - 100% 3	Day 7 100% 4	Day 8 100% Support Group 6-7:30 5	Day 9 100% 6	Day 10 100% 7	Day 11 100% 8
Day 12 100% 1-4 pm, Sunfood Series, Class #2, Cleansing & Candida 9	Day 13 100% 10	Day 14 Blended 11	Day 15 Blended Support Group 6-7:30 12	Day 16 Blended 13	Day 17 Blended 14	Day 18 Blended 15
Day 19 Blended 16	Day 20 Blended 17	Day 21 Blended 18	Day 22 Juice Support Group 6-7:30 19	Day 23 Juice 20	Day 24 Juice 21	Day 25 Juice FLUSH! 22
NO CLASS						
Day 26 Juice 1-4 pm, Sunfood Series, Class #3, Path & Practices for Self-Empowerment 23	Day 27 Juice 24	Day 28 Juice 25	Day 29 Blended Support Group 6-7:30 26	Day 30 Blended 27	Day 31 100% 28	Day 32 100% 29
Day 33, 100% 1-4 pm, Sunfood Series, Class #4, Raw Gourmet, Family/Social Dynamics, & Traveling. End of Program. 30	31					

- 1 Title - describes the system/checklist for staying on track each day
- 2 Fill in date
- 3 Fill in program session times for group/private sessions
- 4 Connotes each days specific dietary intake
- 5 Tells you which supplements to take specific to the day
- 6 Fill in how many hours slept the night before
- 7 Fill in weight first thing in the morning after going to the bathroom... fill in every few days.
- 8 First thing in the morning before consuming anything, look at your tongue – record it's condition: heavy coating (*no visibility of pinkness in tongue*), medium coating (*some visibility of pinkness in tongue*), light coating (*thin layer, mostly visible pinkness of tongue*), no coating (*tongue completely clear of coating, all pink*)
- 9 Record condition of your eyes after being awake for about 15 minutes. List all conditions that apply. *Puffy. Swollen. Red. Dark Circles. Clear. No puffiness. Strain. Relaxed.*
- 10 Record condition of skin on face and body. Clear, splotchy, bumps, radiant, glowing, sallow, pale, fresh looking, tired looking, broken skin/veins on face, etc (*list body part and it's condition, i.e. checks/splotchy, belly/hives, face/glowing*). If body and face are clear, list as clear.
- 11 Record dream upon waking, before getting out of bed
- 12 Write the days intention "I give thanks to...in service to all that exists."
- 13 Check am and pm meditation box as completed, sit both in the morning and night, even if just briefly, consistency is key.
- 14 Record your daily yoga practice/exercise, 3 -6 x/ week.
- 15 Record breathwork as completed (*try practicing in correlation with yoga and or meditation, just before or after*).
- 16 Record how much water consumed today.
- 17 Record how much time spent in front of the computer.
- 18 Record how much direct and indirect sunlight received in the day.
- 19 Record fresh air quality 1 - very low, 2 - low, 3 - medium, 4 - high, 5 - very high.
- 20 Record your general well being: 1 - very low, 2 - low, 3 - medium, 4 - high, 5 - very high.
- 21 Record your energy level: 1 - very low, 2 - low, 3 - medium, 4 - high, 5 - very high.
- 22 Record your stress level: 1 - very low, 2 - low, 3 - medium, 4 - high, 5 - very high.
- 23 Record how many times bowels moved, texture, consistency, ease/difficulty, etc. Record what was eaten and how it was combined – was gas experienced after anything you ate. Record how digestion/bowel movements were affected by what was eaten.
- 24 Record your pH 4 times daily. Chart Urine & Saliva by marking a U or S 4x's daily (*for example: 1st am urine before brushing teeth, 10 am, 2pm, 10 pm*)
- 25 Meal Planner reminder - notes how to follow eating for a day for proper food combining. Space for writing in the days lunch and dinner.
- 26 Food & Well Being Diary. Log days consumption and how you felt with each item eaten. Record your general well being and emotions of the day.
- 27 Core Issue Diary - Craving to Substance to Symptom to Emotional Root. In the first space provided record any cravings of the day and when you become aware of them - before, during, after. In the second space provided record the substance, person, place or thing craved. In the third space, get in touch with and record the what you're really feeling - what's propelling the craving. *Write what you're truly craving.*



Lifestyle & Resources

1 Transformation Lifestyle Logging Chart Day 1-6

2	Day 1 -	Day 2 -	Day 3 -	Day 4 -	Day 5 -	Day 6 -
3 session schedule						
4 diet schedule	Eat As Usual	Acidic	Acidic	80 -100% Raw Vegan	80 -100% Raw Vegan	80 -100% Raw Vegan
5 supplement schedule	none	none	none	green juice <input type="checkbox"/> superfoods <input type="checkbox"/> flax seeds am <input type="checkbox"/> pm <input type="checkbox"/>	green juice <input type="checkbox"/> superfoods <input type="checkbox"/> flax seeds am <input type="checkbox"/> pm <input type="checkbox"/>	green juice <input type="checkbox"/> superfoods <input type="checkbox"/> flax seeds am <input type="checkbox"/> pm <input type="checkbox"/>
6 record am hours slept						
7 weight (once a week)						
8 condition of tongue (no coat, light, med, heavy)						
9 condition of eyes (clear, tired, fatigued, congestion)						
10 condition of skin (glowing, pale, splotchy, eruption)						
11 record dream						
12 write intention						
13 record am/pm meditation						
14 yoga (3-6x/week)						
15 breathwork						
16 record pm daily water consumption						
17 computer time						
18 sunshine (hours outdoors)						
19 fresh air (low, med, high)						
20 general wellbeing (1-5)						
21 energy level (1-5)						
22 stress level (1-5)						
23 bowel movements/gas?						
24 4x's Daily pH Log	1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4
8.0						
7.6						
7.4						
7.2						
7.0						
6.8						
6.6						
6.4						
6.2						
6.0						
5.8						
5.6						
5.4						
25 meal planner	AM: Lemon Water then by Green Juice Mid-Day Lunch: (wait 4 hrs) Early Evening Dinner: (no meals after 7pm) opt. small light snack no food 2 hr before bed	AM: Lemon Water then by Green Juice Mid-Day Lunch: (wait 4 hrs) Early Evening Dinner: (no meals after 7pm) opt. small light snack no food 2 hr before bed	AM: Lemon Water then by Green Juice Mid-Day Lunch: (wait 4 hrs) Early Evening Dinner: (no meals after 7pm) opt. small light snack no food 2 hr before bed	AM: Lemon Water then by Green Juice Mid-Day Lunch: (wait 4 hrs) Early Evening Dinner: (no meals after 7pm) opt. small light snack no food 2 hr before bed	AM: Lemon Water then by Green Juice Mid-Day Lunch: (wait 4 hrs) Early Evening Dinner: (no meals after 7pm) opt. small light snack no food 2 hr before bed	AM: Lemon Water then by Green Juice Mid-Day Lunch: (wait 4 hrs) Early Evening Dinner: (no meals after 7pm) opt. small light snack no food 2 hr before bed
26 food & well-being diary						
27 core issue diary	Craving: Substance: Symptom: Emotional Root:	Craving: Substance: Symptom: Emotional Root:	Craving: Substance: Symptom: Emotional Root:	Craving: Substance: Symptom: Emotional Root:	Craving: Substance: Symptom: Emotional Root:	Craving: Substance: Symptom: Emotional Root:

Lifestyle & Resources

Transformation Lifestyle Logging Chart

Day 7-12

	Day 7 -	Day 8 -	Day 9 -	Day 10 -	Day 11 -	Day 12 -
session schedule						
diet schedule	100% Raw	100% Raw	100% Raw	100% Raw	100% Raw	100% Raw
supplement schedule	green juice <input type="checkbox"/> superfoods <input type="checkbox"/> flax seeds am <input type="checkbox"/> pm <input type="checkbox"/>	green juice <input type="checkbox"/> superfoods <input type="checkbox"/> flax seeds am <input type="checkbox"/> pm <input type="checkbox"/>	green juice <input type="checkbox"/> superfoods <input type="checkbox"/> flax seeds am <input type="checkbox"/> pm <input type="checkbox"/>	green juice <input type="checkbox"/> superfoods <input type="checkbox"/> flax seeds am <input type="checkbox"/> pm <input type="checkbox"/> MMS am <input type="checkbox"/> pm <input type="checkbox"/>	green juice <input type="checkbox"/> superfoods <input type="checkbox"/> flax seeds am <input type="checkbox"/> pm <input type="checkbox"/> MMS am <input type="checkbox"/> pm <input type="checkbox"/>	green juice <input type="checkbox"/> superfoods <input type="checkbox"/> flax seeds am <input type="checkbox"/> pm <input type="checkbox"/> MMS am <input type="checkbox"/> pm <input type="checkbox"/>
record am hours slept						
weight (once a week)						
condition of tongue (no coat, light, med, heavy)						
condition of eyes (clear, tired, fatigued, congestion)						
condition of skin (glowing, pale, splotchy, eruption)						
record dream						
write intention						
record am/pm meditation						
yoga (3-6x/week)						
breathwork						
record pm daily water consumption						
computer time						
sunshine (hours outdoors)						
fresh air (low, med, high)						
general wellbeing (1-5)						
energy level (1-5)						
stress level (1-5)						
bowel movements/gas?						
4x's Daily pH Log	1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4
8.0						
7.6						
7.4						
7.2						
7.0						
6.8						
6.6						
6.4						
6.2						
6.0						
5.8						
5.6						
5.4						
meal planner	AM: Lemon Water then by Green Juice Mid-Day Lunch: (wait 4 hrs) Early Evening Dinner: (no meals after 7pm) opt. small light snack no food 2 hr before bed	AM: Lemon Water then by Green Juice Mid-Day Lunch: (wait 4 hrs) Early Evening Dinner: (no meals after 7pm) opt. small light snack no food 2 hr before bed	AM: Lemon Water then by Green Juice Mid-Day Lunch: (wait 4 hrs) Early Evening Dinner: (no meals after 7pm) opt. small light snack no food 2 hr before bed	AM: Lemon Water then by Green Juice Mid-Day Lunch: (wait 4 hrs) Early Evening Dinner: (no meals after 7pm) opt. small light snack no food 2 hr before bed	AM: Lemon Water then by Green Juice Mid-Day Lunch: (wait 4 hrs) Early Evening Dinner: (no meals after 7pm) opt. small light snack no food 2 hr before bed	AM: Lemon Water then by Green Juice Mid-Day Lunch: (wait 4 hrs) Early Evening Dinner: (no meals after 7pm) opt. small light snack no food 2 hr before bed
food & well-being diary	Craving: Substance: Symptom: Emotional Root:	Craving: Substance: Symptom: Emotional Root:	Craving: Substance: Symptom: Emotional Root:	Craving: Substance: Symptom: Emotional Root:	Craving: Substance: Symptom: Emotional Root:	Craving: Substance: Symptom: Emotional Root:
core issue diary	Craving: Substance: Symptom: Emotional Root:	Craving: Substance: Symptom: Emotional Root:	Craving: Substance: Symptom: Emotional Root:	Craving: Substance: Symptom: Emotional Root:	Craving: Substance: Symptom: Emotional Root:	Craving: Substance: Symptom: Emotional Root:

Lifestyle & Resources

Transformation Lifestyle Logging Chart

Day 13-16

	Day 13 -	Day 14 -	Day 15 -	Day 16 -	Day 17 -	Day 18 -
session schedule						
diet schedule	100% Raw	Blended	Blended	Blended	Blended	Blended
supplement schedule	green juice <input type="checkbox"/> superfoods <input type="checkbox"/> flax seeds am <input type="checkbox"/> pm <input type="checkbox"/> MMS am <input type="checkbox"/> pm <input type="checkbox"/>	green juice <input type="checkbox"/> superfoods <input type="checkbox"/> flax seeds am <input type="checkbox"/> pm <input type="checkbox"/> MMS am <input type="checkbox"/> pm <input type="checkbox"/>	green juice <input type="checkbox"/> superfoods <input type="checkbox"/> flax seeds am <input type="checkbox"/> pm <input type="checkbox"/> MMS am <input type="checkbox"/> pm <input type="checkbox"/>	green juice <input type="checkbox"/> superfoods <input type="checkbox"/> flax seeds am <input type="checkbox"/> pm <input type="checkbox"/> MMS am <input type="checkbox"/> pm <input type="checkbox"/>	green juice <input type="checkbox"/> superfoods <input type="checkbox"/> flax seeds am <input type="checkbox"/> pm <input type="checkbox"/> MMS am <input type="checkbox"/> pm <input type="checkbox"/>	green juice <input type="checkbox"/> superfoods <input type="checkbox"/> flax seeds am <input type="checkbox"/> pm <input type="checkbox"/> MMS am <input type="checkbox"/> pm <input type="checkbox"/>
record am hours slept						
weight (once a week)						
condition of tongue (no coat, light, med, heavy)						
condition of eyes (clear, tired, fatigued, congestion)						
condition of skin (glowing, pale, splotchy, eruption)						
record dream						
write intention						
record am/pm meditation						
yoga (3-6x/week)						
breathwork						
record pm daily water consumption						
computer time						
sunshine (hours outdoors)						
fresh air (low, med, high)						
general wellbeing (1-5)						
energy level (1-5)						
stress level (1-5)						
bowel movements/gas?						
4x's Daily pH Log	1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4
8.0						
7.6						
7.4						
7.2						
7.0						
6.8						
6.6						
6.4						
6.2						
6.0						
5.8						
5.6						
5.4						
meal planner	AM: Lemon Water then by Green Juice Mid-Day Lunch: (wait 4 hrs) Early Evening Dinner: (no meals after 7pm) opt. small light snack no food 2 hr before bed	AM: Lemon Water then by Green Juice Mid-Day Lunch: (wait 4 hrs) Early Evening Dinner: (no meals after 7pm) opt. small light snack no food 2 hr before bed	AM: Lemon Water then by Green Juice Mid-Day Lunch: (wait 4 hrs) Early Evening Dinner: (no meals after 7pm) opt. small light snack no food 2 hr before bed	AM: Lemon Water then by Green Juice Mid-Day Lunch: (wait 4 hrs) Early Evening Dinner: (no meals after 7pm) opt. small light snack no food 2 hr before bed	AM: Lemon Water then by Green Juice Mid-Day Lunch: (wait 4 hrs) Early Evening Dinner: (no meals after 7pm) opt. small light snack no food 2 hr before bed	AM: Lemon Water then by Green Juice Mid-Day Lunch: (wait 4 hrs) Early Evening Dinner: (no meals after 7pm) opt. small light snack no food 2 hr before bed
food & well-being diary						
core issue diary	Craving: Substance: Symptom: Emotional Root:	Craving: Substance: Symptom: Emotional Root:	Craving: Substance: Symptom: Emotional Root:	Craving: Substance: Symptom: Emotional Root:	Craving: Substance: Symptom: Emotional Root:	Craving: Substance: Symptom: Emotional Root:

Lifestyle & Resources

Transformation Lifestyle Logging Chart

Day 19-24

	Day 19 -	Day 20 -	Day 21 -	Day 22 -	Day 23 -	Day 24 -
session schedule						
diet schedule	Blended	Blended	Blended	Juice	Juice	Juice
supplement schedule	green juice <input type="checkbox"/> superfoods <input type="checkbox"/> flax seeds am <input type="checkbox"/> pm <input type="checkbox"/> MMS am <input type="checkbox"/> pm <input type="checkbox"/>	green juice <input type="checkbox"/> superfoods <input type="checkbox"/> flax seeds am <input type="checkbox"/> pm <input type="checkbox"/> MMS am <input type="checkbox"/> pm <input type="checkbox"/>	green juice <input type="checkbox"/> superfoods <input type="checkbox"/> flax seeds am <input type="checkbox"/> pm <input type="checkbox"/> MMS am <input type="checkbox"/> pm <input type="checkbox"/>	green juice <input type="checkbox"/> superfoods <input type="checkbox"/> flax seeds am <input type="checkbox"/> pm <input type="checkbox"/> MMS am <input type="checkbox"/> pm <input type="checkbox"/>	green juice <input type="checkbox"/> superfoods <input type="checkbox"/> flax seeds am <input type="checkbox"/> pm <input type="checkbox"/> MMS am <input type="checkbox"/> pm <input type="checkbox"/>	green juice <input type="checkbox"/> superfoods <input type="checkbox"/> flax seeds am <input type="checkbox"/> pm <input type="checkbox"/> MMS am <input type="checkbox"/> pm <input type="checkbox"/>
record am hours slept						
weight (once a week)						
condition of tongue (no coat, light, med, heavy)						
condition of eyes (clear, tired, fatigued, congestion)						
condition of skin (glowing, pale, splotchy, eruption)						
record dream						
write intention						
record am/pm meditation						
yoga (3-6x/week)						
breathwork						
record pm daily water consumption						
computer time						
sunshine (hours outdoors)						
fresh air (low, med, high)						
general wellbeing (1-5)						
energy level (1-5)						
stress level (1-5)						
bowel movements/gas?						
4x's Daily pH Log	1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4
8.0						
7.6						
7.4						
7.2						
7.0						
6.8						
6.6						
6.4						
6.2						
6.0						
5.8						
5.6						
5.4						
meal planner	AM: Lemon Water then by Green Juice Mid-Day Lunch: (wait 4 hrs) Early Evening Dinner: (no meals after 7pm) opt. small light snack no food 2 hr before bed	AM: Lemon Water then by Green Juice Mid-Day Lunch: (wait 4 hrs) Early Evening Dinner: (no meals after 7pm) opt. small light snack no food 2 hr before bed	AM: Lemon Water then by Green Juice Mid-Day Lunch: (wait 4 hrs) Early Evening Dinner: (no meals after 7pm) opt. small light snack no food 2 hr before bed	AM: Lemon Water then by Green Juice Mid-Day Lunch: (wait 4 hrs) Early Evening Dinner: (no meals after 7pm) opt. small light snack no food 2 hr before bed	AM: Lemon Water then by Green Juice Mid-Day Lunch: (wait 4 hrs) Early Evening Dinner: (no meals after 7pm) opt. small light snack no food 2 hr before bed	AM: Lemon Water then by Green Juice Mid-Day Lunch: (wait 4 hrs) Early Evening Dinner: (no meals after 7pm) opt. small light snack no food 2 hr before bed
food & well-being diary						
core issue diary	Craving: Substance: Symptom: Emotional Root:	Craving: Substance: Symptom: Emotional Root:	Craving: Substance: Symptom: Emotional Root:	Craving: Substance: Symptom: Emotional Root:	Craving: Substance: Symptom: Emotional Root:	Craving: Substance: Symptom: Emotional Root:

Lifestyle & Resources

Transformation Lifestyle Logging Chart

Day 25-30

	Day 25 - flush	Day 26 -	Day 27 -	Day 28 -	Day 29 -	Day 30 -
session schedule						
diet schedule	Juice	Juice	Juice	Juice	Blended	Blended
supplement schedule	green juice <input type="checkbox"/> superfoods <input type="checkbox"/> flax seeds am <input type="checkbox"/> pm <input type="checkbox"/> MMS am <input type="checkbox"/> pm <input type="checkbox"/>	green juice <input type="checkbox"/> superfoods <input type="checkbox"/> flax seeds am <input type="checkbox"/> pm <input type="checkbox"/> MMS am <input type="checkbox"/> pm <input type="checkbox"/>	green juice <input type="checkbox"/> superfoods <input type="checkbox"/> flax seeds am <input type="checkbox"/> pm <input type="checkbox"/> MMS am <input type="checkbox"/> pm <input type="checkbox"/>	green juice <input type="checkbox"/> superfoods <input type="checkbox"/> flax seeds am <input type="checkbox"/> pm <input type="checkbox"/> MMS am <input type="checkbox"/> pm <input type="checkbox"/>	green juice <input type="checkbox"/> superfoods <input type="checkbox"/> flax seeds am <input type="checkbox"/> pm <input type="checkbox"/> MMS am <input type="checkbox"/> pm <input type="checkbox"/>	green juice <input type="checkbox"/> superfoods <input type="checkbox"/> flax seeds am <input type="checkbox"/> pm <input type="checkbox"/> MMS am <input type="checkbox"/> pm <input type="checkbox"/>
record am hours slept						
weight (once a week)						
condition of tongue (no coat, light, med, heavy)						
condition of eyes (clear, tired, fatigued, congestion)						
condition of skin (glowing, pale, splotchy, eruption)						
record dream						
write intention						
record am/pm meditation						
yoga (3-6x/week)						
breathwork						
record pm daily water consumption						
computer time						
sunshine (hours outdoors)						
fresh air (low, med, high)						
general wellbeing (1-5)						
energy level (1-5)						
stress level (1-5)						
bowel movements/gas?						
4x's Daily pH Log	1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4
8.0						
7.6						
7.4						
7.2						
7.0						
6.8						
6.6						
6.4						
6.2						
6.0						
5.8						
5.6						
5.4						
meal planner	AM: Lemon Water then by Green Juice Mid-Day Lunch: (wait 4 hrs) Early Evening Dinner: (no meals after 7pm) opt. small light snack no food 2 hr before bed	AM: Lemon Water then by Green Juice Mid-Day Lunch: (wait 4 hrs) Early Evening Dinner: (no meals after 7pm) opt. small light snack no food 2 hr before bed	AM: Lemon Water then by Green Juice Mid-Day Lunch: (wait 4 hrs) Early Evening Dinner: (no meals after 7pm) opt. small light snack no food 2 hr before bed	AM: Lemon Water then by Green Juice Mid-Day Lunch: (wait 4 hrs) Early Evening Dinner: (no meals after 7pm) opt. small light snack no food 2 hr before bed	AM: Lemon Water then by Green Juice Mid-Day Lunch: (wait 4 hrs) Early Evening Dinner: (no meals after 7pm) opt. small light snack no food 2 hr before bed	AM: Lemon Water then by Green Juice Mid-Day Lunch: (wait 4 hrs) Early Evening Dinner: (no meals after 7pm) opt. small light snack no food 2 hr before bed
food & well-being diary						
core issue diary	Craving: Substance: Symptom: Emotional Root:	Craving: Substance: Symptom: Emotional Root:	Craving: Substance: Symptom: Emotional Root:	Craving: Substance: Symptom: Emotional Root:	Craving: Substance: Symptom: Emotional Root:	Craving: Substance: Symptom: Emotional Root:

Lifestyle & Resources

Transformation Lifestyle Logging Chart

Day 31-33

	Day 31 -	Day 32 -	Day 33 -			
session schedule						
diet schedule	100% Raw	100% Raw	100% Raw			
supplement schedule	green juice <input type="checkbox"/> superfoods <input type="checkbox"/> flax seeds am <input type="checkbox"/> pm <input type="checkbox"/> MMS am <input type="checkbox"/> pm <input type="checkbox"/>	green juice <input type="checkbox"/> superfoods <input type="checkbox"/> flax seeds am <input type="checkbox"/> pm <input type="checkbox"/> MMS am <input type="checkbox"/> pm <input type="checkbox"/>	green juice <input type="checkbox"/> superfoods <input type="checkbox"/> flax seeds am <input type="checkbox"/> pm <input type="checkbox"/> MMS am <input type="checkbox"/> pm <input type="checkbox"/>			
record am hours slept						
weight (once a week)						
condition of tongue (no coat, light, med, heavy)						
condition of eyes (clear, tired, fatigued, congestion)						
condition of skin (glowing, pale, splotchy, eruption)						
record dream						
write intention						
record am/pm meditation						
yoga (3-6x/week)						
breathwork						
record pm daily water consumption						
computer time						
sunshine (hours outdoors)						
fresh air (low, med, high)						
general wellbeing (1-5)						
energy level (1-5)						
stress level (1-5)						
bowel movements/gas?						
4x's Daily pH Log	1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4	1 2 3 4
8.0						
7.6						
7.4						
7.2						
7.0						
6.8						
6.6						
6.4						
6.2						
6.0						
5.8						
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5.4						
meal planner	AM: Lemon Water then by Green Juice Mid-Day Lunch: _____ (wait 4 hrs) Early Evening Dinner: _____ (no meals after 7pm) opt. small light snack no food 2 hr before bed	AM: Lemon Water then by Green Juice Mid-Day Lunch: _____ (wait 4 hrs) Early Evening Dinner: _____ (no meals after 7pm) opt. small light snack no food 2 hr before bed	AM: Lemon Water then by Green Juice Mid-Day Lunch: _____ (wait 4 hrs) Early Evening Dinner: _____ (no meals after 7pm) opt. small light snack no food 2 hr before bed			
food & well-being diary						
core issue diary	Craving: Substance: Symptom: Emotional Root:	Craving: Substance: Symptom: Emotional Root:	Craving: Substance: Symptom: Emotional Root:			

Lifestyle & Resources

Lifestyle Session # 1

Inner Well Being & Natural Body

- 1 Describe in detail your highest evolving vision for your Inner Well Being & Natural Body. How does owning your true natural state – in being and body - feel in your emotions, in how you feel about yourself, in how you feel and look physically... and in how you relate with others?
- 2 What keeps you from the above? Write specifically and in detail, from the perspective of feeling.
- 3 Are you dedicated and committed to manifesting your highest evolving vision of yourself? What's entailed with creating awareness around any feeling/thought that stands in the way of it?
- 4 Do your feelings and thoughts determine the reality of how you feel about yourself - and therefore produce your physical condition, appearance and state of mind? What does this mean to you? How are your feelings and thoughts currently determining your reality – in being and body?
- 5 After answering what keeps you from your natural state of Inner Well Being and Natural Body, ask yourself: are the perceptions you have about yourself true and accurate?
- 6 How have you been relating with yourself (and therefore others) based on perceptions of yourself that may be inaccurate? What feelings and thoughts are you perceiving within yourself on a regular basis that contradict your Inner Well Being & Natural Body highest evolving vision? Write in detail...
- 7 If these perceptions are not true, what may be possible for you without them?
- 8 What's required from you in order to accept yourself just as you are now, negative (untrue) perceptions of yourself, habits, and all? Why is this important? What does it mean to no longer fight yourself? If there's no more fighting, what's left?
- 9 What is the role and purpose of:
 - Willingness to acknowledge other perspectives about yourself.
 - Self permission to continually say yes to transformation and inviting the process - regardless of the challenges – and committing to that now.
 - Acceptance of who you are now just the way you are.
 - Gratitude for who you are now.
 - Curiosity and commitment to your absolute highest potential - and manifesting it - for your Inner Well Being & Natural Body.
- 10 What does it mean to honor yourself? Can anyone or anything substitute for this? Is self honoring the key to being honored by others?
- 11 What type of self reflected feelings, thoughts, and lifestyle habits bring about the states of honoring, gratitude, Love, and acceptance - for your present state of being - while simultaneously nurturing your highest evolving vision for your Inner Well Being and Natural Body?

Lifestyle & Resources

Lifestyle Session # 1 Inner Well Being & Natural Body

- 12 What's the role of dedication and commitment, perseverance and determination in manifesting your highest evolving self vision – while valuing, loving and accepting yourself now?
- 13 What does it mean to allow for the learning curve? Does allowing for learning create a container for grace, gratitude, and growth? Suggestion: post a reminder note, in a place you look at often, that reminds you to: 1) allow for the learning curve, 2) reminds you how beautiful you are now just the way you are.
- 14 What's required from you to face everything and avoid nothing in your life? What feelings and thoughts arise around this question, in your body (what you feel and sense) and in your emotions? Make a list of any- thing or anyone you have unresolved issues with. Determine a course of action to face each one of them – either through addressing it directly with who/what's involved, or resolving it on your end (by truly being at peace with it)? What's the power of doing this NOW not later?
- 15 Where do you see the health of your Inner Well Being and Natural Body at the end of these 33 days, 1 year, 3 years, and 10 years? Describe your vision and plan of action for maintaining your highest evolving vision for your Inner Well Being and Natural Body over these time periods.
- 16 Write your intention for your Inner Well Being and Natural Body... write in these terms: "I give thanks to... in service to all that exists."
- 17 Apply this information to your creativity life direction formula.



Lifestyle & Resources

Life Direction Formula

Inner Well Being & Natural Body



A From your heart write your intention (tool #8) for your Inner Well-Being & Natural Body
"I give thanks to.... in service to all that exists."

B Pyramid Formula

1 Values (driving force, creates action, leads to highest vision)

2 Vision (what you see)

3 Mission (what you do)

Note: the all seeing eye in the center of the pyramid represents ethics, the highest all encompassing perspective

C On the second page:

fill in your Intention

fill in your # 1 Values

fill in your # 2 Vision

fill in your # 3 Mission

D Vision to Manifest & 3rd Eye Meditation (tool #6 & 7)

E Write your plan of action based on # 1 - # 3

F Dreamtime (tool #9)

- Are the steps in **C** congruent with your intention? If not, find the discrepancy in # 1 - # 3 and re-work the formula.
- Keep in mind the all encompassing perspective (the eye in the center of the pyramid). Are your values in sync with that which see all, a higher awareness?
- Your values will determine the quality of energy your vision is propelled by and will therefore ultimately decide what you do - your mission.

Apply the steps in D to your AM/PM meditation. Daily practice and consistency bring results. Explore, experiment and have fun with it.



Lifestyle & Resources

Life Direction Formula
Inner Well Being & Natural Body

INTENTION

#1 VALUES

#2 VISION

#3 MISSION

PLAN OF ACTION



Lifestyle & Resources

Lifestyle Session #2

Creativity

- 1 How is the creative evolutionary force working through you? What does it want to create through you? How does it inspire and excite you to create more inner well being?
- 2 Are you a force and a face of evolution – or are you your personality? What does this mean to you? Does one offer the opportunity for limitless creative growth and potential and the other constrain you to the preset agendas (fears and suffering) of the personality (ego)? Is either state personal? If it's not personal, what's creatively possible for you beyond identification solely with your personality?
- 3 Has the personality been limiting your growth? If so, explain in detail.
- 4 Imagine yourself free. You are creatively engaged and manifesting your highest potential through what makes your heart and soul sing the most in all areas of your life... describe the visions and feelings this elicits. Describe in detail your highest evolving vision for your creativity – without limitation or judgment. Be free. Allow yourself to explore unencumbered.
- 5 Is one of your greatest responsibilities in being alive to bring the greatest joy and happiness to yourself and others? Without judging yourself, be honest and ask - are you accepting this responsibility? If not list in detail what keeps you from it... use the identities below as a reference. Be thorough, you may feel some of the identities below don't fit you, try answering them anyway - you may be surprised to find hidden personas ripe for the plucking.
 - Mental chatter
Are you the noise pollution, the chatter? How has this affected your life and kept you from what you really want and your creativity? Are you believing and following the chatter over what might be true and real? What does this mean to you? How do your practices and BOS help you to step outside the chatter?
 - Fear of ridicule - of embarrassing myself
What's the power of just being – of living through the eyes and experience of a child? Can there be the opportunity for excelling and excellence without trying new things (risking) just for the joy and potential growth of it?
 - Fear of being in the limelight, of being focused on – fear of recognition
Are you making yourself small because you're afraid of outshining others? If you're truly in your power and shining, will there just be more light for healing the planet and to help others shine? Describe the voice inside of you that is small and tells you you are not that good. Is it the truth of who you are? Are you identified with that small voice – have you created a false view of yourself from it? If so describe how this identification has been affecting you. Does this honor you? How does BOS and the practices train you to know the difference between the True and false voice? What's the power of giving recognition to your true voice, in all aspects, and in regards to your creativity? Are you dedicated to that now?



- Fear of failure

Who judges success or failure? Is this determined by whoever/whatever you give power to? What does it mean to hold your power, to cultivate it and to develop your interest from it, for yourself (based on the integrity of holding what you have inside of you, rather than fearfully placing it outside of yourself)? What's the difference between perceived failure and simply allowing yourself to be and experience life judgment free? From this position, is there anymore "success" or "failure" – or is there just learning and growing now – like a child?

- Not living up to expectations

Whose expectations? Is expectation based on placing your worth and value outside of yourself? What's it mean to fully know and trust yourself that you are always doing your best? Does self knowing/self trust curtail the clamp of expectations and its accompanying noose? What's the pitfall of expectations? What's the difference between expectation and fully engaging life to its highest – with yourself and others? Are you fully engaging life?

- Perfectionism

Does perfectionism prevent the flow of beauty and connection within you and all of life? Does perfectionism prevent you from experiencing and creating life as you go? Is there a final outcome that dictates something is good enough? How is this affecting your life and creativity?

- Not having the skill levels... not feeling competent enough.... Not enough time

Are you potentially losing sight of the big picture (i.e. your creativity) due to focusing on "can't" instead of "can?" Are you therefore experiencing resistance to learning new things? What skills do you need to gain to fulfill your hearts desire? What's your plan now for gaining those skills? Is procrastination keeping you in trapped in feeling like you don't have enough time? Are you procrastinating not because you don't have enough time but because you dont feel good enough? Is this true or do you just not know how to do it? Is it a priority to make time for what you really want? What needs to change and transform in your life in order to honor this?

- What balance needs to occur between getting things accomplished and honoring what you need for yourself – weight/guilt free? Have you been self negating, if so, how? What baby steps can you can take to break the self negation pattern by focusing on what inspires, intrigues, and excites you - through the eyes of a child? Is it a risk if you allow yourself to play, learn and grow withoutdemand or expectation? Is it enough just to allow yourself to be creative just for you – not because it may bring a result? What can you do to schedule times for your creativity incrementally without over- whelming yourself – now, not later?

- What's required from you (in your life and lifestyle habits) to feel secure in your inner well being and natural body (your health), and therefore to feel stable to freely express your creativity on a consistent basis?



Lifestyle & Resources

Lifestyle Session #2

Creativity

- Suggestion: clearly and concisely write out your highest evolving vision for your creativity... post this in a place where you will see it daily – use your meditation, manifesting tools, and dreamtime to bring this vision into physical reality.

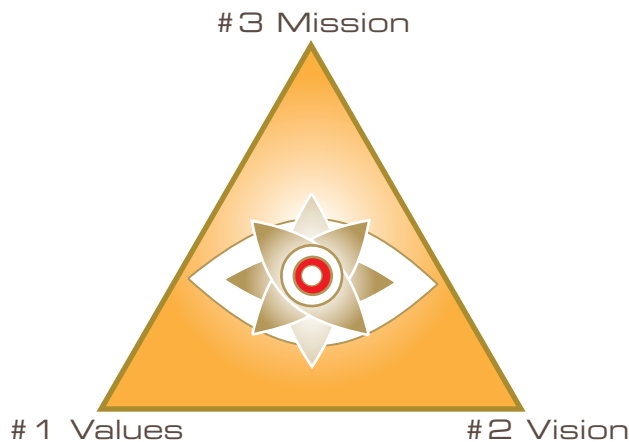
6 Describe in detail:

1. The happiness you experience and express by living from your highest evolving vision creatively.
2. How you benefit others by living this.
3. How you are a channel and conduit for higher awareness through your creativity and help others to tune into what you've discovered.
4. How it hurts you and others by not doing this.
5. Your commitment and follow through to make this happen.
6. What's required from you, on all levels, to manifest this.

7 Write your intention for your creativity. "I give thanks to...in service to all that exists."

8 Apply this information to your creativity life direction formula.





A From your heart write your intention (tool #8) for your Creativity
“I give thanks to.... in service to all that exists.”

B Pyramid Formula

1 Values (driving force, creates action, leads to highest vision)

#2 Vision (what you see)

#3 Mission (what you do)

Note: the all seeing eye in the center of the pyramid represents ethics, the highest all encompassing perspective

C On the second page:

fill in your Intention

fill in your # 1 Values

fill in your #2 Vision

fill in your #3 Mission

D Vision to Manifest & 3rd Eye Meditation (tool #6 & 7)

E Write your plan of action based on # 1 - #3

F Dreamtime (tool #6)

- Are the steps in **C** congruent with your intention? If not, find the discrepancy in # 1 - #3 and re-work the formula.
- Keep in mind the all encompassing perspective (the eye in the center of the pyramid). Are your values in sync with that which see all, a higher awareness?
- Your values will determine the quality of energy your vision is propelled by and will therefore ultimately decide what you do - your mission.

Apply the steps in D to your AM/PM meditation. Daily practice and consistency bring results. Explore, experiment and have fun with it.



Lifestyle & Resources

Life Direction Formula

Creativity

INTENTION

1 VALUES

#2 VISION

#3 MISSION

PLAN OF ACTION



- 6 Suggestion: answer all the questions below – sometimes we may think a question doesn't pertain to us, but then as you start to explore it new insights are often revealed.
- What's it mean for you to take the leap of faith and venture into your unexplored right livelihood ideas now? Is there anything keeping you from that – in reality?
- 1 What does right livelihood feel like for you as opposed to unhealthy livelihood?
 - 2 Are you living right livelihood now? If so, how does this feel? If not, how does this feel?
 - 3 Describe in detail your highest evolving vision for creating right Livelihood. How does truly owning this – in being and body - feel in your emotions, in how you feel about yourself, in how you feel and look physically... and in how you relate with others (even if you don't know what this is in detail, just describe the feelings of how it feels to you)?
 - 4 Are you dedicated and committed to manifesting your highest evolving vision for your right livelihood (even if it is just a feeling right now)? Are you willing to let go of what stands in the way of it?
 - 5 What stands in the way of your right livelihood now? What does this feel like? What keeps you from your highest evolving vision for your livelihood? Write specifically and in detail.
 - 6 Suggestion: answer all the questions below – sometimes we may think a question doesn't pertain to us, but then as you start to explore it new insights are often revealed.
 - Are you being asked to take the leap of faith and venture into your unexplored right livelihood ideas now? Is there anything keeping you from that – in reality?
 - Have you created an image about yourself in relation to your livelihood? If so, what are the constructs of it? Are you protecting it? Is this holding you back – in what ways? What would happen if you no longer upheld and protected it? What's possible for you these constructs? Is the image the true authentic you? Does the true you need an image to hide behind or to be “protected” with? What does this mean to you?
 - What are the gaps between your highest evolving vision for your right livelihood and where you are now? What needs to be bridged in order to achieve your highest vision? Outline your ideas and next-steps in reaching your desired audience. Use this information in conjunction with the Livelihood Life Direction Formula. Do you have a system and structure (checklist with components working together) for achieving your highest vision? What system and structure needs to be implemented? (to learn more about this, read the EMyth by Michael Gerber, www.e-myth.com)
 - Describe your right livelihood in relation to being of service to others... write your legacy – what you are remembered by when you die.



Lifestyle & Resources

Lifestyle Session #3

Right Livelihood

7 Some common fears:

- Will anyone hire me?
 - Is your concept formulated and articulated, in a way that fulfills a need, a missing link? If it's not a match, is it personal? Are circumstances opportunities for direction in your life? Is it really about you being hired or is it about you knowing your own worth and value for yourself (not based on others approval/liking)?
- Not wanting to stay in one place – how to travel and it be financially viable at the same time...
 - Outline the terms for your business (or job) in order to be sustainable for your personal needs. What's involved with setting this up so that it meets all your needs of travel, working intimately, yet not being tied down, being able to follow your heart wherever it takes you without restriction, yet honoring your clients and responsibilities at the same time? What do you need for you personally first as your primary aim?
- Me not being fully there myself in what I want to offer, sometimes feeling like a hypocrite
 - feeling embarrassed or guilty
 - In your heart are you there? What does it mean to allow for the learning curve and know that in your heart you are there? Does allowing for learning help to bring you into integrity with what you know you're capable of? List anything in your life that brings about embarrassment, shame or guilt – that makes you feel like you're not honoring yourself and your chosen path? What's the power of accepting where you're at and not putting pressure on yourself – to truly allow for learning and growing?
- It's so big; a lot of responsibility; it's a lot caring – it's easier to be indifferent – fear of riding it making me ride the wave of the unknown.
 - In order to rise to the bigness, does it require you to care - to go beyond the causality of indifference - and accept complete responsibility for yourself and the bigger picture (and your place in it)? Is there any known or certainty outside the knowing within you - that which seeks no validation? Explain. What does it mean walk the edge of evolution? What is required of you in order to do that – in your life, livelihood and lifestyle?
- It's scary... the unfamiliar, the things I don't know – the abilities I might need.
 - Do you know all you already need to know in this moment to initiate your right livelihood? Through the power of visioning are you able to see? Is this the true Source of where your abilities come from? Can you learn the rest (technicalities)?
- Being 100% responsible
 - Are you already by (true) nature 100% responsible? Are you really just being asked to own up and accept your full power and potential – what you already are?
- Lose of freedom
 - Can you lose what you already have? Are you free now? Will you continue to be so as long as you are honoring yourself and doing what you need to do for you? Does honoring yourself require you to forthrightly communicate your needs - first and foremost?
- Living compartmentalized, creating my livelihood out of rigidity – out of what it should look like
 - Is the root of this fear for security and not exercising your greater capabilities? Do you have a system and structure for engaging in right livelihood (think of this in terms of tracking finances or charting your health) – what's your checklist for success based on your primary

aim, what you really need for your heart and souls fulfillment? Write your checkbox system and structure for success in your right livelihood after completing the Life Direction Formula. Is one box on your checklist about staying attuned to your heart? Do you track your finances? How is this related to right livelihood and honoring your heart and soul needs for livelihood?

- Feeling like my resource of creativity is going to crash or come to a halt?
 - Is this rooted in a fear of lack? Explain. Can your creative resource (therefore right livelihood) only crash if you're not tuned to the source of creativity (your heart, your raw pure essence)? What's required from you to keep this intact? What does it mean to get comfortable in your true home, your heart – how is this related to knowing yourself and your right livelihood?
- I can't make money doing what I love
 - Are you allowing yourself to do what you love and make money as well? Are you feed based on whatever you feel and think - whether it is for what you love or don't love ("so shall you reap so shall you sow")? What's it mean and what's required from you (right in the moment of challenge) to be aware of the fear of lack and choose a different course of action that's abundant and empowering?
- Not believing in myself, not following through
 - What's the difference between believing in yourself and knowing yourself? Is your primary goal to know and give of yourself (be of service to others)? What does it really mean to honor and know you are your greatest gift, and that by giving of it, it grows and helps others – what can you do to act on this in every moment? Is this what it really means to follow through? What does it mean to surrender to what you have inside of you without needing to "do" – is this actually the greatest source of security – is the other way sure to produce insecurity? What does this mean to you?

8 Write your intention for your creativity. "I give thanks to...in service to all that exists."

9 Apply this information to your creativity life direction formula.



Lifestyle & Resources

Life Direction Formula

Right Livelihood



A From your heart write your intention (tool #8) for your Right Livelihood
"I give thanks to.... in service to all that exists."

B Pyramid Formula

1 Values (driving force, creates action, leads to highest vision)

2 Vision (what you see)

3 Mission (what you do)

Note: the all seeing eye in the center of the pyramid represents ethics, the highest all encompassing perspective

C On the second page:

fill in your Intention

fill in your # 1 Values

fill in your # 2 Vision

fill in your # 3 Mission

D Vision to Manifest & 3rd Eye Meditation (tool #6 & 7)

E Write your plan of action based on # 1 - # 3

F Dreamtime (tool #6)

- Are the steps in **C** congruent with your intention? If not, find the discrepancy in # 1 - # 3 and re-work the formula.
- Keep in mind the all encompassing perspective (the eye in the center of the pyramid). Are your values in sync with that which see all, a higher awareness?
- Your values will determine the quality of energy your vision is propelled by and will therefore ultimately decide what you do - your mission.

Apply the steps in D to your AM/PM meditation. Daily practice and consistency bring results. Explore, experiment and have fun with it.

Lifestyle & Resources

Life Direction Formula

Right Livelihood

INTENTION

#1 VALUES

#2 VISION

#3 MISSION

PLAN OF ACTION



Lifestyle & Resources

Lifestyle Session #4

Home

- 1 Feel yourself fully engaged; living to the fullest in your inner well being, creativity, and right livelihood. How is your home set up to facilitate your purposeful engagement for the greater good?
 - Describe in detail your highest evolving vision for your home (s). How does truly owning this – in being and body - feel in your emotions, in how you feel about yourself, in how you feel and look physically... and in how you relate with others (even if you don't know this in detail, just describe the feelings of it)?
 - Where is home located beyond a external locale?
 - Are you dedicated and committed to manifesting your highest evolving vision for your home (even if it is just a feeling right now)? Are you willing to let go of what that stands in the way of that?
 - What keeps you from your highest evolving self vision for your home? Write specifically and in detail.
 - Suggestion: answer all the questions below – sometimes we may think a question doesn't pertain to us, but then as you start to explore it new insights are often revealed.
- 2 Common Fears
 - I don't know where it is
 - Where is your heart? Is this home? Are you home now? What does this mean to you?
 - What's the power of visioning your home without attachment to outcome or expectations?
 - As you vision and acknowledge your true home, what visions do you feel/see for where you live? What does it look and feel like? What is the outside terrain like? Allow yourself to vision without limitations or constraints.
 - Give yourself space to be at home in your heart while visioning your home(s). What makes your heart and soul sing for your home(s)? See the big picture, be free.
 - It seems so far out there, it seems unbelievable
 - Has magic in general been lost because it seems impossible? Is it impossible or are limitations a belief?
 - Can you have anything you really want? It is up to you?
 - Being disconnected, disconnecting from where home is
 - Does the discomfort within yourself and in life come when you are not home in your heart? What are your tools that bring you back home when you have lost yourself? Are you dedicated to your heart, to home? Can anyone or anything take your true home away from you? Does the real pain come about when you lose your sense of self, home?
 - What does it mean, and what's required from you to truly recognize yourself for Who You Really Are (home) – not who you mistake yourself to be when under stress?



- I don't have the money, fear of not having enough
 - Are you committed to Truth, to truly owning who you really are, rather than playing out the role of scarcity/fear? Are you dedicated to Truth, no matter what's happening inside of you, in your changing life circumstances, and outside of you – regardless of fears around money?
 - What's the source of true abundance? Are you applying this in your life and using your manifestation tools?
 - Is money determining if you are happy in your home? Describe the feelings that arise for you around money and home?
 - What does it mean to surrender scarcity and receive your birthright? Is it possible to truly receive if you believe in lack? Does the belief in lack perpetuate fear for survival? Does gratitude get exterminated with this belief and lead to blocks? Is this affecting you now? If so, how?
 - What's the role of owning/being in your (our) power in giving of yourself and therefore receiving? What does this mean to you? Are you giving of yourself to your fullest capacity? Does lack come about by not giving of yourself?
- I'm not there yet – the timing isn't right yet...
 - Will you ever be “there” without truly being here (present)?
 - Do your visions live without the concept of time?
 - Suggestion: in meditation vision from your heart (use tool #6, Visioning To Manifest & #7 3rd Eye Meditation), truly feel yourself living in your home – at home, without attachment or longing, just excitement and knowing – then let it go. Consider creating a colleague of what this all looks like.
- Impatience to allow the process to unfold naturally without forcing it
 - Does impatience make you want to be someplace other than where you are now? Is there any place else to be – is it even possible to be somewhere other than where you are in the present?
 - Is impatience the lack of presence now?
 - Does reacting to the impulse of impatience, instead of just observing it and seeing it for what is – cause the quieting of the guiding voice within you? What pattern does impatience trigger?
 - Is impatience based in craving and projection? What's the power of as it is?
 - What's the connection between the observer and patience? How does surrender fit into this?
 - Is impatience based in attachment to outcome? What does this mean to you?
 - Does impatience distract you from the beauty of the moment and opportunities that may be available?
 - Does participating, presence and engaging yourself in what you know to be true propel your growth and dispel fear (impatience)?
- Feeling overwhelmed – feeling like I'll have to leave behind people I love...
 - What's the true root of feeling overwhelmed? What's the power of allowance and acceptance, in truly being present? Does looking ahead (and postponement of the moment) keep you from being present and therefore feeling overwhelmed?
 - What can you let go of in order to create space in your life – how can you create more space in yourself to know home?



Lifestyle & Resources

Lifestyle Session #4

Home

- Suggestion: use your conscious listening tool #10, ask your heart... what do I need for myself, from myself – how can you best take care of myself (home) with joy and playfulness, instead of it being a chore? What inspires the child within you to play? Does thinking there's a right way to do things keep you from just enjoying yourself? Is the effecting you? If so, how?
- Does believing you have to give up people you love and/or your highest evolving vision for home, keep you from having it? Is this just a belief? What belief do you really want to believe in, and therefore create? What's the difference between including others in your vision, sharing it - and isolating/alienating yourself in your vision?
- My home is a mess, neglected
 - Is it your home that's being neglected or your heart home? Is there a difference? Is there a connection? Explain in detail.
 - Have you been tending to the superhero or the super ego inside of you by postponing your needs of home? Are you deriving your worth from ego, instead of who you really are – what does this mean to you? What's the difference between being enough (just as you are now), as opposed to having to prove it (seeking outside validation)? Where are your priorities for home – both where you live and in your heart?
- I have a hard time letting go?
 - What's the difference between hard and challenging?
 - Does attachment keep you from home? What are the attachments that keep you from home in your life right now? What would be most beneficial to let go of in your life right now to truly know home? What disturbances do you perpetuate by not letting go?
 - What's the power of giving thanks to the things you're challenged by in life? What's the connection between gratitude, wisdom and understanding? Where does this core live within your body and your being? (use gratitude tool #5 with everything you're challenged by in yourself and life - give thanks)
- I don't have time to take care of home
 - Is your first priority in taking care of yourself so you can truly help take care of others? What's the connection between taking care of yourself and home? What time can you carve out for yourself that is realistic in order to make this happen? Is the key in planning for this and holding this time sacred – not letting other things take priority over what you need? What's your plan of action to begin this now, not later? What's the danger of waiting for time to appear? What's the power of planning it? Does the home you live in reflect where you are in your heart home? What does that look/feel like right now? Does self judgment, guilt and self punishment keep negative patterns alive rather than allowing you to take progressive action? Explain in detail.



- Putting pressure on myself
 - What does it mean to enjoy and allow for the process, instead of putting pressure on yourself to do more?
 - Are you absorbing external pressure, if so how?
 - Can you truly enjoy life if you allow yourself to slow down and accept the process, beyond pressure? What does it mean to go with the flow of life, doing what you need to do for you – without wanting it to be something else – to truly accept what is, as it is... to live as it is with equanimity, without defeatism? How is this related to home?
- Expectations
 - Do you have self imposed expectations that are hindering your growth? Have you outgrown them or are they serving your evolution?
- Taking things personally
 - Does taking things personally/being offended make you susceptible to what other people think? Is this keeping you from home? Are you deriving self worth from getting your love through pleasing others – rather than feeling secure in yourself? Can the real you ever be offended?
 - Is anything personal, truly?
 - What does it mean to not take things personally, yet accept personal responsibility for whatever you're faced with?
- My home isn't organized
 - Is your home set up for the lifestyle you're committed to living? What changes would you like to make? What's your plan to do this? When will you do this? Describe the power of organizing your home for your lifestyle needs now, not later? Is this key in maintaining your path and practices? What needs to be cleared away and organized? What time can you schedule for this?
- Write your intention for home. "I give thanks to...in service to all that exists."

3 Apply this information to your home life direction formula.



Lifestyle & Resources

Life Direction Formula

Home



A From your heart write your intention (tool #8) for your Home
"I give thanks to.... in service to all that exists."

B Pyramid Formula

1 Values (driving force, creates action, leads to highest vision)

2 Vision (what you see)

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- Are the steps in **C** congruent with your intention? If not, find the discrepancy in # 1 - # 3 and re-work the formula.
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INTENTION

#1 VALUES

#2 VISION

#3 MISSION

PLAN OF ACTION



Lifestyle & Resources

Lifestyle Session #5

Relationships

1 Based on being grounded in your inner well being and natural body, and channeling this through your creativity while making a living from it – with your home set up for it - what makes your heart and soul sing to healthfully relate with others?

- Describe in detail your highest evolving vision for your relationships. How does truly owning this – in being and body - feel in your emotions, in how you feel about yourself, in how you feel and look physically... and in how you relate with others (even if you don't know this in detail, just describe the feelings of it)?
 - Are you dedicated and committed to manifesting your highest evolving vision for your relationships (even if it is just a feeling right now)? Are you willing to let go of anything that stands in the way of it?
- Is there another? Is there a relationship that isn't also a mirror to you – what does this mean to you?
- In actuality, is there a difference between your self relationship and your relationship with others? Is a healthy self relationship a key component in healthy relationships in general?
- Suggestion: answer all the questions below – sometimes we may think a question doesn't pertain to us - yet as you explore it new insights are often revealed.

2 Common Fears

- Staying focused and in touch with myself, staying firm in who I am
 - How are your values and lifestyle habit key in maintaining healthy relating with others based on your own healthy self relationship?
 - What's required from you on a daily basis to stay focused and in touch with yourself? What lifestyle choices and practices help you with this?
 - What's the role with feeling instead of thinking in relationships? Why is it important to allow yourself to be vulnerable in your relationships?
- Reacting
 - What's it mean for the reactor to die? Is the reactor ego? How does reacting affect your relationships?
 - What fears is the reactor defending?
 - What's required from you to show your feelings based "I feel this when you do/say that" rather than reacting and defending?
 - What's required from you to take yourself... what are these actions in your life? How does compromising care for yourself cause you personal harm and in your relationships?



- Losing self in relationship
 - What are the signs of losing autonomy? Is codependency love? Are you willing to face the absolute truth within yourself -by being reflected by another (instead of blaming) - no matter what the outcome is?
 - How does fear of being alone potentially keep you enslaved to sadness and sorrow, and cause you to lose your sense of self?
 - Are you taking care of yourself so you can take care of others.

3 Value Differences

- Do you have core value differences in your relationships? Make a list of what your values are in your significant relationships. Are you honoring these values in your relationships?
 - Is a fundamental core crucial element in healthy relating first in being honest with yourself (honoring your values) and second in being honest with another (honoring their values, without attempting to change them)
 - Are you willing to take appropriate action no matter the consequences to relate healthfully?
- Not being honest with myself, this will cause me to not be honest with others
 - Is there an area within yourself where you are not being honest? What keeps you from this? Is there an internal hidden agenda to be fulfilled that keeps you from being authentic – what is this agenda? What's more important – fulfilling an unconscious agenda or truly feeling and being honest based on those feelings?
 - Are you being honest in all of your relationships? If not, where is there any dishonesty, what can you do to readily face this in honest communication with those involved? Write in detail.
 - Does being honest with others in totality offer you empowerment, how?
- Avoiding the Truth of Who I Really Am
 - What's the unconscious motivator that propels you to avoid who you really are – what does this feel like? What fears prevent you from living in Truth?
 - What's asking to be let go off in order to fully accept responsibility for yourself, your life, creativity, your right livelihood, having the home you want, and creating healthy relationships? What's beliefs keep you from yourself – describe in detail.
 - Suggestion: use the gratitude teacher (tool #5) and give thanks to these beliefs for teaching you what you really want... write in detail, in full vivid color, embellish it with empowerment, the strength of owning, knowing and being your true self - and relating from authenticity... meditate on this daily using tools #6 Visioning To Manifest and #7 Third Eye Meditation. When the old beliefs appear, does identifying with them keep you trapped in it – what are your tools for ungluing yourself from them? What role does awareness play with this?



Lifestyle & Resources

Lifestyle Session #5

Relationships

- Denial... putting off dealing with the situation
 - How is denial affecting you in your life and in your relationships – where is denial present... how does this make you feel? How's this affecting your body? Where's the root of denial stemming from, what's the agenda of the denial?
- Sacrifice
 - What's the difference between truly loving without conditions and manipulative "love"? Is one based on negating self and the other free to love regardless of agendas?
- Not feeling fully satisfied, there's something missing, I don't get what I put into it.
 - Are you over giving in order to get your love? Is there more energy going out from you than you're receiving? Will you inevitably feel dissatisfied if there is an imbalance of give and take? Are you giving authentically or to receive, is this honest?
- Fear... that I'll be lonely
 - Whose lonely - the True you or the Untrue you? Can lonely also be know as all one? What perspective constitutes lonely or oneness?
- Wondering when I'll get my family... paranoia that it won't happen - doubt
 - Do you have your family now? Is a family something you can get (a thing)? Are you negating or not recognizing family all around you for what you perceive family to be? What is true family?
 - Are you postponing happiness for the when (when I have the family)? Does this lead to feelings of loneliness? Are you cutting yourself off from family and delaying unity now? Are you really saying you want unity?
 - Can the True you ever really be lonely? Does loneliness stem out of internal disconnection from your heart?
- Feeling discouraged, like the search again continues...
- Will there always be a search, no matter what it is, so long as you're seeking? What does it mean to stop seeking and just be and receive? Are you receiving relationships - truly receiving people and all life has to give you - what does it mean to do this?
- Feeling done, running away
 - Is this indicative of shutting down? When you run away, are you shutting out love – the love inside of you – that's not determined by anyone else? you really want – not on what you don't want?



- Losing love for self out of self betrayal
 - Does self betrayal make one fall out of the love of self? Describe how you have self betrayed in the past and how any self betrayal may still be representing itself in your life?
- Needing to love myself
 - Does love need to love itself? Does love contrive what it already is?
- Feeling like I don't belong
 - Can any one person or group give you this? What's the source of True belonging? How does it affect you when you give up your power and look for belonging outside of where it truly originates from?
- Write your intention for home. "I give thanks to...in service to all that exists."

4 Apply this information to your relationship life direction formula.

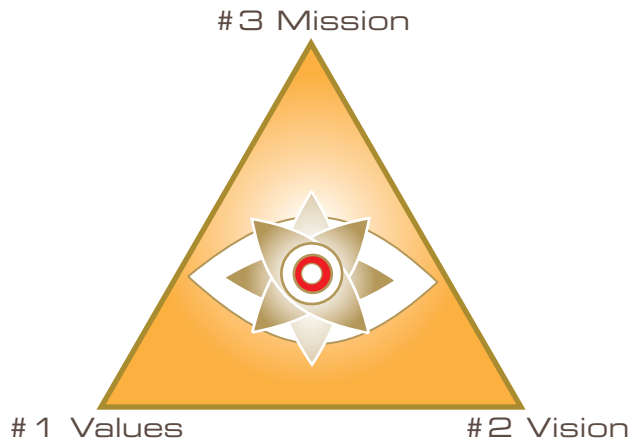


Lifestyle & Resources

Lifestyle Session #5

Relationships





A From your heart write your intention (tool #8) for your Creativity
"I give thanks to.... in service to all that exists."

B Pyramid Formula

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Lifestyle & Resources

Life Direction Formula

Relationships

INTENTION

1 VALUES

#2 VISION

#3 MISSION

PLAN OF ACTION



Manifesting Through Intention

Here are some guidelines for manifesting your plans of action based on deliberate, present, mindful thinking...

- Free thinking is free energy - thought that is free of fear has the most potency - free from “I don’t have enough,” “no one will like it,” “I can’t,” “I don’t know how” “I’m not pretty enough, smart enough, etc.”
- Fear produces limitations and reinforces the boomerang of negative belief systems. Face the root of fear through using your tools, practices, and breaking down belief systems by answering the life direction questions and working on the accompanying life direction model.
- Keep clean in your body, mind and lifestyle, in all aspects: diet, relationships, how you create livelihood, in your home, etc. Through your process you are creating a fertile garden to grow your seeds (intentions) from.
- Face everything and avoid nothing – from people, places, to things. Are there any loose situations or circumstances in your life unresolved and/or containing negative feelings? Address each one from the heart asap.
- Let nothing, no negative thought, person or thing - dissipate your positive thoughts and intentions through wasting energy on reacting. Instead use BOS.
- When setting intentions, always keep in mind benefiting the whole of humanity through what you intend.
- Keep focused on your intentions all throughout the day.

So shall we reap (manifest),
so shall we sow (thoughts/intentions).

We are our thoughts and intentions
(consciously or unconsciously).



Lifestyle Helpful Hints

- Use language that is empowering and confident, definitive and positive. Avoid language such as, “I can’t, I don’t have enough, I already know, shoulda, woulda, coulda, but, not, I’ll try, I don’t know.” Catch yourself by practicing BOS—Breathe, Observe, Surrender.
- Remember, you are undoing programming that has disempowered humanity since the beginning of time/ego. Be compassionate, gentle, and patient (present) with yourself and those around you. Self acceptance creates an openness that is all encompassing.
- Be conscious of the people, places, and things you surround yourself with. Surround yourself with plants, flowers, positive people, and beauty.
- Avoid unnecessary situations that don’t honor you. Make it a habit to go within and check with yourself before making plans, accepting invitations, or making any decisions. What does your heart say?
- Allow for alone time, processing and retreating inwardly. Slow down and listen to what your body and heart is communicating. Quiet time is essential while cleansing and uncovering ones true self.
- You may feel tired at times, this is natural. Allow for rest – this is very important for cell regeneration.
- Journal writing, finding time in nature, long walks, and smelling the flowers encourages the unfolding process as well.
- Attend the support groups every Wednesday night and the Sunday Sunfood Series. Support is paramount!
- The body is expelling mucous in many different forms. Use ear candles to clear mucous (wax) from the ears. Use a netty pot to clean mucous from the sinuses.
- Massage, sauna, steam, hot tubs, and Epsom salt baths are another great tool to facilitate cleansing. I recommend this at least once per week. Daily is best. Great on the onset of cold systems.
- Exfoliate and encourage circulation by dry brushing. Before showering, brush the skin for five minutes in an upward sweeping motion toward the heart.
- **VERY IMPORTANT!!!** Keep the bowels moving. Receive colonics, give yourself an enema (water, saltwater or coffee) every few days as needed, and use a stool to sit on the toilet in a natural squatted position for optimal bowel release.



Have a positive can do attitude. Be secure in your choices.

- Share your tasty recipes and the food you love, bring plenty for everyone. Introduce raw recipes your loved ones can relate to.
- Be lighthearted, nondogmatic and nonrigid – flow with the given energetics while keeping it positive.
- Be allowing and accepting of other peoples choices – nondefensiveness and nonjudgment opens way to true understanding.
- Feel no need to educate others. Let others come to you instead of offering unsolicited (and often unwanted) information.
- Be easy in relating – understanding, compassion, and openness go a long way.
- Avoid debating.
- Choose a celebratory attitude when sharing with others, simply sharing your own experience and the benefits you receive is more beneficial than trying to sell or convince anyone.
- Don't take it personally if others don't agree with you or relate to you.
- Find your sense of belonging in relishing in the truth you've found rather than seeking it in others.
- Understand that trying new things and changing diet can be threatening and scary for others... be gentle with an easeful attitude.
- Don't expect others to understand your choices.
- Share your authentic enthusiasm and joy around your experience without expecting anything in return. Just share!
- Go where others want to go when going out to eat. If necessary eat before or after, be easy to get along with and nondemanding. Take care of yourself so others don't feel like they need to.
- Remind others they need not prepare for you – you'll bring something to share. If they do want to prepare for you give them a simple recipe to follow.
- Have a good time with it.
- Feel confident with your choices instead of self conscious.
- No need to take it all too seriously, do what you do for yourself, and don't worry about what others think – this is key in sustaining your path and being self empowered. What's significant is the conviction and confidence you carry yourself with – not what others think about you. If this is affecting you in your food and lifestyle choices – how is it affecting you in all areas of your life?
- Give thanks for what your diet and lifestyle reveal, live in gratitude.
- Laugh with others and let them tease and joke – this is a great ice breaker... no need to take it seriously... laugh with them! Go along with it to create a relaxed atmosphere. If you aren't able to laugh – ask yourself what you're really feeling, what's the true root or resistance/defensiveness you may be experiencing?
- Generally you'll find that if you are easeful, others will be too. Set your intention before-gathering and use it as a guideline to maintain integrity with your priorities.
- Keep smiling on the inside for knowing what works for you and how you are ultimately benefiting others as a result.



Lifestyle & Food Diary

Make copies for each day.

How did you feel (emotionally/physically) after each fod (etc) you consumed today?

How was your general state of being today?



- Be lighthearted, nondogmatic, and nonrigid – flow with energetics and keep it positive.
- Mentally - be committed to honoring your dietary needs while traveling, make the resolve. Decide and choose it. Be easefully unwavering w/o rigidity.
- Supplies - take a food bag with dry goods: flax crackers, essence breads, nori sheets, dulse, hijiki – hemp, sunflower, pumpkin, flax and chia seeds - nut butter, Artesian coconut butter, olives, olive oil, dried tomatoes, a few of your packaged favorites or dehydrated food you made at home (low glycemic and properly food combined), raw oats, packaged teas including a laxative tea, stevia, vanilla, sea salt, cayenne/spices, bee pollen, alkaline drops, digestive enzymes, vitamin mineral green (or a green powder), maca, trace minerals, unbuffered vitamin C crystals. Store in a plastic bag inside of your suitcase to keep contained and prevent mess.
- Research destination for organic produce, map quest directions from airport and/or where you are staying... go to store asap upon arrival to insure you have fresh supplies (produce will generally keep without refrigeration for 3 days or longer).
- Research destination restaurants that serve living food.
- Research destination farmers and/or farmer markets.
- Most all conventional grocery stores have organic produce.
- Carry a medium to small plastic container with a lid for making and containing food which can also double as your serving container.
- Take fork, spoon, sharp knife and a kitchen towel or a few napkins – keep in plastic container while traveling.
- Take a pint size plastic drinking container with lid to drink superfoods from (suggestion: before a flight or driving, put 2 tablespoons of vita mineral green in container, fill up with water once in transit, i.e. on the plane, etc)
- Flights: for every two hours you fly drink at least 1 liter of water... the more the better as flying is extremely dehydrating.
- Fast or eat lightly (no fats) on flying days to maintain hydration.
- Fast or eat lightly when driving to maintain alertness and suppleness.
- Be sure to keep water with you at all times – use your alkaline drops.
- Take your own container for tea and packaged tea bags.
- Carry all supplies in plastic, not glass.
- Raw oats soak in minutes, after draining add seeds, stevia and vanilla.
- Make chia seed pudding (see breakfast recipes).
- Take digestive enzymes (especially if you eat something cooked), and flax seeds to aid in digestion and elimination.
- Most all restaurants have a salad. Enjoy on occasion - it's generally not organic.
- Travel with a Tribest blender, make nut/hemp/coconut mylks, smoothies and soups (this is a small compact blender with individual containers that double as a serving containers with a lid). Maintain mineralization while traveling by consuming superfoods in smoothies and/or water. Tribest available at NYC's Live Live, Organic Ave., and High Vibe – or order online.
- Take vitamin c crystals, superfoods and a green juice (when possible) each day to support your immunity system.
- Use vitamin c crystals and oil for salad dressing - use your pint size drinking container to easily mix it.
- Carry snacks with you when you go out for the day (seeds, bee pollen, green apple, container with vita mineral green to drink, and water).



Raw Kitchen & Home Appliances

It's useful to have raw kitchen appliances, but don't let it stop you if you don't! You can get by with an inexpensive blender.

Water Ionizer (filter that balances pH and adds oxygen)

<http://www.ionizersforlife.com/home.html>

Shower filter (a must for minimizing chlorine absorption through skin)

<http://rawguru.com/>

Vita Mix (high powered blender)

<http://www.factorydirect2you.com/vivasp.html>

Juicer (see Omega 8003)

<http://www.canningpantry.com/omega-8003-juicer.html>

Dehydrator (9 tray recommended for efficiency purposes)

<http://www.living-foods.com/marketplace/dehydrators.html>

Spiriooli Spiral 3-in-1 Slicer (makes pasta out of vegetables)

<http://rawlife.com/store/home.php?cat=433>

Home Sprouter

http://www.rawveganbooks.com/index.php?cPath=316_319

Mesh bag (for straining and sprouting)

<http://www.highvibe.com/index.cgi>

Wire mesh strainer (for straining nuts for nut mylk – and for straining tea herbs)

<http://www.teagschwendner.com>

Salad Spinner (dries leafs instantly)

<http://www.target.com/OXO-Salad-Spinner>

Mandolin (cuts long, thin strips – great for making lasagna noodles)

<http://www.highvibe.com/index.cgi>

Porcelain Knife (Ceramic is a pure and healthy alternative. Unlike steel knives, ceramic blades will not transfer metal ions to food, nor corrode from acids or oils in fruits and vegetables).

<http://www.cutleryandmore.com/details.asp?SKU=10551>

Restaurants

Caravan of Dreams

405 E. 6th St. (Btw. 1st & 2nd Ave.)
212-254-1613

www.caravanofdreams.net

(Great raw options, live music, cozy atmosphere)

Jubb's Longevity

508 E. 12th St. (Btw. Ave A & B)
212-353-5000

www.jubbslongevity.com

www.lifefood.com

(Deli, delicious food, amazing products, minimal seating)

Quintessence

263 E. 10th St.
(Btw. 1st Ave. & Ave. A)

646-654-1823

www.quintessencerestaurant.com

(Cool little restaurant with a great vibe and gourmet food, the first NYC raw restaurant)

Liquiteria

170 2nd Ave. (Btw. 11th & 12th St)
212-358-0300

(Juices and smoothies)

Pure Food & Wine

54 Irving Place
(Btw. 17th & 18th St.)
212-477-1010

www.purefoodandwine.com

(Upscale, superb gourmet, fun & fancy)

Pure Juice and Takeaway

125 1/2 17th Street
212-477-1010

www.purefoodandwine.com/pjata.html

(Takeout outlet around the corner from it's sister establishment Pure Food and Wine)

Raw Soul

745 St. Nicholas Ave. (Btw. 147th/148th St.)

212-491-5859

www.rawsoul.com/restaurant

Bonobos

18 E. 23rd St.
(Btw. Park & Broadway)
212-505-1200

www.bonobosrestaurant.com

(Deli with seating, great lunch spot, delicious salads and other raw dishes)

Candle 79

154 East 79th Street
(btw. 3rd Ave and Lexington Ave)
212-537-7179

www.candlecafe.com

(Juices & smoothies, local seasonal produce, a few raw options)

Counter Restaurant & Wine Bar

105 1st Ave
New York, NY 10003
(212) 982-5870

www.counternyc.com

(vegan - has some raw options)

Cafes

Jills Cafe

231 Court St
Brooklyn, NY 11201

(718) 797-0330

www.jillscafe.com

(All raw! Offers cleansing courses as well!)

JivamukTea

841 Broadway
(just below Union Square)

212-353-0214

www.jivamuktityoga.com

(Yoga studio with some raw options)

5C Cafe

68 Avenue C (at 5th Street)
New York, NY 10009

(212) 477-5993

www.5ccc.com

Yoga Prana Power

862 Broadway
(just above Union Square)
212-460-9642

www.pranapoweryoga.com

(Yoga studio with raw food)

Stores

These stores offer all raw or a selection of raw related products, appliances, books and raw lifestyle needs. Some hold classes and lectures.

Earthmatters

177 Ludlow Street
(Btw. Houston & Stanton)
212-475-4180



NYC Resource Directory

continued

Live Live

261 E. 10th St.
(Btw. 1st Ave. & Ave. A)
212-505-5504
www.live-live.com

Organic Avenue

101 Stanton St.
(Btw. Ludlow and Orchard Streets)
212-334-4593
www.organicavenue.com
*(Live food, vitamins, minerals, herbs,
and other amazing products)*

High Vibe

138 E. 3rd St.
(Btw. 1st Ave. and Ave. A)
212-777-6645
www.highvibe.com
*(Live food, vitamins, minerals, herbs,
and other amazing products)*

Commodities East

165 1st Ave.
212-260-2600
www.lifefood.com
(good selection of produce)

Eat Raw

426 15th St. @ 8th Ave.
Brooklyn
866-432-8729
www.eatraw.com
(Raw Food and lifestyle Information)

EarthMatters

177 Ludlow (btw. Houston and
Stanton)
212-475-4180
www.earthmatters.com
(Organic Market)

Lifethyme Complete Natural Market

410 Sixth Ave
(Btw. W. 8th & W. 9th)
212-420-9099
(Raw Food dishes at the deli counter)

Healthfully

98 E. 4th St. (btw. 1st & 2nd Ave)
212-598-0777
www.healthfully.com
*(Organic market with lots of raw,
organic foods)*

Integral Yoga

227 West 13th Street
(Btw. 7th and 8th Ave)
212-929-0586
www.integralyogaofnewyork.org
*(All-vegetarian, compassionate, eco-
friendly grocery store, with live food
take out)*

Westerly's Health Foods

911-913 8th Ave
(Cross Street: 54th Street)
212-586-5262
*(Organic market with lots of raw,
organic foods—both packaged and
prepared)*

Park Slope Food Coop

782 Union Street
Brooklyn
www.foodcoop.com
*(Location of the monthly Brooklyn
Raw food Potluck)*

Raw Food Potlucks

Harlem
212-875-7112
3rd Saturday of every month

Manhattan

212-254-9453
1st Saturday of every month

Brooklyn

718-797-4175
3rd Friday of every month

Raw Food Support Groups

Accent on Wellness
212-280-5953
3rd Saturday of every month

Pure Raw Support

for those in the Pure Raw programs
Every Wednesday 8-9:30
location to be announced each week

To Be Contacted About Holistic Events

(& Colonic Therapist)
Accent on Wellness
Email Donna Perrone
646-283-9772
aow@perronedonna.com

Raw Hotline RHIO'S Raw Energy

212-343-1152



San Francisco & Bay Area

Restaurants

Good Karma
Vegan House
37 S 1st St
San Jose, CA 95113
(Btw. San Fernando & Santa Clara)

Judahlicious
3906 Judah St
San Francisco, CA 94122

Alive
1972 Lombard St.
San Francisco, CA 94123

Café Gratitude
415-824-4652
(all four locations)

Juicey Lucys
703 Columbus Ave
San Francisco, CA 94133

Stores

Rainbow Grocery
1745 Folsom St.
San Francisco, CA. 94103

Good Earth
1966 Sir Francis Drake Blvd
Fairfax, CA 94930

Colonics

Serenity Wellness
Center
925-818-2617

Raw Support, Dinners & Classes

Briksha
415.503.780
brikshalal@yahoo.com

Netherlands

Online

<http://rauwinfo.blogspot.com/>

Rawfood Community Group

<http://raw-nl.ning.com/>



Raw Health Centers

Hippocrates
West Palm Bch, FL
407-471-8876

The Annapura Inn
& Spa
Porttownsend, WA
800-868-ANNA

Aris La Tham's House
of Life @ Resource
Gardens Jamaica
876-944-8209

Water Fasting Center
Penngrove, CA
707-792-2325



Suggested Reading & Films

Restaurants, Stores, Colonics, Support & Classes

Readings

Living Foods for Optimum Health

- Brian R. Clement

The Secret Life of Plants

- Peter Tompkins, Christopher Bird

Sunfood Diet Success System

- David Wolfe

Living Foods for Optimum Health

- Brian R. Clement

Mucusless Diet Healing System

- Arnold Ehret

Enzyme Nutrition

- Edward Howell

A Way Out

- Matthew Grace

Eco Eating

- Sapoty Brook

Raw Family

- The Boutenko Family

Survival into the 21st Century

- Viktoras Kulvinskis

The Wheatgrass Book

- Ann Wigmore

Sprouts: The Miracle Food

- Steve Meyerowitz

Intuitive Eating

- Humbart Santillo

Conscious Eating &, Rainbow

Green Live Cuisine

- Gabriel Cousens

The Raw Life

- Paul Nison

(ONLY for the interviews)

Beyond Probiotics

- Ann Louise Gittleman

Colon Health

- Norman Walker

Diet for a New America

- John Robbins

RAW: The UnCook Book

- Juliano

Hooked on Raw

- Rhio

The Raw Gourmet

- Nomi Shannon

The Raw Truth

- Jeremy Safron and Renee Underkoffler

The Secret Life of Plants

- Peter Tompkins, Christopher Bird

Films

One Giant Leap

Breakthrough

The Secret

Waking Life

Fahrenheit 911

The Future of Food

An Inconvenient Truth

Peaceable Kingdom

Lolita: Slave to Entertainment

I Know I'm Not Alone

(Michael Franti's documentary)

Pans Labyrinth

The Fountain



Things to Fast From

If something's not working in your life - fast from it.

- Negative thinking & feeling
- Negative language (shoulda, woulda, coulda, I'll try, I need, it's hard, but, I can't, I don't know how, I already know...)
- Complaining
- Wanting things to be other than they are
- Being reactionary
- Being irrational
- Control and being controlling
- Negative people
- Unhealthy relationships
- Unhealthy work & play
- Situations that contradict your ethics and values
- Stress and anxiety
- Over working
- Over thinking
- Lack of love and kindness
- Not getting enough rest
- TV
- Newspapers
- Movies other than inspirational and educational
- Books other than inspirational and educational
- Internet that is other than inspirational and educational
- Hobbies and past times that dishonor self
- People, places, and things that dishonor self
- Pollution (as possible)
- Sexual distortion

Notes for the Closing of Your Program

Congratulations !!

Here are some suggestions for the continuation of uncovering your inner superhero and maximizing your highest potential. It's recommended to stay with your strength and truth building lifestyle. Committed to your path as first priority, exploring, experimenting, sharing, loving, and opening fully will refine your shine, guide you in your global purpose; and offer you the opportunity to share the gift of your presence with the entire world. Thank you for you and all you do to contribute to the greater good!

- Stay connected to the Transformation community – keep connected to our developing interactive website by posting your blogs and pictures. Attend Wednesday and Saturday support groups. Come to our monthly potlucks on the last Sunday of every month.
- Consider taking Integration, the follow up program to Transformation.
- Keep a blog on our website, stay involved, and/or journal regularly about your personal growth – and keep writing your food diary.
- Sign Up For Vipassana, dhamma.org
- Maintain dedication to practices & tools with consistent BOS and heart spiraling practice
- Keep pH charting for another month – see the correlation between acid/alkaline levels and state of mind/emotions
- Consider fasting 4 times per year and 1 day per week.
- Take probiotics at the end of each fast for 2 weeks, I like Master Blend (see food glossary).
- Avoid sugar and fruit for at least another month to avoid reoccurring candida - depending on the severity of candida in your system, this could take 3 months to about a year.
- Once candida is managed, low glycemic fruits (berries) may be added
- Colonics at least 6 times per year and weekly (to twice monthly) while cleansing.
- Continue with superfoods, MSM and trace minerals.
- Complete unfinished lifestyle questions.
- Get involved with the raw and holistic community, give & receive support.
- Attend lectures, classes, and read about the topics of your new lifestyle.
- Surround yourself by people, places, and things that support your new life direction.
- Let go of anything that stands in the way of your highest potential.
- Give of yourself openly and freely, spread the Love & kindness!
- Be of service to your community and planet.
- Do only what you Love!
- Stay focused on your dreams!
- Stay supported – reach out for it – we're committed to you and your growth!

What To Eat & Grocery List | Buy Only Organic & Local (where possible)

This list is designed for optimal anti-candida living nutrition: • proper food combining, low glycemic, no hybrids • all foods in the enjoy list combine properly – except for green apples, lemons, & limes - they can be eaten together but not mixed with vegetables for best digestion

Enjoy

Vegetables

Dark leafy greens
 Lettuces
 Sprouts
 Asparagus
 Cauliflower
 Broccoli
 Broccoli rabe
 Green beans
 Turnips
 Brussel sprouts
 Purple corn
 Cabbage
 Zucchini
 Summer Squash
 Celery
 Bell Peppers except Green
 Olives
 Dried Tomatoes
 Seaweed (*favorites: unroasted nori, hijiki, dulse, arame, irish moss*)
 Coconut meat
 Fresh Herbs
 Ginger
 Garlic (*moderately*)
 Onions (*moderately*)

Fruit

(*fresh not dried to avoid high glycemic levels*).
Low Glycemic is recommended (see below):
 Green apples
 Lemons
 Limes
 Cucumbers
 Tomatoes
 Avocados
 Carob
 Cranberries
 Noni (*fresh, not fermented noni*)

Nuts, Seeds, & Oils (*unroasted*)

Pecans
 Brazil nuts
 Walnuts
 Almonds (*where raw can be found*)
 Hemp seeds
 Pumpkin seeds
 Sesame seeds
 Black sesame seeds
 Sunflower seeds
 Tahini
 Black tahini
 Nut & seed mylks
 Raw nut butters (*except peanut*)
 Flax seeds
 Flax crackers
 Flax, olive, and coconut oil
 Young Baby Thai Coconuts
 (*w/o the water*)
 Green coconuts (*w/ water*)
 Artesian coconut butter
 (*coco meat & oil together, yummy treat!*)



Why Sunfoods

pH Balance

Like our bodies, the proper pH ratio of pH in our food also needs to be in balance. Acidic food equals an acidic body. Consistently eating foods that are above 6.0, yet not higher than 7.5 helps the body to maintain a consistent pH level. Cooking food has a tendency to lower the pH of alkaline foods, and make acidic foods even more acidic since it robs food of other life-giving qualities.

Oxygen Content

When food has been cooked, the amount of oxygen it contains is much lower than natural living foods. Without proper oxygen in the foods we eat, it's like breathing air that has a low oxygen content. We all know what happens if we're not able to extract enough oxygen out of the air... what if our blood, cells, and tissues aren't able to feed on enough oxygen out of what we put into our bodies? With oxygen levels low in big cities, gaining proper oxygen from our food is crucial.

Water Content

Cooking leaches the water content out of food. This causes food to not be soluble enough to move (eliminate) properly from our bodies. We're 70% water - seems our food should be at least that - if not more to ensure food is liquid enough to be broken down, assimilated, digested, and eliminated. Insoluble food creates constipation, compaction in the bowels, and therefore leads to fatigue and illness.

Fiber Content

Only fruits, vegetables, nuts, seeds, and grains contain fiber. Animal products contain zero fiber. Without fiber food moves slowly in the digestive tract and takes longer to eliminate.

Enzymes/Vitamin/Mineral Content

Living foods are higher in vitamins and mineral content since their enzymes remain intact. Cooking food kills up to 80% of enzymes. Without enzymes our motor functioning is severely limited, and our immune systems are extensively hampered since we don't have enough of an "army" (enzymes) to naturally ward off germs and illness. The importance of eating a predominantly living, raw vegan, or plant-based diet not only can be measured and felt in physical health, yet also in how one feels emotionally, in self-worth, and in body image.

Bio Electrical Current

Every form of life can be measured - and therefore gauged in terms of aliveness, radiance, productivity, etc - according to one's bio electrical current. Since over heating food virtually destroys the bio electrical current of food, it offers little in terms of charging our batteries. Consuming a living electrical current in our food creates the vibrancy, heightened energy, and zest for life we feel eating a properly balanced live vegan diet.

Immune Response

Since our bodies recognize cooked food as a foreign invader, our immune systems are put on demand to constantly produce more white blood cells to attack what it perceives as outside of nature - seeing how cooked food has been denatured through the heating process. This constant demand on the immune system weakens our ability to heal properly, experience consistent energy levels, and in general feel happy and fulfilled.



Enjoy

Low glycemic Sweetener Replacement & Condiments

Stevia
Yacon syrup (*minimal use*)
Vanilla extract (*in glycerin, nonalcoholic*)
Mineral Salt sparingly
Marine Minerals (*salt replacement*)
Dulse (*salt replacement*)
Fresh & dried herbs (*be sure dried herbs
are no more than 3 months old*)

Superfoods & Supplements

Vitamineral green
Toco's
E3 Live
Maca
Chia seeds
MSM
Trace minerals
Zeolite
Alkaline booster
Vitamin C crystals
Bee pollen
Propolis
Royal jelly
Lecithin
Echinacea
Horsetail
Goldenseal

In Addition

3 liters of (*lemon*) water daily
Herbal teas
Wheat grass and other juiced
grasses (*barley, kamut*)
Vegetable Juices
Blended Vegetables (*soups*)
Herbs & spices
Coconut water from green coco-
nuts (*not young thai coconuts – avoid high
sugar content*)

Transitional & Cooked Options

Quinoa
Spelt pasta
Rice noodles (*wheat alternative pasta*)
Brown rice
Millet
Steamed vegetables
Raw steel cut oats
Packaged raw foods (*raw bars, flavored
nuts, cereals, etc*)
Dehydrated foods

Avoid

Meat
Dairy
All animal products
Caffeine
Alcohol
Drugs
Stimulants
Cacao (*raw chocolate*)
Processed foods
Unnatural foods
Junk food
Canned/bottled/preserved foods
Fried foods
Bread
Yeast
Wheat pasta
Grains
Conventional cereals & crackers
Mushrooms
Beans
Gluten
Whey
MSG
Table salt
Soda
Sugar
Dates
Honey
Maple syrup
Agave
Cooked oils (*highly carcinogenic, use coconut oil only for cooking*)

Hybridized Foods

(these foods don't produce their own seed, this makes them high in sugar and low in minerals... not good for keeping things moving)

Carrots
Beets
Potatoes
Corn
Soy
Wheat
Cashews
Peanuts
Pineapple
Bananas

Fermented Foods

Kimchee
Sauerkraut
Kombucha
Miso
Vinegar
Soy sauce

Sweet Fruit

(minimal use recommended)

Watermelon
Melons
Nectarines
Peaches
Pears
Plums
Cherimoya
Durian
Kiwi
Pineapple

- Allow your bowels to eliminate thoroughly in the morning before eating solid food (water and juice greatly aid in the elimination process) Remember: the key to being lean is in not carrying excess, i.e. waste from the previous day – use the morning to dump out from the day before.
- Drink at least a liter of water upon waking
- Start the day with liquids (water, juice, and blended – allow for 15 minutes digestion time between each one)
- Eat small meals: one mid day and one early evening
- Snacks in between are ok in small portions (a handful 3 times per day - once in between meals)
- Unless fasting, eat 2-3 small meals daily
- Properly food combine (see food combining chart)
- Replace cooked favorites with simulated raw recipes – be creative!
- Be mindful of overeating: eat to only $\frac{3}{4}$ full to avoid over eating
- Careful not to overeat on fats and in general (especially nuts – very common in the beginning of transitioning! 1 avocado per day, 10 olives, a few handfuls of seeds, 3-4 tablespoons of oil)
- Be sure all oils you buy are cold pressed and unrefined. Keep in mind cooked oils are rancid and one of the most toxic things for the body... only coconut oil can withstand high heat without becoming carcinogenic to the body.
- Use stevia and yacon syrup for sugar replacements
- Eat only fibrous water based foods (see enjoy list)
- Best to not eat past 7 pm
- Eat slow
- Chew well
- Don't drink liquids with solids (to avoid diluting digestive enzymes - 15 minutes before or after)
- Eat only under peaceful conditions
- Buy only organic & local (where possible)
- Read ingredients list before consuming
- Foods should not be heated above 118 degree for enzymes, oxygen, pH, and the bioelectrical current of the food to remain living
- Drink only purified pH balanced water



Food Helpful Hints

continued

- Read inspirational books on sunfoods (see reading list)
- Replace cooked favorites with simulated raw recipes – be creative!
- Use little salt, just a pinch...
 - For alternatives:
 - Olive brine
 - Marine minerals (see food dictionary)
 - Dulse flakes
 - Water seaweed and dried tomatoes have been soaking in
- Enjoy spices and seasonings – be sure they are fresh (get rid of anything not organic or over 3 months old)
 - Use fresh herbs when possible
- For optimum digestion, soak nuts and seeds before consuming for 2 hours (to release enzyme inhibitors) – except for hemp seeds.
- Be prepared with food – travel with your days supply
- Avoid social circumstance that cause disruption to your commitment
- Take food to share at social events
- Keep with BOS (tool #1) anytime you get overwhelmed or confused... allow for the learning curve! Be kind and patient with yourself - and the process of learning new ways of eating/living!
- Take a moment to think about where your food came from before eating it – give thanks!



Food & Supplement Glossary

Descriptions for all uncommon products used in our recipes and on the what to eat list.

- Fruit
- Nut & Seed Products
- Oils
- Salt, Salt Replacements, Herbs & Spices
- Seaweeds
- Sprouts
- Superfoods
- Sweeteners
- Transitional Foods

Fruit

Carob: a powder made from the ground pods and seeds. A substitute for chocolate.

Vanilla: Also called vanilla bean, the fruit or bean.

Nut & Seed Products

Black sesame seeds: Black sesame seeds are more rich in flavor than white sesame seeds. It is a prominent ingredient in Asian dishes as well. They are rich in manganese, copper, calcium, and iron.

Black tahini: made from black sesame seeds.

Coconuts: young thai coconuts are recommended for their meat only, the water contains very high sugar content because they are hybridized. Green coconuts are most preferred – the sugar in the water content is balanced – they are not hybridized.

Flax crackers: crackers made of flax seeds. Dehydrated below 118 degrees maintains nutritional integrity.

Flax seeds: Flax seeds come in two basic varieties, brown and yellow or golden, with most types having similar nutritional values and equal amounts of short-chain omega-3 fatty acids. One tablespoon of ground flax seeds and three tablespoons of water may serve as a replacement for one egg in baking by binding the other ingredients together. Flaxseeds contain high levels of lignans and Omega-3 fatty acids. Lignans may benefit the heart, possess anti-cancer properties and studies performed on mice found reduced growth in specific types of tumours. Initial studies suggest that flaxseed taken in the diet may benefit individuals with certain types of breast and prostate cancers. Flax may also lessen the severity of diabetes by stabilizing blood-sugar levels. There is some support for the use of flax seed as a laxative.



Hemp seeds: Hemp seeds are highly nutritious, and contain beneficial omega fatty acids, amino acids, and minerals. The seeds can be eaten raw, ground into a meal, sprouted, made into “milk” (akin to soy milk), prepared as tea, and used in baking. Hemp seed also contains 20% complete and highly-digestible protein, 1/3 as edestin protein and 2/3 as albumins. Its high quality amino acid composition is closer to “complete” sources of proteins (meat, milk, eggs) than all other oil seeds except quinoa and soy. The ALA contained in plant seed oils by itself is sufficient for nutrition, as the human body is capable of converting it into other fatty acids. Look for pure hemp hearts (hulled hemp seeds) – rather than commonly sold hearts with seed matter.

Nut & seed mylks: mixing water with nut and seeds, then blending and straining them creates a living alternative to traditional milks.

Raw nut & seed butters: pureed nuts and/or seeds processed to a butter.

Tahini: pureed sesame seeds.

Oils *(be aware: all oils (except coconut) become rancid and therefore carcinogenic to the body when put to high heat)*

Coconut oil: a white, semisolid fat or nearly colorless fatty oil extracted from coconuts. Also known as coconut butter. Coconut oil is a fat consisting of about 90% saturated fat. The oil contains predominantly medium chain triglycerides, with roughly 92% saturated fatty acids, 6% monounsaturated fatty acids, and 2% polyunsaturated fatty acids. Of the saturated fatty acids, coconut oil is primarily 44.6% lauric acid, 16.8% myristic acid a 8.2% palmitic acid and 8% Caprylic Acid, although it contains seven different saturated fatty acids in total. Among the most stable of all oils, coconut oil is slow to oxidize and thus resistant to rancidity, lasting up to two years due to its high saturated fat content. Unlike most oils, coconut oil will not be damaged by warmer temperatures.

Flax oil: also known as linseed oil. Fresh, refrigerated and unprocessed, linseed oil is used as a nutritional supplement. It contains high levels of omega-3 fatty acids, especially alpha-linolenic acid, which has been suggested to be beneficial for preventing heart disease and arrhythmia, reducing inflammation leading to atherosclerosis, and is required for normal infant development. Flax seed oil easily oxidizes. Rancid oils contribute to the formation of free radicals and may be carcinogenic. Rapidly becomes rancid with an unpleasant odour unless stored in the refrigerator. Even when kept under cool conditions it has a shelf life of only a few weeks. Is known to become carcinogenic with high heat.

Olive oil: pale yellow to greenish oil obtained from the pulp of olives by separating the liquids from solids. It is a fruit oil obtained from the olive. Olive oil is a monounsaturated fat and, unlike butter, lard, and other fats, contains a large proportion of easily digested fats and no cholesterol. Olive oil is also a good source of vitamin E, which is thought to help protect humans against cancer and heart disease. Is known to become carcinogenic with high heat.



Salt, Salt Replacements, Herbs & Spices

Burdock: The taproot of young burdock plants can be harvested and eaten as a root vegetable. Burdock root is very crisp and has a sweet, mild, and pungent flavor with a little muddy harshness that can be reduced by soaking julienne/shredded roots in water for five to ten minutes.

Cardamom: The name cardamom (or cardamon) is used as an herb of the ginger family. All the different cardamom species and varieties are used mainly as cooking spices in both sweet and savory recipes - and as medicines.

Chai: Traditionally, Masala Chai is a bracing, strongly spiced beverage brewed with so-called “warm” spices. Most masala chai incorporates one or more of the following: cardamom, cinnamon, ginger, star anise, peppercorn, and cloves. Other possible ingredients include nutmeg, chocolate, cocoa, vanilla, licorice or saffron. Chai tea almost always has cardamom in it as it would be hard to classify a tea as being chai without it.

Chili powder: A seasoning consisting of ground chilies mixed with other spices, such as cumin and oregano.

Cilantro/coriander: Coriander is also commonly called cilantro. Coriander seed is a key spice in garam masala and Indian curries. It also acts as a thickener. The fresh leaves and stems are an essential ingredient in many Vietnamese foods, Asian chutneys, Mexican salsas and guacamole, and occasionally is used in sushi rolls. **Curry powder:** Most recipes and producers of curry powder usually include coriander, turmeric, cumin, and fenugreek in their blends. Depending on the recipe, additional ingredients such as ginger, garlic, fennel seed, cinnamon, clove, mustard seed, green cardamom, black cardamom, mace, nutmeg, red pepper, long pepper, and black pepper may also be added.

Echinacea: echinacea, popular herbal remedy, or botanical, believed to benefit the immune system. It is used especially to alleviate common colds and the flu.

Fenugreek: a leguminous annual Asian herb with aromatic seeds used in making curry, imitation vanilla flavoring, and some veterinary medicines.

Five spice powder: a mixture of spices used esp. in Chinese cooking, usually including cinnamon, cloves, fennel seed, pepper, and star anise.

Herbs de Provence: The mixture typically contains rosemary, marjoram, basil, bay leaf, thyme, and sometimes lavender flowers and other herbs.

Garam Masala: Garam masala is a blend of ground spices common in the North Indian and Pakistani cuisine, whose literal meaning is ‘hot (or warm) spice’. There are many variants: most traditional mixes use just cinnamon, roasted cumin, cloves, nutmeg (and/or mace) and green cardamom seed or black cardamom pods. Many commercial mixtures may include more of



other less expensive spices and may contain dried red chili peppers, dried garlic, ginger powder, sesame, mustard seeds, turmeric, coriander, bay leaves, and fennel. While commercial garam masala preparations can be bought ready ground, it does not keep well, and soon loses its aroma.

Goldenseal: is a bitter, hepatic, alterative, anticatarrhal, anti-inflammatory, antimicrobial, laxative, emmenagogue, and oxytocic. Goldenseal is often used as a multi-purpose remedy, having many different medicinal properties. In addition to working as a topical antimicrobial, it can also be taken internally as a digestion aid, and can remove canker sores when gargled with. Goldenseal may be purchased in salve, tablet, tincture form, or as a bulk powder. Goldenseal is often used to boost the medicinal effects of other herbs it is blended or formulated with.

Horsetail: a superb source of silica and calcium, necessary for bone and connective tissue repair and maintenance. Horsetail has traditionally been used to speed recovery from fractures and torn ligaments. Although abundant in nature, silica is poorly absorbed by the body. Silica is essential for healthy hair, skin and nails. Silica works on a cellular level and is part of the cartilage-forming cells and the fibre-building cells that form collagen.

Jamaican all spice: Allspice has a flavor reminiscent of cloves, cinnamon and a hint of nutmeg. Even though its name suggests a mixture of spices, allspice is a single berry from the Jamaican bayberry tree. Its heavy sweetness lends allspice a great deal of versatility.

Lemon grass stalk: When slicing, if the outer layer seems fibrous, peel it off before proceeding. Such thinly sliced rounds of the inner stalk can be easily chewed with other salad ingredients for a refreshing burst of lemony herb flavor.

Marine Minerals: concentrated mineral from the sea. Good salt replacement.

Mineral Salt: salt containing high level of minerals... look for low sodium brand.

Rose hips: also called the rose haw, is the pomaceous fruit of the rose plant. It is typically red to orange but may be dark purple to black in some species. Particularly high in Vitamin C, with about 1700–2000 mg per 100 g in the dried product, one of the richest plant sources. Rose hips contain vitamins A, D and E, essential fatty acids and antioxidant flavonoids. Rose hip powder is a remedy for rheumatoid arthritis. Attributed with the ability to prevent urinary bladder infections, and assist in treating dizziness and headaches. Brewed into a concoction, can also be used to treat constipation. Rose hips contain a lot of iron, so some women brew rose hip tea during menstruation to make up for the iron that they lose with the blood.

Saffron: Also called vegetable gold, an orange-colored condiment consisting of its dried stigmas, used to color and flavor foods.



Turmeric: Turmeric is of the ginger family. It is a significant ingredient in most commercial curry powders. Turmeric is used to protect food products from sunlight. thought to have many medicinal properties and many in India use it as a readily available antiseptic for cuts and burns. It is taken in some Asian countries as a dietary supplement, which allegedly helps with stomach problems and other ailments. It is popular as a tea in Okinawa, Japan. It is currently being investigated for possible benefits in Alzheimer's disease, cancer and liver disorders.

Seaweed

Arame: is a species of kelp. Arame is high in calcium, iron and is also harvested for alginate and iodine. It contains the storage polysaccharide laminarin and the tripeptide eisenin. Arame comes in brown strands, has a mild semi-sweet flavor and a firm texture.

Dulse: is a red algae, it grows on the northern coasts of the Atlantic and Pacific oceans. It is a well known snack food, and in Iceland, where it is known as söl, it has been an important source of fiber through the centuries. Dulse is a good source of minerals and vitamins compared with other vegetables and it contains all trace elements needed for humans with a high protein content. It is a good source of dietary requirements, a handful will provide more than 100% of the daily amount of Vitamin B6, 66% of Vitamin B12, a day's supply of iron and fluoride, and it is relatively low in sodium and high in potassium. Fresh dulse can be eaten directly off the rocks before sun-drying. Sun-dried dulse is eaten as is or is ground to flakes or a powder.

Hijiki: is a brown sea vegetable growing wild on rocky coastlines around Japan, Korea, and China. It is a traditional food and has been freely sold and used as part of a balanced diet in Japan for centuries. Hijiki is known to be rich in dietary fiber and essential minerals. According to Japanese folklore, hijiki aids health and beauty and the thick, black, lustrous hair of the Japanese is connected to this regular consumption of small amounts of hijiki.

Irish moss: is a species of red alga which grows abundantly along the rocky parts of the Atlantic coast of Europe and North America. In its fresh condition the plant is soft and cartilaginous, varying in colour from a greenish-yellow, through red, to a dark purple or purplish-brown. The principal constituent of Irish moss is a mucilaginous body, made of the polysaccharide carrageenan of which it contains about 55%; the plant also has nearly 10% of protein and about 15% of mineral matter, and is rich in iodine and sulphur. When softened in water it has a sea-like odour, and because of the abundant cell wall polysaccharides it will form a jelly when boiled, containing from 20 to 100 times its weight of water.

Kelp: comes in flake and whole form – flakes are easiest to use. Kelp are large seaweeds (algae), belonging to the brown algae Kelp grows in underwater forests (kelp forests) in clear, shallow oceans, requiring nutrient-rich water below about 20 °C. Rich in iodine and alkali.

Nori: is the Japanese name for various edible seaweed species of the red alga. The term nori is also commonly used to refer to the food products created from these so-called "sea vegetables". Finished products are made by a shredding and rackdrying process that resembles papermaking.



Japan, Korea, and China are the current major producers of nori.

Superfoods & Supplements

Alkaline booster: Alkalizes water to an optimal pH, structures and clusters your water for optimal absorption. Activated ionic minerals, infuses your body with charged ions... the carriers of energy. An oxygen catalyst in the bloodstream, it is alkalizing, neutralizing, oxygenating and has a pH balancing effect on the body.

Bee pollen: All 22 elements of the human system, all essential amino acids and is a complete protein, vitamins A, B Complex series C, D, E, K and Rutin, 28 Minerals, Trace Mineral needed for good health, Enzymes and Co-Enzymes necessary for good digestion, no cholesterol.

Bentonite Clay: an effective detoxifier with substances that absorb toxins from our GI tract.

Bentonite clay can never be absorbed by the body, so it's not poisonous. Taking Bentonite Clay with Psyllium Husk, the clay does the important duty of absorbing all toxic substances from our mucuous linings - it's like a magnet that attracts toxins. Psyllium Husk then finishes the job by "pushing" all these nasty substances such as mucoid plaque out of our body. Because clay is a drawing formula, nothing should be consumed one hour before or after taking it.

Chia seeds: one of the three primary foods of the ancient Aztecs, Mayas, Tehuantepecs, and Indians of what is now the American Southwest. Its benefits are wide-ranging: increased energy through a metabolically timed release of nutrients; greater endurance; and efficient weight loss based on the seed's swelling to seven times its size in the stomach, producing a feeling of fullness.

Digestive Enzymes: Digestion enzymes are enzymes that break down polymeric macromolecules into their smaller building blocks. Digestive enzymes are found in the digestive tract of animals (including humans) where they aid in the digestion of food as well as inside cells, especially in their lysosomes. Enzymes are also found in your saliva, which are made from your salivary glands. In the human digestive system, the main sites of digestion are the oral cavity, the stomach, the duodenum, and the jejunum and digestive enzymes are secreted by different glands: the salivary glands, the glands in the stomach, the pancreas, and the glands in the small intestines. Authors note: in plain english, basically, without digestive enzymes our food doesn't break down, assimilate properly and therefore eliminate like it should. In other words, the lack of digestive enzymes is a major cause of indigestion, constipation and a lack of energy. It's said that the lack of digestive enzymes in our food is the base of illness. Cooking food destroys up to 80% of digestive enzymes. (from wikipedia)

E3 Live: (fresh-frozen, liquid AFA) is an all-organic wild-harvested aqua-botanical considered by renowned health authorities to be nature's most beneficial superfood. Physiologically, E3Live helps restore overall body/mind balance in numerous ways. Its field of action simultaneously includes the immune, endocrine, nervous, gastro-intestinal and cardio-vascular systems.



Maca: Maca (*Lepidium meyenii*) is a root-like vegetable shaped like a radish that grows high in the harsh climate of the Andes Mountains in South America at elevations up to 15,000 feet. Many of the compounds in maca have an effect on the central nervous system. Maca has alkaloids, steroids, tannins, saponins, and cardiotonic glycosides. Additional research indicates feeding maca to rats decreases the size of their prostate gland. An improvement in sexual desire in men has been observed within 8 weeks. Traditionally used to enhance fertility - there is some scientific evidence that it may be helpful for testicular health.

MMS: The Miracle Mineral Supplement is a 28% solution of sodium chlorite in distilled water. The Miracle Mineral Supplement is also a water purification product and is known to be effective in eliminating excess bacteria in the body along with candida. This product is also known as MMS as well as The Miracle Mineral Solution.
(Purchase from Mastercare or online (MMS) www.buymmsonline.com)

MSM: What is MSM? MSM stands for methylsulfonylmethane. MSM is an organic sulfur compound that exists to some extent in all living things. MSM is a basic nutrient required for the proper functioning of the body.

Phosphoric Drops: phosphorus is critical to healthy cell growth in many tissues of the body. Ortho phosphoric acid provides acidic support for an alkaline environment - also said to loosen gall stones.

Royal Jelly: a honey bee secretion that is used in the nutrition of the larvae. It is secreted from the hypopharyngeal glands in the heads of young workers and used (among other substances) to feed all of the larvae in the colony, including those destined to become workers. Various health benefits may include B-complex vitamins such as pantothenic acid (vitamin B5) and vitamin B6 (pyridoxine). The overall composition of royal jelly is 67% water, 12.5% crude protein (including small amounts of many different amino acids), and 11% simple sugars, also including a relatively high amount (5%) of fatty acids. It also contains many trace minerals, some enzymes, antibacterial and antibiotic components, and trace amounts of vitamin C.[1] Contrary to claims by many of those promoting its use, vitamins A, D, and E are completely absent from royal jelly.

Toco's (tocotrienol): Stabilized wheat germ base (non heat process containing zinc, manganese, calcium, high in vitamin E, phosphorus, iodine, selenium, polysaccharides, carotenoids, amino acids, enzymes, and folic acid. Great for making recipes creamy.

Trace minerals: common trace minerals include iodine, copper, iron, cobalt, zinc, manganese and selenium. Minute portions can powerfully affect health. They are necessary for oxygen transport, energy metabolism, growth, and cell and nerve protection. They are essential in the assimilation and utilization of vitamins and other nutrients. They aid in the digestion process and provide the catalyst for many hormones, enzymes, and essential body functions and reactions. They aid in replacing electrolytes lost through heavy perspiration or diarrhea. They also protect against toxic reaction and heavy metal poisoning.



Vitamin C crystals (unbuffered): pure L-ascorbic acid.

Propolis: a natural resin created by bees, used in the construction of hives. Propolis is produced from the buds of conifer and poplar trees, in combination with beeswax and other bee secretions. Historically, propolis was used in Greece to treat abscesses, by the Assyrians to heal wounds and tumors, and by the Egyptians for mummification. Effectiveness of propolis against herpes simplex virus types 1 and 2 and parasitic infections has been demonstrated. Numerous case reports have demonstrated propolis to be a potent allergen and sensitizing agent, and therefore it should be used cautiously in hypersensitive individuals.

Vitamineral green: not just another green powder. Essential amino acids (protein), antioxidants, fatty acids, chlorophyll, soluble and insoluble fibers, tens of thousands of phytonutrients, and a plethora of other synergistically bound, organic nutrients. 100% whole food nutrition.

Zeolite, Natural Cellular Defense: Helps support a healthy immune system, remove heavy metals and toxins, and balance body's pH levels. Said to be effective in the healing of cancer.

Sweeteners

Stevia: commonly known as sweetleaf, sweet leaf, sugarleaf, or simply stevia, is widely grown for its sweet leaves. As a sugar substitute, stevia's taste has a slower onset and longer duration than that of sugar, although some of its extracts may have a bitter or liquorice-like aftertaste at high concentrations. With its extracts having up to 300 times the sweetness of sugar, stevia has garnered attention with the rise in demand for low-carbohydrate, low-sugar food alternatives. Stevia also has shown promise in medical research for treating such conditions as obesity and high blood pressure. Stevia has a negligible effect on blood glucose, even enhancing glucose tolerance; therefore, it is attractive as a natural sweetener to diabetics and others on carbohydrate-controlled diets.

Yacon: a perennial plant grown in the Andes known for its crisp, sweet-tasting tuberous root. The texture and flavour have been described as a cross between a fresh apple and watermelon which is why it is sometimes referred to as the apple of the earth. These edible roots contain inulin, an indigestible sugar, which means that although they have a sweet flavour, the roots contain fewer calories than would be expected. Available as a syrup and chips.

Vanilla Flavoring: recommend Frontier brand in glycerin (non alcohol) base. All natural from vanilla beans and low glycemic.

Sprouts

Sprouts, which are the germinating form of seeds and beans, are easy to produce. They require no soil, only water and cool temperatures. They emerge in two to seven days, depending on the type of seed or bean. In addition to raw alfalfa sprouts, other varieties include clover, sunflower, broccoli, mustard, radish, garlic, dill, and pumpkin, as well as various beans, such as mung, kidney, pinto, navy and soy,

and wheat berries. Many are sold individually, some in mixtures. Studies on canavanine, an amino acid analog in alfalfa, have demonstrated benefit for pancreatic, colon and leukemia cancers. Plant estrogens are also abundant in sprouts. They increase bone formation and density and prevent bone breakdown or osteoporosis. They are also helpful in controlling hot flashes, menopause, PMS and fibrocystic breasts tumors.

Transitional Foods (*wheat alternatives*)

Brown rice: otherwise called “hulled rice” is unmilled or partly milled rice, a kind of whole grain. It has a mild nutty flavor, is chewier than white rice, becomes rancid more quickly, but is far more nutritious.

Millet: The millets are a group of small-seeded species of cereal crops or grains, widely grown around the world for food and fodder. Cooks like rice, ready very quickly.

Packaged raw foods: premade raw bars, cookies, cakes, crackers, nuts, etc – generally heavily spiced, generous salt and agave.

Quinoa: is a species of goosefoot grown as a crop primarily for its edible seeds. It is a pseudocereal rather than a true cereal as it is not a grass. Its leaves are also eaten as a leaf vegetable, much like amaranth, but the commercial availability of quinoa greens is currently limited.

Raw steel cut oats: Steel-Cut Oats are whole grain groats (the inner portion of the oat kernel) which have been cut into two or three pieces using steel discs. Golden in colour and resembling mini rice particles, they are as nature intended, nothing added and nothing taken out. They differ from rolled oats because Rolled oats are flake oats that have been steamed, rolled, re-steamed and toasted. Due to all of this additional processing they have lost some of their natural taste, goodness and texture.

Rice noodles: are made from rice. Their principal ingredients are rice flour and water.

Spelt pasta: Spelt is a hexaploid species of wheat. Spelt was an important staple in parts of Europe from the Bronze Age to medieval times; it now survives as a relict crop in Central Europe and has found a new market as a health food. It is known to be nonallergenic and a good wheat alternative. Comes in grain, pasta, and flour forms.

Steamed vegetables: heat process with a steamer, lightly cooks vegetables.



Food Staples

Store dried goods in glass jars with an air tight lid (mason jars)

Seeds

Hemp seeds
Sunflower seeds
Pumpkin seeds
Flax
Sesame

Nuts

Pine nuts
Almonds
Pecans
Brazil

Nut/Seed Butters

Almond butter
Tahini

Oils

Flax
Olive
coconut

Dried Vegetable

Tomatoes
Seaweed (*irish moss, dulse – flakes & whole, nori, hijiki, arame*)

Misc.

Black olives (*not packed in vinegar*)
Spices
Sea salt
Herbs (*for tea & medicinal*)
Flax crackers
Garlic

Sweeteners

Stevia (*I prefer liquid in glycerin base, not alcohol*)
Yacon syrup
Vanilla (*glycerin base, not alcohol*)

Superfoods

Vita mineral green
Maca
Alkaline drops
Unbuffered vitamin C crystals (*powder form*)
Chia seeds
MSM
Bee pollen and propolis

Perishables

- based on 1 person, shopping twice weekly
- keep greens and vegetables in a airtight plastic bag to retain freshness
- 4 different types dark leafy greens & lettuces (*most stay fresh in plastic for 3-4 days*)
- Sprouts, 2 to 3 boxes (*sunflower, pea, alfalfa, and spicy sprouts – will stay fresh for about a week in container*)
- 6 green apples (*stored at room temperature*)
- 4-7 avocados
- 4 lemons
- 2 limes
- 2 inch piece ginger



80-100% Sunfood

- **Drink 1 liter of lemon water**
- **no caffeine**
hebral tea okay (*see receipe for teas, juices, smoothies & breakfast section*)
- **Transitional Breakfast**
(*see receipe for teas, juices, smoothies & breakfast section*)
- **Small Portion of your favorite cooked vegan food that is preservative free salad**
(*size of your choice*)
- **Big Salad**
(*see salad receipes*)
- **Snacks (2 per day)**
Green Apples
Hemp Seeds
1/2 cup soaked nuts
Appetizer recipes
Dessert recipes

DON'T DINE PASS 7:00 p.m.

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Green Apples
Hemp Seeds
1/2 cup soaked nuts
Appetizer recipes
Dessert recipes

DON'T DINE PASS 7:00 p.m.



Sunfood Meal Planner

100 % Sunfoods

100% Sunfood

- **Eliminate all caffeine, drink herbal tea**
- **1 liter of lemon water**
- **1 liter of green juice**
(see teas, juices & smoothies recipes)
- **Smoothie**
(see teas, juices & smoothies recipes)
- **Lasagna w/ salad**
(see entree receipe)
- **Snacks (2 per day)**
Green Apples
Hemp Seeds
1/2 cup soaked nuts
Appetizer recipes
Dessert recipes

DON'T DINE PASS 7:00 p.m.

100% Sunfood

- **Eliminate all caffeine, drink herbal tea**
- **1 liter of lemon water**
- **1 liter of green juice**
(see teas, juices & smoothies recipes)
- **Smoothie**
(see teas, juices & smoothies recipes)
- **Josiahs' Nori Rolls w/ salad**
(see entree receipe)
- **Snacks (2 per day)**
Green Apples
Hemp Seeds
1/2 cup soaked nuts
Appetizer recipes
Dessert recipes

DON'T DINE PASS 7:00 p.m.

100% Sunfood

- **Eliminate all caffeine, drink herbal tea**
- **1 liter of lemon water**
- **1 liter of green juice**
(see teas, juices & smoothies recipes)
- **Smoothie**
(see teas, juices & smoothies recipes)
- **Bombshell Burritos**
(see entree receipe)
- **Snacks (2 per day)**
Green Apples
Hemp Seeds
1/2 cup soaked nuts
Appetizer recipes
Dessert recipes

DON'T DINE PASS 7:00 p.m.



Teas

Tea

1tbl your favorite loose herbs
2 c water

Soak in a glass container with a lid (jar) overnight, strain well, warm to tepid. For efficiency, double or quadruple the recipe. Once soaked, strain, keep in the fridge for warming. Keeps fresh for 3 days. For a milk replacement, try adding nut or hemp mylk to your tea.

Detox Tea

7 cups water
2 inches fresh ginger (or 1 tbl dried)
2 inches fresh turmeric (or 1 tbl dried)
½ tsp cayenne

Juice 1 lemon

Stevia to taste

Soak ginger, turmeric, and cayenne over night and/or heat till you can still stick your finger in it – simmer 15 to 30 minutes. Add lemon and stevia.

Peppermint Latte

2 c peppermint tea
2 tbl hemp seeds
Stevia to taste
5 drops peppermint oil
Blend well. Spoon froth on top.

Chai Latte

2 c chai tea
2 tbl hemp seeds
Stevia to taste
1 tsp vanilla
Cinnamon sprinkles
Blend well. Spoon froth on top, sprinkle with cinnamon.

Carob Coco Latte

2 c your favorite tea
2 tbl hemp seeds
1 tbl carob
1 tsp coconut oil
Stevia to taste
Blend well. Spoon froth on top.



Amy Rachelle's Raw Recipes

Tea, Juices, Smoothies, Mylks, Breakfast

Carob Mint Latte

2 c peppermint tea

2 tbl hemp seeds

Stevia to taste

5 drops peppermint oil

Blend well. Spoon froth on top.

Vanilla Rose Mylk Latte

2 c rose hip tea

2 tbl hemp seeds

1 tsp vanilla

Stevia to taste

Blend well. Spoon froth on top.

JUICE

Fresh Juice

2 oz Noni juice, unflavored

(buy bottled at most health food store)

Green Juice

4 celery stalks

1 cucumber

Small bunch kale

Small bunch parsley

Small bunch spinach

1 lemon

1 green apple

½ inch ginger

Juice all ingredients through a juicer.

Celery Parsley

4 celery stalk

1 bunch parsley

Juice all ingredients through a juicer.

Lemon Apple Cayenne Cleanser

4 lemons (try Meyers lemons)

4 peeled green apples

1/8 tsp cayenne

Put lemons and apples through juicer, add cayenne, mix well.

Celery Cucumber Juice

6 stalks celery

2 cucumbers

Juice all ingredients through a juicer.

Lime Apple

5 limes

4 peeled green apples

Juice all ingredients through a juicer.

Lemonades

Basic Lemonade

2 peeled lemons with pith intact

1 peeled green apple

5 c water

Stevia to taste

Blend lemon and apple well. Strain through a wire mesh, use back of spoon to extract all the liquid, or strain through a nut mylk bag. Return fluid to blender, add stevia. Blend and serve. Best chilled.

Cranberry Lemonade

2 peeled lemons with pith intact

½ c fresh or frozen cranberries

6 c water

1 peeled green apple

Stevia to taste (careful not to use too much to compensate for the cranberries)

Blend lemon, cranberries and apple well. Strain through a wire mesh, use back of spoon to extract all the liquid, or strain through a nut mylk bag. Return fluid to blender, add stevia. Blend and serve. Best chilled.

Ginger Cayenne Lemonade

2 peeled lemons with pith intact

1 peeled green apple

5 c water

1 inch ginger

Stevia to taste

½ tsp cayenne

Blend lemon, apple and ginger well. Strain through a wire mesh, use back of spoon to extract all the liquid, or strain through a nut mylk bag. Return fluid to blender, add stevia and cayenne. Blend and serve. Best chilled.



Amy Rachelle's Raw Recipes

Tea, Juices, Smoothies, Mylks, Breakfast

Turmeric Lemonade

2 lemons with pith intact

1 peeled green apple

5 c water

2 inch fresh turmeric (powder can be used as well, about 2 tsp)

Stevia to taste

Blend turmeric, ginger, apple, and lemons thoroughly. Strain through a tight wire mesh use the back of a spoon to extract all liquid, or strain through a nut mylk bag. Return fluid to blender, add remaining ingredients and blend. Best chilled.

Mylks

Hemp Mylk

½ c hemp seeds

1 tbl tocos

4 c water

1 tbl vanilla

Stevia to taste

½ tsp maca

3 tbl flax oil

Blend well. Great as a smoothie base and as a milk replacement.

Chai Hemp Mylk

3 cups hemp seeds

1 tbl tocos

3 cups water

2 tbl chai spice

3 tbl vanilla

2 tbl flax oil

Blend all ingredients well. Drink chilled or as is.

Spicy Hemp mylk

¼ cup hemp seeds

1 tbl tocos

¼ tsp maca

¾ tsp cinnamon

1/8 tsp cloves

1/8 tsp nutmeg

Stevia to taste

2 cups water

Blend well.

Nut Mylk

¼ c soaked almonds, pecans, walnuts, hazel nuts (try individually and mixing together)

1 tbl tocos

2 tbl vanilla

½ tsp maca

2 tbl yacon syrup

Stevia to taste

Blend nuts well. Strain well through a wire mesh or nut straining bag. Using a wire mesh, use the back of a spoon to extract all the liquid. Put the liquid back in the blender. Add remaining ingredients and blend. Ready to serve. Best chilled.

Easy Almond Mylk

4 tbl raw almond butter

4 c water

1 tsp tocos (optional)

1 tbl vanilla

Stevia or yacon syrup to taste

Pinch sea salt

Blend well.

Coconut Mylk

Meat from 2 young baby thai or green coconut (or 4 tbl Artesian coconut butter)

3 c water or green coco water (not the thai cocos)

1 tsp tocos, optional

Stevia to taste

1 tbl vanilla, optional

Blend well.

Your favorite flavored mylk (try rose, carob, ginger, vanilla almond, etc)

Use base of any of hemp, nut, or coconut mylk – add the tea of your favorite flavor instead of water.

Blend mylk with tea. Also try using the low glycemic (vanilla, almond, lemon) Frontier extract flavorings in your favorite mylk base.

Smoothies

Coconut Green Super Smoothie

Meat from 2 young thai baby coconuts or 2 tbl of Artesian Coconut Bliss)

1 tbl vita mineral green

½ tsp maca

Trace minerals (amount recommended on bottle)

3 c water

Stevia to taste

Blend well.



Amy Rachelle's Raw Recipes

Tea, Juices, Smoothies, Mylks, Breakfast

Smoothies continued

Apple Pie Smoothie

2 peeled green apples
½ tsp unbuffered vitamin C crystals
Pinch nutmeg
Pinch all spice
¼ tsp cinnamon
6 cubes ice
3 cups water
Blend well.

Carob Superfood Smoothie

(for a peppermint/carob variation, use peppermint tea instead of water w/5 drops peppermint oil)

3 tbl carob
3 c water
1/8 c hemp seeds
1 tbl E3 Live and/or Vitamineral Green
1 tbl tocos
½ tsp maca
1 tbl vanilla
Stevia to taste
6 ice cubes.
Blend well.

Green Drink

2 tbl Vitamineral Green
5 c water
1 tbl vanilla
Stevia to taste
Blend well.

Coconut Pollen Hemp Superfood Smoothie

2 tbl Artesian coconut butter
2 tbl hemp seeds
1 tbl bee pollen
3 c water
1 tsp tocos
½ tsp maca
1 tbl vanilla
Stevia to taste
Blend well.

Breakfast

Before eating we recommend drinking (lemon) water in the mornings and staying on liquids for the first few hours of the day to allow for proper elimination from the previous day.

For optimum energy, stay light!

SuperHero Cereal

2 c raw pecans
2 tbl artesian coconut butter
1 tbl flax seeds
2 tbl soaked sunflower seeds
1 tbl dried shredded coconut(not recommended for those w/candida)
1 tbl vanilla
¼ tsp ground cinnamon
Stevia to taste
pinch sea salt
1 c water

Soak nuts and seeds for 2 hours. In a food processor with the S blade, process pecans, coconut butter, stevia, vanilla, sea salt, and water till creamy. Spoon equal portions into 2 bowls. Top with flax seeds, sunflower seeds, dried coconut – sprinkle cinnamon on top.

Chia Seed Pudding

5 tbl chia seeds
1 cups hemp or nut mylk
Stevia to taste
1 tbl vanilla

Stir milk into seeds, stir constantly until thick. Suggestion: top with soaked flax and/or sunflower seeds for a hearty meal.

Transitional Breakfast

¾ c raw steel cut oats
½ c nut/hemp mylk or water
1 tbl coconut bliss from Artesian (optional), or ½ c fresh coconut meat
¼ hemp seeds and/or sunflower seeds – soaked for 2 hours, drained, rinsed.
Stevia to taste

Soak oats in mylk or water for 5 minutes, stir well. Add remaining ingredients an stir well.



Amy Rachelle's Raw Recipes

Tea, Juices, Smoothies, Mylks, Breakfast

Snacks & More Breakfast Options

- 1 or 2 peeled green apples (for proper food combining, don't mix with seeds or nuts)
- Hemp Seeds (for proper food combining, don't mix with fruit)
- Handful soaked pumpkin or sunflower seeds (add a pinch of sea salt and spices and dehydrate for a yummy variation) remember not to mix with fruit
- Whole vegetable like celery, a cucumber or bell pepper
- Choose From Our:
Blended Soups, Salads, Desserts – all good breakfast/snack options.



Serve any of the pate's or chesses with flax crackers, zucchini chips, zucchini sticks, celery sticks, broccoli or cauliflower flowers, or any vegetable in the "what to eat" list. Also spread inside of romaine leaves and nori wraps. (Note: create "burgers" out of any of the pates by forming the mixture into a "burger" shape and dehydrating at 118 degrees for about 6 hours or until dried through).

Pate's

Pesto Pate

4 fresh sprigs basil (for a variation, use any herb, olives, or dried tomatoes)

1 c pine nuts

1 c olive oil

Pinch sea salt

Soak nuts for 2 hours. Drain. Rinse well. Place all ingredients in a blender (use a ¼ cup water in a blender) or food processor. Process to a smooth consistency. Serve with celery sticks.

Cabbage Pumpkin Seed Pate

1 c pumpkin seeds

¼ head cabbage

1/2 c water

1 tbl herbs de province

1 tsp marjoram

½ tsp cumin

½ tsp paprika

1 stalk fresh rosemary, or 1 tbl dried

½ tsp lemon thyme

1/8 tsp cayenne

Pinch sea salt

Soak seed for 2 hours. Drain. Rinse well. Place all ingredients in food processor with s-blade attached. Process until smooth. Serve with flax cracker and/or cucumber sticks.



Amy Rachelle's Raw Recipes

Appetizers: Pate's, Cheeses, Crackers, etc.

Pate's continued

Sesame Cauliflower Dill Pate

12 c water
3 tbl tahini
½ head cauliflower
2 sprigs fresh dill
½ tsp white peppercorn
½ tsp cumin
1 tbl olive oil
1 tbl coconut oil
Pinch sea salt

Place all ingredients in food processor with s-blade attached. Process till smooth. Serve with flax crackers and/or broccoli flowers.

Hemp Cauliflower Curry Pate

½ head cauliflower
½ c hemp seeds
2 tbl curry powder
2 tbl flax oil
Pinch sea salt

In a food processor, process all ingredients till smooth. If using a blender, add 1 ½ c water.

Spicy Dulse Hemp Pate

2 handful dulse
½ c hemp
1 tsp majoram
¼ tsp peppercorn
2 tbl flax oil
Pinch sea salt

Soak dulse for 5 minutes. Add dulse with its water to blender, add remaining ingredients, blend well.

Dulse Sunflower Pate

1 c dulse flakes
2 c sunflower seeds
2 tbl flax oil
½ tsp unbuffered vitamin C crystals
¾ c water
Pinch sea salt

Soak dulse in 1 c water (no need to drain). Soak seeds for 2 hours. Drain. Rinse well.

Blend all ingredients till smooth, garnish with dulse flakes.



Pate's continued

Creamy Spiced Pate

1 c almonds (or brazil nuts)

½ c pine nuts

½ c pumpkin seeds

1 red bell pepper

2 c water

½ tsp coriander

½ tsp paprika

½ tsp cumin

½ tsp chili powder

¼ tsp peppercorn

1/8 tsp fenugreek

Pinch saffron

Pinch sea salt

2 tbl olive oil

Soak pine nuts and pumpkin seeds for 2 hours. Drain. Rinse well. In tepid water soak almonds for 2 hours, peel skins off. Blend nuts and seeds in water, once processed to a creamy texture, add red bell pepper, herbs, sea salt and oil, process to a creamy smooth texture.

Olive Pistachio Rosemary Pate

2 c pistachios

1 c water

1 c olive brine

1 c pitted olives

2 sprigs rosemary or 3 tbl dried

1 sprig basil or 1 tbl dried

3 tbl flax oil

Pinch sea salt

Soak nuts for 2 hours. Drain. Rinse well. Blend nuts, water, and olive brine till creamy smooth. Add remaining ingredients, blend till smooth.



Amy Rachelle's Raw Recipes

Appetizers: Pate's, Cheeses, Crackers, etc.

Hummus

2 c almonds (or 1 ½ c macadamia & ½ c pine nuts)

3 tbl tahini

2 c water

¾ tsp cumin

Pinch sea salt

4 tbl olive oil

Small garlic clove (optional)

1/8 tsp cayenne (optional)

In tepid water soak almonds for 2 hours, peel skins off – or if using macadamia and pine nut, soak for 2 hours. Drain. Rinse well. Put nuts in a blender with water, blend till creamy smooth, add remaining ingredients, blend till smooth.

Guacamole

3 ripe avocados

2 sprigs fresh minced cilantro

1 large tomato diced

Small garlic clove, optional

Cayenne to taste

Mash avocados, add remaining ingredients, stir well. Serve with flax crackers and/or vegetables.

Salsa

3 ripe medium tomatoes

2 springs cilantro

Quarter red onion (optional)

Small garlic clove (optional)

¼ tsp unbuffered vitamin C crystals

Pinch sea salt

Chop tomatoes to bite sized pieces, mince cilantro, onion, and garlic – mix well with sea salt in a medium mix bowl.

Basic "Cheese" Recipe (also doubles for live sour cream by using ¼ tsp more vitamin C)

2 c macadamia nuts (or almonds)

¼ c pine nuts

¾ c water

2 tbl flax oil

1 tbl powdered lecithin

¼ tsp unbuffered vitamin C crystals

Pinch sea salt

Soak nuts for 2 hours. Drain. Rinse well. Blend all ingredients to a smooth creamy texture in a blender.



Blue "Cheese"

Use basic "cheese" recipe

Add:

2 ounces noni juice (pure noni unflavored)

Curry "Cheese"

Use basic "cheese" recipe

Add:

2 tbl curry powder

½ tsp cumin

Italian "Cheese"

Use basic "cheese" recipe

Add:

1 medium tomato

2 sprigs fresh basil or 2 tbl dried

2 sprigs fresh oregano or 2 tbl dried

2 sprigs fresh thyme or 2 tbl dried

1 tbl olive oil

¼ tsp cayenne

Garlic clove, optional

Pimento "Cheese"

Use basic "cheese" recipe

Add:

1 red bell pepper, cored

1 fresh medium spiced pepper

In blender or food processor, process red bell pepper to a fine chunky texture – set aside.

Add all remaining ingredients to blender and follow basic recipe, transfer to a small mixing bowl, add in red bell pepper, mix well.



Amy Rachelle's Raw Recipes

Appetizers: Pate's, Cheeses, Crackers, etc.

Flax Crackers

General Directions

Blend all ingredients except flax seeds. Pour seeds in a medium mixing bowl, add remaining ingredients, mix well, mixture should be gelatinous, cover with a lid, set in the fridge for at least 2 hours. Using a teflex sheet holder, place a teflex sheet on top of a wire mesh sheet, spread mixture thin and evenly onto sheet. Place in the dehydrator for 12-15 hours on 110 degrees or until completely dry... after the 4th -6th hour, turn whole sheet over, cut diagonally into chip size pieces (sheet should be easy enough to cut through using a butter knife) and dry thoroughly (center should be completely dry). Sealed in a plastic/glass container, stays fresh for about 1 month.

Base Flax Crackers

3 c golden (or brown) flax seeds (whole or ground to a flour)
6 cups water
3 tbl olive oil
1 tsp sea salt

Herb Tomato Flax Crackers

3 c golden (or brown) flax seeds (whole or ground to a flour)
3 medium tomatoes
6 c water
2 sprigs fresh basil or 2 tbl dried
2 sprigs fresh oregano or 2 tbl dried
2 sprigs fresh thyme or 2 tbl dried
3 tbl olive oil
1 tsp sea salt
¼ tsp cayenne
Garlic clove, optional

Curry Vegetable Flax Cracker

2 zucchini
½ head cauliflower
4 tbl curry powder
1 tsp paprika
Clove garlic, optional
1 tsp sea salt

Cut 1 zucchini and ½ head cauliflower into thin bite sized slices, set aside. Blend the rest as general directions call for. Mix cut vegetables into flax/blended mixture, continue with general directions



Flax Crackers continued

Zucchini Chips

4 zucchini cut into thin round slices

2 tsp paprika

1 tsp cumin

½ tsp sea salt

¼ c olive oil

In a medium mixing bowl, mix ingredients well. Using a teflex sheet holder, place a teflex sheet on top of a wire mesh sheet, evenly distribute mixture and dehydrate at 110 degrees for about 5 hours - or until crisp (careful not to over dry), turn over after 3 hours.



Amy Rachelle's Raw Recipes

33 Blended Soups

(Can also be used as salad dressings. To make a pate use a food processor - minus the water)

Red Bell & Sundried Tomato Soup

1 medium red bell pepper

½ c dried tomatoes

3 tbl hemp seeds

2 tbl basil

2 tbl oregano

½ tsp cayenne

3 tbl flax oil

Pinch sea salt

Cover dried tomatoes with water and soak till soft (about 1 hour), save water. Add all ingredients to blender including tomato water, cover with water and blend thoroughly.

Herbed Tomato Soup

2 tomatoes

½ c dried tomatoes

1 tsp oregano

1 tsp basil

1 tsp thyme

½ tsp cumin

½ tsp cayenne

Small garlic clove (optional)

Pinch sea salt

Cover dried tomatoes with water and soak till soft (about 1 hour), save water. Add all ingredients to blender including tomato water, cover with water and blend thoroughly.

Chili

2 ¼ c hemp seeds (use sunflower seeds for a heartier version)

2 medium tomatoes

1 c dried tomatoes

½ c water

¼ c minced red onion (optional)

3 tbl chili powder

1 tsp cumin

Small garlic clove

¼ tsp sea salt

2 tbl olive oil

Soak dried tomatoes for 15 minutes or until soft. Put dried tomatoes in blender with the water they soaked in, 2 c hemp seeds (or sunflower seeds that have soaked for 2 hours and been rinsed), spices, olive oil, salt and ½ c water - process till smooth. Add tomatoes, pulse (process briefly) to create a chunky texture. Place into a mixing bowl, add ¼ c hemp or sunflower seeds and minced onion, mix well and serve.



Indian Spice Soup

2 medium tomatoes

½ c dried tomatoes

3 sprig fresh basil, 1 1/2 dried

1 sprig fresh thyme, ½ tsp dried

2 sprigs cilantro, 1 tsp dried

1 tsp garam masala

¼ tsp cardamom

Pinch sea salt

Cover with water and blend thoroughly.

Zucchini Tomato Herb Soup

1 medium zucchini

2 medium tomatoes

½ c dried tomatoes

½ bunch fresh thyme or 1 tbl dried

½ bunch rosemary or 1 tbl dried

3 tbl flax oil

Pinch sea salt

Soak dried tomatoes for 15 minutes or until soft. Add all ingredients (including the dried tomato water) to blender, cover with water and blend thoroughly.

Curry Soup

2 tomatoes

1 red bell pepper

½ zucchini

1 tsp cardamom

¼ tsp cayenne

¼ tsp cumin

1 tsp curry

1 sprig fresh cilantro or 1 tbl dried

4 tbl olive oil

Pinch sea salt

Cover with water and blend thoroughly.



Amy Rachelle's Raw Recipes

33 Blended Soups

Muchi Curry Cauliflower

½ head cauliflower

1 ½ tb/ muchi curry powder (or regular curry powder)

Fresh lemon grass stalk (or dried in powder or flake form)

1 ½ inch ginger

½ bunch fresh oregano (or 1 tbl dried)

1 ½ bunch fresh basil (or 1 tbl dried)

¼ bunch fresh coriander (or ½ tsp dried)

½ tsp cumin

Pinch sea salt

Blend lemon grass stalk and ginger in 1 cup of water, add remaining ingredients, cover with water and blend well.

Spicy Cauliflower

½ head cauliflower

2 sprigs basil or 1 ½ tsp dry

½ tsp cumin

¼ tsp mustard seed

½ tsp cayenne

½ tsp turmeric

Pinch sea salt

Cover with water and blend thoroughly.

Masala Cauliflower Soup

½ head cauliflower

1 tsp garam masala

1 tsp thyme

¼ tsp cayenne

2 tbl olive oil

Pinch sea salt

Cover with water and blend thoroughly.

Spicy Orange Cauliflower & Yellow Squash Soup

½ head orange cauliflower (or white)

1 yellow squash

1 red bell pepper

2 sprigs cilantro

½ jalepeno (ripe red one), or ¼ tsp cayenne

¼ tsp cumin

¾ tsp jamaican all spice

2 tbl flax oil

Pinch sea salt

½ inch fresh ginger

¼ c dulse flakes

Nut mylk

Pinch sea salt

Cover with nut mylk, blend well, garnish with dulse flakes.

Coconut Cauliflower Dill Soup

4 sprigs dinosaur kale

½ head cauliflower

½ bunch fresh dill

3 tbl tahini

¼ tsp cumin

¼ tsp peppercorns

Pinch cayenne

1/8 tsp all spice

¼ tsp Five spice powder

1/8 tsp Cardamom

2 tbl Olive oil

1 tbl Coconut oil

Pinch sea salt

Cover with water and blend thoroughly.



Amy Rachelle's Raw Recipes

33 Blended Soups

Root Green Bean Soup

2 c green beans (cleaned and broken into)
2 medium sunchokes (Jerusalem artichokes)
¼ cup pine nuts
½ bunch fresh cilantro (coriander) or 1 tsp dried
1 stalk fresh burdock root
1 small bunch fresh sage or 1 tbl dried
½ tsp white peppercorns
1 tsp celery seed
Pinch sea salt
Cover with water and blend well.

Spicy Cream of Broccoli Soup

2 c broccoli
1/8 c pine nuts
1/8 tsp cardamom
1/8 tsp white peppercorn
¼ tsp cayenne
1 tsp basil
3 tbl flax oil
Pinch sea salt
Cover with water and blend thoroughly. Add a little more water for a thinner texture, or a small handful of pine nuts for a thicker, creamier consistency.

Zucchini Zest Soup

1 zucchini
Handful green beans
½ tsp sage
½ tsp garam masala
½ tsp Jamaican spice
¼ tsp mustard seed
¼ tsp cayenne
Pinch sea salt
Cover with water and blend thoroughly.

Arugula / Zucchini Soup

½ bunch arugula
1 medium zucchini
1 tsp mustard seed powder
1/3 tsp paprika
3 tbl flax oil
Pinch sea salt
Cover with water and blend well.



Green Sprout Soup

1 medium size cucumber
½ bunch parsley
½ bunch dill
¼ bunch alfalfa sprouts
¼ bunch pea sprout
2 tbl hemp seeds
2 tbl curry powder
2 tbl flax oil
Pinch sea salt
Cover with water and blend thoroughly.

Green Ginger Soup

4 leaves kale
½ bunch cilantro
2 inch ginger
Nut mylk or water (see recipe in juice, breakfast, blended section)
½ tsp white peppercorns
1 tbl basil
Pinch sea salt
Cover with nut mylk or water and blend thoroughly.

Green Cleansing Soup

1 medium cucumber
½ bunch spinach
¼ cup hemp seeds
1 small red bell pepper
3 sprigs parsley
1 sprig cilantro
3 tbl flax oil
Pinch sea salt
Cover with water and blend thoroughly.

Creamy Green Soup

1 c broccoli
1 c green beans
¼ c hemp seeds
½ tsp sage
½ tsp oregano
½ tsp thyme
½ tsp chervil
Pinch sea salt
Cover with water and blend thoroughly.



Amy Rachelle's Raw Recipes

33 Blended Soups

Savory Green Soup

½ bunch spinach

4 sprigs Italian parsley

1 c dulse

½ cucumber

½ tsp five spice powder

½ tsp all spice

¼ tsp coriander

Pinch sea salt

Soak arame for 5 minutes, place in blender with dulse water, cover with water and blend thoroughly.

Celery Green Bean Soup

2 stalks celery

Handful green beans

½ tsp oregano

½ tsp herbs de provence

½ tsp cumin

½ tsp peppercorn

Pinch sea salt

Cover with water and blend thoroughly.

Green Cabbage and Arugula Soup

½ green cabbage

½ bunch arugula

Handful alfalfa sprouts

¼ twp cumin

½ tsp mustard seed powder

½ tsp Paprika

¼ c Sesame seeds

3 tbl olive oil

Pinch sea salt

Cover with water and blend thoroughly.



Curry Seaweed Soup

½ c hijiki
1 large red bell pepper
½ tsp cardamom
1 tsp garam masala powder
1tsp basil
1 tsp oregano
4 tbl coconut oil
2 tbl flax oil
Pinch sea salt

Cover hijiki with water, soak 5 minutes, save soaking water. Place all ingredients, including soaking water in blender, cover with water and blend thoroughly.

Seaweed Zucchini Soup

½ c hijiki seaweed
1 medium zucchini
2 tbl curry powder
¾ tsp oregano
¾ tsp chili powder
1/8 tsp cayenne
1 tbl olive oil
1 tbl coconut oil

Soak hijiki in water for 15 minutes. Add remaining ingredients. Cover with water and blend thoroughly.

Coconut Curry Seaweed Soup

1 medium zucchini
½ c arame
2 tbl coconut oil
1 tbl curry powder
1 tsp oregano
½ tsp chili powder
¼ tsp cayenne
Pinch sea salt

Soak arame for 5 minutes, place in blender with dulse water, cover with water and blend thoroughly.



Amy Rachelle's Raw Recipes

33 Blended Soups

Dulse Spinach Soup

Handful dulse

½ bunch spinach

1 medium tomato

½ c dried tomatoes

2 springs parsley

1 tbl vitamineral green

1 tsp marine minerals

¾ tsp Italian seasoning

¼ tsp white peppercorns

1 tbl olive oil

1 tbl red palm oil

Pinch sea salt

Soak dulse for 5 minutes, place in blender with dulse water, cover with water and blend thoroughly.

Hijiki Hemp Soup

½ c hijiki

¼ c hemp seeds

1tbl red palm oil

¼ tsp peppercorns

1 tsp majoram

¼ tsp fenugreek

Pinch sea salt

Soak hijiki for 10 minutes, including hijiki water put all ingredient in blender. Cover with water and blend thoroughly.

Red Celery Soup

¼ piece celery root

3 stalks celery

3 tbl tahini

1 ½ tsp al spince

1 tsp herbs de provence

2 tbl flax oil

1 tbl red palm oil

Pinch sea salt

Cover with water and blend thoroughly.

Sage Olive Soup

½ bunch fresh sage leaves
1 c pitted olives (not in vinegar base)
½ c olive brine
2 zucchini
3 tbl flax oil
2 tbl hemp seeds
Pinch sea salt
Cover with water and blend thoroughly.

Brussel Sprout Soup
2 handful brussel sprouts
1 red bell pepper
3 springs parsley
1 tsp chili powder
¼ tsp cayenne
½ tsp cumin
2 tbl flax
Pinch sea salt
Cover with water and blend thoroughly.

Cucumber Watercress Hemp Soup
1 cucumber
½ bunch watercress
2 sprigs dill
¼ c hemp seeds
1 tbl tahini
½ inch ginger
1 tsp lemon tyme
½ tsp unbuffered vitamin C crystals
1 tbl flax oil
Pinch sea salt
Cover with water and blend thoroughly.



Amy Rachelle's Raw Recipes

33 Blended Soups

"Borsch"

½ head red cabbage

Handful pea or sunflower sprouts

¼ c dulse flakes

2 tbl flax oil

Pinch sea salt.

Cover with water and blend thoroughly. Top with basic "cheese" – see appetizers.



Salads

Red Leaf/Kale Salad

- ½ head of red leaf lettuce
- 1/4 bunch of red kale leaves
- 1/4 cup dulse flakes
- 1/8 cup sunflower seeds

Wash leaves. Toss all ingredients together and serve.

Zesty Green Salad

- 5 romaine leaves
- ½ head spinach
- ¼ pine nuts
- ½ c dried tomatoes

Soak pine nuts for 2 hours. Drain. Rinse well. Soak dried tomatoes for 15 minutes or until soft. Wash leaves and dry in a salad spinner. Chop tomatoes into small bite size. Cut leaves into bite size pieces. In a medium bowl mix greens with tomatoes and nuts. Serve with zesty Italian dressing.

Watercress Fennel Salad

- 1 bunch watercress
- 1 sprig fresh fennel
- ½ red bell pepper
- ½ cucumber

Wash all ingredients. Dry leaves in a salad spinner. In a medium bowl mix all ingredients. Serve with the creamy dream salad dressing.

Argula/Spinach/Sprout Salad

- ½ bunch arugula
- ½ bunch spinach
- Handful sunflower sprouts
- ¼ c dulse flakes
- ¼ c walnut pieces

Soak walnuts for 2 hours. Drain. Rinse well. Wash leaves and sprouts, dry in a salad spinner. In a medium bowl mix all ingredients together. Serve with tahini dressing.



Amy Rachelle's Raw Recipes

Salads & Dressings

Salads continued

Sprout Salad

Handful alfalfa sprouts

Handful sweet pea sprouts

Handful buckwheat sprouts

¼ c hemp seed

¼ cup minced olives

Rinse sprouts and dry in a salad spinner. In a mixing bowl add seeds and olives. Mix well. Try with the spicy curry salad dressing.

Hijiki Salad

½ c hijiki

¼ c cucumbers

1/8 c sesame seeds

1/8 tsp crushed peppercorns

3 tbl flax oil

¼ tsp unbuffered vitamin c crystals

Pinch sea salt

Soak seaweed for 15 minutes or until soft, drain. Chop cucumber into bite size pieces. In a medium mixing bowl, toss all ingredients well.

Romaine Nori Salad w/Nut Sprinkles

1 head romaine

3 sheets raw nori

1 c brazil nuts

1 sprig fresh rosemary

¼ cup olive oil

1 sea ¼ tsp sea salt

Soak nuts for 2 hours. Drain. Rinse well. Mince rosemary. In a small mixing bowl, mix nuts, rosemary, oil, and sea salt. Using a dehydrator sheet holder, place a teflex sheet on top of a wire mesh sheet, then spread nuts out evenly and dehydrate for 4-5 hours or until dry at 118 degrees. Grind nuts in a coffee grinder or in a blender until they are in a crumble texture (not a flour – careful not to over process). Wash romaine and dry in a salad spinner - cut into bite sized pieces, transfer into a medium mixing bowl. Cut nori into long thin strips, mix into leaves, and add nuts to leaves. Toss all ingredients well. Mix in the creamy tomato dressing. Serve.



Sprouted Quinoa Salad

2 c quinoa

½ c fresh parsley

1 c tomatoes

1 small garlic clove

Pinch sea salt

Big dash olive oil

Pinch sea salt

Cover quinoa with water, leave 1 inch water extra above the quinoa. Soak for 1 hour.

Drain. Rinse well. Chop tomato into sized pieces. Mince parsley and garlic. In a medium mixing bowl mix all ingredients well.

Seaweed Salad

½ c each soaked arame, hijiki, and dulse

¾ finely chopped celery

¾ cup diced tomatoes

¼ cup sesame seeds

1 sprig minced sage

1 inch minced ginger

Pinch sea salt

¼ olive oil

Soak seaweed (can be soaked together) until soft in a medium mixing bowl, drain. Add remaining ingredients, mix well.

Dressings

Simple Salad Dressing

¼ c olive oil

½ tsp unbuffered vitamin C crystals

Pinch sea salt

Shake well in a jar. Serve.

Zesty Italian

1 c olive

¼ jar Mediterranean organic dried tomatoes (packed in oil) or ¼ c dried tomatoes

1 sprig fresh basil, or 1 tsp dried

1 sprig oregano, or 1 tsp dried

1 sprig thyme, or 1 tsp dried

Pinch sea salt

Blend well.



Amy Rachelle's Raw Recipes

Salads & Dressings

Dressings continued

Tahini

5 tbl tahini

$\frac{3}{4}$ c water

$\frac{3}{4}$ tsp unbuffered vitamin C crystals

3 tbl olive oil

$\frac{1}{2}$ tsp cumin

Pinch sea salt

Blend well. For a thicker consistency add more tahini, for thinner consistency add more water.

Cucumber Dill

1 cucumber

2 sprigs dill

Pinch sea salt

Cut cucumber in small chunks and cut dill into quarters. Blend cucumber well, While blender is in motion, add pieces of dill and sea salt.

Creamy Tomato

2 medium tomatoes

$\frac{1}{4}$ c pine nuts

$\frac{1}{4}$ c water

Sprig basil

Small clove garlic, optional

Pinch sea salt

Cut tomatoes into chunks, blend well in water. Add pine nuts, basil, and garlic.

Spicy Curry

2 tbl curry powder

$\frac{1}{2}$ c olive oil

$\frac{1}{2}$ tsp cumin

$\frac{1}{4}$ tsp cayenne

$\frac{1}{8}$ tsp unbuffered vitamin C crystals

Pinch sea salt

Shake well in a jar. Serve.

Creamy Dream Salad Dressing

1 c macadamia nuts

1 c water

5 tbl flax oil

½ tsp unbuffered vitamin C Crystals

Pinch sea salt

Soak nuts for 2 hours. Drain. Rinse Well. Blend all ingredients well.



Amy Rachelle's Raw Recipes

Entrees

Coconut Ginger Thai Leaves

2 zucchini
6 tomatoes
2 avocados
½ bunch cilantro
2 inches fresh ginger
1 tbl basil
1/4 c coconut oil
2 tbl olive oil
½ tsp sea salt
6 Chinese cabbage leaves
2 c water
Handful sprouts
Handful watercress
¼ c sesame seeds
½ c dry sunflower seeds

Soak sesame seeds for ½ hour. Drain. Rinse well. Blend 4 tomatoes, cilantro, ginger, basil, coconut oil, olive oil, sea salt and water to a smooth texture, place in a medium size bowl. In a dry blender, ground sunflower seeds to a flour, add too blended mixture. Spiralize or shred zucchini, add to mixture. Add diced avocado and 2 diced tomatoes to mixture. Place mixture lengthwise down a Chinese leave, top with sprouts then watercress, garnish with sesame seeds. Serves 6.

Bombshell Burritos

Filling:

2 c sunflower seeds, (unsoaked)
½ c sun dried tomatoes
3 medium tomatoes
1 head romaine leaves
¼ tsp paprika powder
2 tsp cumin
6 tbl chili powder
¼ c olive oil
¾ tsp sea salt
3 c water

Topping:

1 c diced tomato
½ c minced cilantro
1 head romaine lettuce
Live “sour cream” (see recipe in appetizer section)
Guacamole (see recipe in appetizer section)



Bombshell Burritos *continued*

To make:

Soak dried tomatoes for 15 minutes or until soft (use tomato water in blend). Grind dry sunflower seeds in blender or a coffee grinder to a flour, transfer to a medium mix bowl. Blend dried tomatoes, 2 tomatoes, paprika, cumin, chili powder, olive oil, sea salt, and water - transfer to ground seeds, mix well to create a thick texture (ready immediately yet best if it sits for a few hours in the fridge, covered). Wash romaine leaves, dry in a salad spinner. Spread mixture length wise onto romaine leaves. Chop tomato into bite size pieces and mince cilantro. Top with guacamole, live "sour cream," diced tomatoes, and cilantro.

Lasagna

2 zucchini

1 bunch spinach

 $\frac{1}{2}$ c macadamia $\frac{1}{4}$ c pine nuts

3 tomatoes

 $1\frac{1}{2}$ c dried tomatoes $1\frac{1}{4}$ c water1 sprig fresh basil, $1\frac{1}{2}$ tsp dried1 sprig fresh thyme, $1\frac{1}{2}$ tsp dried1 sprig fresh oregano, $1\frac{1}{2}$ tsp dried $\frac{1}{2}$ c olive oil

Pinch sea salt

Soak dried tomatoes for 15 minutes or until soft. In a food processor process spinach, pine nuts, sea salt, olive oil (if using a blender, add a $\frac{1}{4}$ cup of water) - set aside. Blend till smooth macadamias, pine nuts, $\frac{3}{4}$ cup water and a pinch sea salt – set aside. Blend 2 tomatoes alone, then add soaked tomatoes, $\frac{1}{4}$ cup water, herbs, salt, and olive oil – set aside. Slice remaining tomato into thin round slices - set aside. Slice zucchini into wide long thin slices (for "noodles") - set aside. In a medium shallow pan (glass preferably), lay zucchini slices side by side in a row to cover the bottom of the dish. On top of zucchini, layer a medium to thin layer of the processed macadamia and pine nut mixture, then layer the spinach mixture, then layer tomato mixture on top, top with a layer of whole sliced tomato. Place another layer of slice zucchini on top and repeat layering, top with whole sliced tomatoes. Ready to serve. To serve warm, place in dehydrator for 30 minutes on 118 degrees.



Amy Rachelle's Raw Recipes

Entrees

Stewed Thai Vegetable Melody

- 2 c coconuts meat
- 4 c seasonal vegetables
- 5 medium tomatoes
- 3 sprigs fresh cilantro, or 1 tbl dried
- 1 stalk fresh lemon grass or 1 tbl dried
- ¼ c water
- 1 inch fresh ginger
- Medium sized garlic clove, optional
- ¾ c olive oil
- 1 tsp paprika
- ¼ tsp cayenne
- ½ tsp sea salt

Cut coconut meat into long thin strips – set aside in a medium mixing bowl. Chop seasonal vegetables into medium sized pieces, chop tomatoes into 4 parts, transfer into the bowl with the coconut meat. If using fresh lemon grass stalk, chop into small pieces, blend well with water – skip this step if using dried lemon grass. Add remaining ingredients to blender and blend well. Pour into vegetables and coconut, mix well. Using a teflex sheet holder, place a teflex sheet on top of a wire mesh sheet, spread mixture out evenly, dehydrate at 115 degrees for 4 hours.

Amy's Nori Rolls (vegetable sushi) – light version

- 6 sheets raw (untoasted) Nori
- 3 leafy lettuce leaves
- Handful alfalfa sprouts
- 1 avocado
- 1 medium cucumber
- 1 medium red bell pepper
- Pinch sea salt

Cut avocado, cucumber, pepper, and lettuce into long thin strips. Put ½ tsp water onto a dinner size plate. Slightly rehydrate nori by moving it side to side on the plate. Layer lettuce, sprouts, avocado, cucumber, and pepper – roll tightly, stick the edges together by wetting your fingers and patting the nori edge to itself.

Josiah's' Nori Rolls – heartier version

Use same recipe above and add:

- Handful sunflower sprouts
- Handful buckwheat sprouts
- 1 tbl tahini
- ¼ tsp cumin
- ¼ tsp paprika
- ¼ tsp curry
- 1/8 tsp sea salt

Once you have the nori slightly rehydrated, spread out the tahini, then add the spices and salt. Layer lettuce, sprouts, avocado, cucumber, and pepper – roll tightly, stick the edges together by wetting your fingers and patting the nori edge to itself.



Zucchini Boats

4 zucchinis

3 tomatoes

1 c dried tomatoes

1½ tsp oregano

1½ tsp basil

1½ tsp thyme

1 tsp paprika

1 tsp marjoram

½ c brazil nuts

4 tbl olive oil

¼ tsp sea salt

- Soak dried tomatoes for 15 minutes or until soft. Cut zucchinis in half lengthwise and scoop flesh out and set aside in a separate bowl. Lather zucchinis in olive oil, Italian seasoning, and paprika – set aside.
- To make filling, process dried tomatoes (in half of its water), tomatoes, oregano, basil, marjoram, sea salt and thyme in food processor with S blade. Process to a smooth yet chunky texture - set aside.
- Process brazil nuts, 2 tbl olive oil, and pinch sea salt in food processor with S blade attachment and process till finely crumbled. Sprinkle on top of each zucchini halve and place in the dehydrator for approximately 3 hours or until zucchini is soft (test with a fork).
- Chop 1 tomato into small bite sized pieces. Remove boats from dehydrator and garnish with tomato.

Zucchini Pasta w/Tahini Rosemary Olive Sauce

2 large zucchini

1 c broccoli or preferred seasonal vegetable

1 c tahini

2 c water

½ c olive brine

1 sprig rosemary, 1 tbl dried

1 inch fresh ginger

½ c pitted whole kalamata olives

½ c pitted minced kalamata olives

½ c olive oil

Pinch sea salt

Shred or spiralize the zucchini - set aside. Chop broccoli or seasonal vegetable to bite size pieces - set aside. Mince olives - set aside. Blend tahini, water, olive brine, rosemary, ginger, whole olives, olive oil, and sea salt to a smooth consistency. In a medium mixing bowl, add blended mixture to chopped vegetable, mix well. Place on top of zucchini noodles, garnish with minced olives.



Amy Rachelle's Raw Recipes

Entrees

Chili "Burgers"

- 2 medium tomatoes
- 3 c sunflower seeds
- 1 c dried tomatoes
- ½ c water
- ¼ c minced red onion (optional)
- 3 tbl chili powder
- 1 tsp cumin
- Small garlic clove
- ¼ tsp sea salt
- 2 tbl olive oil

Soak seeds for 2 hours. Drain. Rinse. Process in a food processor – transfer to a medium mixing bowl. Soak dried tomatoes for 15 minutes or until soft. Put dried tomatoes in blender with the water they soaked in, spices, olive oil, salt and ½ c water - process till smooth, transfer to seed mixture, mix well. In individual portions, shape a handful of mixture into a burger shape. Dehydrate at 118 degrees for 6 hours or until dry all the way through to the center, turn over after 4 hours to complete dehydration. Top with guacamole, salsa, and Italian "cheese" (see recipes in appetizer section).

Curry "Burger"

- ½ head cauliflower
- 3 c sunflower seeds
- 1 medium tomatoe
- 1 ½ tb/ muchi curry powder (or regular curry powder)
- Fresh lemon grass stalk (or dried in powder of flake form)
- 1 ½ inch ginger
- ½ bunch fresh oregano (or 1 tbl dried)
- 1 ½ bunch fresh basil (or 1 tbl dried)
- ¼ bunch fresh coriander (or ½ tsp dried)
- 2 tbl olive oil
- ½ tsp cumin
- ½ tsp sea salt

Soak seeds for 2 hours. Drain. Rinse. Process seeds in a food processor – transfer to a medium mixing bowl – set side. Blend lemon grass stalk and ginger in 1 cup of water, blend well. Add remaining ingredients to blender, blend well, transfer mixture to seeds, mix well.

In individual portions, shape a handful of mixture into a burger shape. Dehydrate at 118 degrees for 6 hours or until dry all the way through to the center, turn over after 4 hours to complete dehydration. Top with curry "cheese" (see recipes in appetizer section) and bite sized tomatoes pieces.



Veggie "Burger"

3 c sunflower seeds
 2 c broccoli
 1 c cauliflower
 1 zucchini
 1 tbl basil
 1 tbl oregano
 1/8 tsp white peppercorn
 ¼ tsp cayenne
 2 tbl olive oil
 ½ tsp sea salt

Soak seeds for 2 hours. Drain. Rinse. Process seeds in a food processor – transfer to a medium mixing bowl – set side. Process remaining ingredients to a chunky texture, transfer mixture to seeds, mix well. In individual portions, shape a handful of mixture into a burger shape. Dehydrate at 118 degrees for 6 hours or until dry all the way through to the center, turn over after 4 hours to complete dehydration. Top with blue "cheese" (see recipe in appetizer section).

Italian Pizza

Italian flax cracker recipe for crust (see Italian flax cracker recipe in appetizer section)

3 tomatoes
 ½ c dried tomatoes
 ½ c minced red onion (optional)
 1 avocado
 2 handfuls onion sprouts (or your favorite type)
 1 tsp oregano
 1 tsp basil
 1 tsp thyme
 ½ tsp cayenne
 Small garlic clove (optional)
 2 tbl olive oil
 Pinch sea salt

Following the Italian flax cracker recipe, shape flax mixture into a round pizza pie shape. Dehydrate according to recipe directions. Soak dried tomatoes for 15 minutes or until soft. Blend dried tomatoes in their water first with garlic till smooth, then add ¼ c red onion, 2 tomatoes and all remaining ingredients (except crust, sprouts, a tomato and avocado) to blender and process to a fine chunky consistency. Spread a thick layer onto pizza crust. Spread a thin to thick layer on top of Italian "cheese" (see recipe in appetizer section). Chop 1 tomato into bite size pieces. Top "cheese" with sprouts, avocado wedges, chopped tomato, and onion. Cut into pizza pieces.



Amy Rachelle's Raw Recipes

Entrees

Coconut Jerky

Meat from 6 coconuts

1 tsp all spice

1 tsp paprika

1 tsp basil

¼ c olive oil

1 small garlic clove, minced

¼ tsp salt

Cut coconut meat into long strips. Toss all ingredients in a medium mixing bowl and marinate for 2 hours or put in the dehydrator right away. Using a sheet holder, place a teflex sheet on top of a wire mesh sheet and spread coconut meat out evenly. Dehydrate at 118

degrees for 5 hours, after 3 hours turn meat over to dry other side.



Ice Cream Sundae

2 c coconut meat or 6 tbl Artesian coconut butter

1 c macadamia nuts

$\frac{3}{4}$ c water

Stevia to taste

4 tbl coco oil

3 tbl vanilla

$\frac{1}{2}$ c chopped nuts of choice

Blend all ingredients except for nuts, pour into individual small bowls, and freeze for 1 hour or until soft but not too hard. Make the carob sauce, pour on top of "ice cream" and garnish with nuts. Serve.

Carob Sauce

$\frac{1}{4}$ c carob powder

6 tbl yacon syrup or stevia to taste

2 tbl coconut oil

Pinch sea salt

In a medium size mixing bowl, thoroughly mix ingredients.

Carob Covered Almonds

$\frac{1}{4}$ c carob powder

6 tbl yacon syrup or stevia to taste

2 tbl coconut oil

Pinch sea salt

1 cup almonds

Soak almonds for at least 2 hours, drain, rinse well and drain. In a medium size mixing bowl, thoroughly mix together remaining ingredients, add almonds, mix well, place in refrigerator for about 2 hours or until sauce congeals.

Vanilla Cream w/Cookie Crumble

4 c coco meat or $\frac{1}{2}$ jar Artesian coconut butter

$\frac{1}{2}$ cup soaked almonds

$\frac{1}{4}$ c water

$\frac{1}{2}$ cup coco shreds (omit for candida)

4 tbl raw almond butter

6 tbl vanilla extract

2 tbl coco oil

Pinch sea salt



Amy Rachelle's Raw Recipes

Desserts

Vanilla Cream w/Cookie Crumble continued

½ tsp cinnamon

Process or blend coco meat, vanilla, coco oil, and sea salt, set aside (omit water is using a food processor) . In a blender or food processor, process almonds, coconut shreds, and cinnamon to a ground, semi whole texture – put into a medium mixing bowl, add almond butter, mix well. In individual bowls, crumble “cookie mixture” and top with cream. Serve.

Coconut Cream

Meat from 2 green or young thai baby coconuts, or 5 tbl of Artesian coconut butter

2 tbl vanilla

2 tbl coconut oil

1 tbl tocos (optional)

Pinch sea salt

½ c water

Blend all ingredients thoroughly. Yummy as is. For a more complete dessert cover over nut crumble (see recipe below) and top with carob sauce.

Sweet Nut Crumble

1 c pecans

1 c walnuts

1 c brazil nuts

¼ c yacon syrup

2 tbl vanilla

1 ½ tsp ground cinnamon

Pinch sea salt

Soak nuts for 2 hours. Drain. Rinse well. Process in a food processor till in a crumble mixture, add remaining ingredients, process briefly or until yacon is evenly distributed. Using a dehydrator holder, place a teflex sheet on top of a wire mesh sheet. Sprinkle mixture evenly and dehydrate at 118 degrees for 5 hours or until dry.

Apple Sauce

2 peeled green apples

Dash of stevia powder

2 tbl raw vanilla extract - alcohol free (by Frontier)

½ tsp cinnamon

Process all ingredients in a food processor or blender.



Preparing Irish Moss & Parfait Directions

Base Recipe

3 oz. cleaned and soaked irish moss

½ c nut or hemp mylk

4 tbl vanilla (alcohol free)

2 heaping tbl lecithin powder

Stevia to taste (about 2 droppers of liquid)

Pinch sea salt

- Soak irish moss for 2 days (ready after 24 hours – 48 hours is even better), rinse 3 times thoroughly each day, rinse extremely thoroughly.
- For every 3 ounces of moss, use ½ cup nut or hemp mylk
- Blend till thoroughly creamy smooth, set aside. Don't rinse blender.
- Blend coconut oil, lecithin, sea salt and stevia
- Add irish moss back to blender with coconut oil mixture and blend thoroughly.
- Serve in individual containers.
- Can be eaten immediately.
- For a creamier parfait texture, let set in the fridge for at least 2 hours in individual containers.

Suggestion: Get creative and use the base Irish Moss recipe to create other recipes (see below). Also try adding your favorite alcohol free natural flavorings, i.e. cherry, orange, almond, lemon, etc. Remember to stay within proper food combining guidelines (i.e. fruit doesn't mix well with nuts/seeds/vegetables (irish moss)).

Irish Moss Vanilla Parfait

1 hand full soaked and cleaned irish moss

4 tbl vanilla

4 tsp coconut oil

Stevia to taste

1/8 tsp nutmeg

1/8 tsp cloves

Follow base recipe above.

Irish Moss Vanilla Cinnamon Parfait

1 hand full soaked and cleaned irish moss

2 tbl tocos

5 tbl vanilla

Stevia to taste

1 tsp cinnamon

4 tbl coconut oil

Follow base recipe above.



Amy Rachelle's Raw Recipes

Desserts

Irish Moss Carob/Mint Parfait

1 hand full soaked and cleaned irish moss

2 tbl carob powder

2 tbl tocos

2 tbl peppermint oil (alcohol free by Frontier)

2 tbl vanilla extract

4 tbl coconut oil

Stevia to taste

Follow base recipe above.

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1 Day: Eat As Usual

What is your usual consumption? To track your pH and lifestyle habits on a typical day, eat as you normally would. Document on lifestyle logging chart.

2 Days: Acidic As Possible

To establish your base acidic reading, indulge in the most acidic foods possible (see the avoid section on the food list, overeat, and poorly food combine. Document on lifestyle logging chart.

3 Days: 80 - 100% Sunfoods

Eat 3-4 small meals daily. Be careful not to overeat. Follow food list with proper food combining. Take flax seeds & herbs. Supplement with superfoods, blended/juices if hungry. Eat minimal fats, few nuts. Document on lifestyle logging chart.

7 Days: 100% Sunfoods

Eat 3-4 small meals daily. Be careful not to overeat. Follow food list with proper food combining. Take flax seeds & herbs. Supplement with superfoods, blended/juices if hungry. Eat minimal fats, few nuts. Begin psyllium and clay last day of this cycle. Document on lifestyle logging chart.

10 Days: Blended Sunfoods, Vegetable Juice, & Water

1-2 liver/gall bladder flushes. Document on lifestyle logging chart. Begin 5 days psyllium & clay.

5 Days: Vegetable Juice & Water

1 liver/gall bladder flush. Document on lifestyle logging chart.

2 Days: Blended Sunfoods , Vegetable Juice, & Water

Document on lifestyle logging chart.

3 Days: 100% Sunfoods

Eat 3-4 small meals daily. Be careful not to overeat. Follow food list with proper food combining. Take flax seeds & herbs. Supplement with superfoods, blended/juices if hungry. Eat minimal fats, few nuts. Document on lifestyle logging chart.



Cleanse Supplies

(available online & from most of the NYC/SF stores in resource list. Live Live offers a 10% discount for Transformation participants, shipping available, 212-505-5504. See resource list for more options).

Be prepared for September 28th

- pH Strips

Be prepared for September 30th (basic necessities of program)

- Organic golden flax seeds
- Phosphoric acid
- Digestive enzymes, in caps
- MMS or Colloidal Silver

Be prepared for September 30th

Superfoods & Supplements

(if you're budget allows, purchase all on the list, otherwise we recommend purchasing Vitamineral Green and alkaline drops)

- Vitamineral Green (by Healthforce) - *(or a living green superfood powder of high quality)*
- Maca
- E3 Live
- MSM
- Vitamin C Crystals (unbuffered) or Camu Camu
- Chia seeds
- Alkaline drops
- Trace minerals
- Bee products: bee pollen, royal jelly, propolis
- Zeolite

Be prepared for October 25th

Supplies for Liver/Gallbladder Flush

- Organic Cold Pressed Olive Oil
- Castor Oil
- Flannel
- Hot water bottle w/enema attachment
- Organic ground coffee

For end of program

- Master Blend or any high quality probiotics (containing: L. Plantarium & L. Salvarius)



Blended & Fasting Helpful Hints

- Start the day with water and green juice.
- Drink lemonade throughout the day (see recipes).
- In the first few days its common to miss eating solids, feel hungry, and/or anxious about not eating as usual. It's also common that you're mind has settled down at this point and you're just fine with liquids. Guidelines should you feel unsettled/hungry:
 - Make thicker blends... the general rule is so long as its blended its ok – be careful with this one though, it's meant to help you transition in the first few days.
 - To make thicker blends at little to no water to your recipe, i.e. pates, blended soups with little water.
 - As you go along more than likely you'll want thinner blends, just add a few cup more water.
 - If you start feeling very full, I recommend going right to juice and get a colonic asap or do an enema.
- Enemas are recommended every few days, when you feel too full or experience constipation.
- Drink a laxative tea if constipated, but not more than twice weekly or take 1 tablespoon food grade Epsom salts in 8 oz water and drink right down.
- It's suggested to have 1 pint to 1 quart of blended twice daily. Have more or less depending on your appetite.
- It's common to overeat blended in the first 3 days. You will distinctly notice this by your bodies reaction to feeling full, just cut back a bit.
- It's common after the first few days that you will want less and less – now we're really listening to the body.
- The irish moss parfait recipes are ok, just don't overdo it.
- Be prepared. Make blends the night before or morning of a busy day so you are well prepared. Carry them with you throughout the day. Consider getting a carrycase bag that keeps food cool. Blends will keep through the day with or without refridgeration.
- Go slower so you can be prepared.
- Blends will keep up to 3 days in the fridge. Best to store in glass with a tight lid.
- Add superfoods and alkaline drops to blends.
- It's common you may feel very energetic and also tired at times – allow for this by resting as needed – take naps! Very important to the cleansing/healing process.
- The meal planner is just a suggestion – you may want more or much less – this is fine.

Blended & Fasting Helpful Hints

- Drinking lemonade throughout the day helps to loosen gall stones.
- Take herbs in the same way – just spoon them on top a blended mixture and take the whole dose – the same as you would with food.
- It's natural to feel extra exuberance and energy and well as agitation and irritation. BOS. Deepen meditation practice now.
- You'll be fine to exercise and yoga – just stay attuned to your body and what it really needs without pushing hard.
- Begin dry skin brushing. Get a natural bristle brush, before showering brush body up toward heart. This improves circulation.
- Sauna, steam at least 3 times per week (daily is better). Massage once per week.
- Call or email me with any questions.



Upon Waking

- Drink 1 liter of water w/ flax seed
- Chai Latte
- 1-2 liters Basic Lemonade *(drink over the course of the day)*

Mid Day

- 1 liter of water
- 1 pint - 1 quart Red Bell & Sundried Tomato Soup

Evening

- 1 liter of water w/ flax seeds
- 1 pint - 1 quart Masala Cauliflower Soup

Anytime Snack

- Green juice
- Apple Pie Smoothie *(be sure to properly food combine this smoothie around others meals - have this 3 hours before / after another meal)*

Upon Waking

- Drink 1 liter of water w/ flax seed
- Vanilla Rose Mylk Latte
- 1-2 liters Cranberry Lemonade *(drink over the course of the day)*

Mid Day

- 1 liter of water
- 1 pint - 1 quart Arugula/Zucchini Soup

Evening

- 1 liter of water w/ flax seeds
- 1 pint - 1 quart Masala Cauliflower Soup

Anytime Snack

- Green juice
- Coconut Mylk

Upon Waking

- Drink 1 liter of water w/ flax seed
- Detox Tea
- 1-2 liters Ginger-Cayenne Lemonade *(drink over the course of the day)*

Mid Day

- 1 liter of water
- 1 pint - 1 quart Dulse Spinach Soup

Evening

- 1 liter of water w/ flax seeds
- 1 pint - 1 quart Savory Green Soup

Anytime Snack

- Green juice
- Carob Superfood Smoothie



Supplement Instructions

Flax Seeds

For the allocated time, take 1 tbl flax seeds in the am and pm, preferably on an empty stomach. Drink at least 1 liter of water with each serving of seeds. Take the seeds whole, don't soak, chew, or grind them. I recommend taking this first thing in the morning after you finish filling in your chart and before sitting in meditation. After meditation (or about 1/2 hour later, take herbs). Take them again in the afternoon or evening when most empty – best not to take them too close to going to bed in order to avoid being up peeing in the night.

Phosphoric Drops

Follow bottle instructions.

MMS

1. add 1 drop of MMS to every 9 drops of citrate, morning and night - on an empty stomach, or with food.
2. let stand for 3 minutes, but no longer than 30 minutes
3. add 1/3 cup water, drink
4. each day increase amount by 1 drop, adding 9 drops of citrate for every 1 drop of MMS
5. if you experience nausea, vomiting, and low energy, drop the dose back to what you consumed the day before. Stay at this amount for 5-7 days. Then up the MMS by 1 drop day by day until you again find your peak detox point (symptoms of nausea, etc). Level at this point until your system clears enough to up the amount day by day. Do not exceed 25 drops twice per day.



Liver/Gall Bladder Flush Instructions

A colonic is recommended the day before flushing, and if possible, the day after

Flush Supplies

- 1 tsp mineral salt (to cut oil)
- 1 c high quality, organic, cold pressed olive oil
- 1/8 c organic ground coffee
- 15 digestive enzymes (break capsules apart and place contents under tongue), see resource directory p. 53-54
- 2 c peppermint or ginger tea

Castor oil pack supplies

- 2x2 piece of flannel, for purchasing in your area, see resource directory p. 53-54
- castor oil, see resource directory p. 53-54
- hot water bottle with enema attachment (common at most drug stores)
- plastic bag (that doesn't have ink on it that will run)

The Purpose of Compress Packs is to assist in the loosening of gall stones. Does everyone have them? Anyone who has eaten cooked food has them. What are the stones comprised of? Cholesterol and bile. Why flush? To radically improve digestion, eliminate allergies, increase energy, and potentially eliminate the precursor to disease.

How to use a pack:

- 1 Soak flannel till dripping in castor oil (the castor oil is very heavy – use towels you don't mind disposing of after you're finished with the entire process). Store it in a plastic baggie of its own in between uses.
- 2 Heat up 1 liter of water - fill your hot water bottle up, screw the lid in tightly - if it's too warm, just add a little cold water. Careful not to burn your skin.
- 3 Place the soaked flannel on your gallbladder/liver area, then put a hot wet towel on top of it, then place the plastic bag over it, then put your hot water bottle on top.
- 4 Lye down for 1 hour. Be still. Meditate. Visualize stones popping free from the folds of the tissue of the gallbladder.
- 5 Take pack off. Play percussion on this area by gently pressing into the gallbladder - to loosen stones. Also, place hand flat on your gallbladder and make a fist with the other hand, gently play percussion. Apply the pack the evening before the flush, the morning and evening of the flush, and the morning after the flush.

The actual flush:

- 1 The night before the flush, soak coffee in 2 liters of water. Strain very well the next morning - strain multiple times until there's no more sediment.
- 2 In the morning, prepare olive oil, and sea salt on the side.
- 3 Around noon, drink peppermint or ginger tea for the aid in digestion.
- 4 Get bundled up in warm clothes, hat, gloves, sweater, scarf, etc... it's very important to get hot - this aids in the release of stones.
- 5 About 12:30, take digestive enzymes.
- 6 12:45, alternate sips of oil with salt. Drink the entire cup within 15 minutes.
- 7 Have hot water bottle ready.
- 8 Immediately lye down with the hot water bottle. Get under the covers - be sure your head is covered with a hat/



Liver/Gall Bladder Flush Instructions

continued

covers. Lie on each side for half an hour, play percussion on the gall bladder. After the first half hour let yourself fall asleep. The heat and rest are crucial elements in the release of stones.

- 9 When you wake up, do your first coffee (or plain water) enema.
- 10 Rest all day. Be mellow throughout the day, have no demands or anywhere you have to go. Rest and no stress are important elements to passing stones as well.
- 11 Stones are generally passed within 24 hours. After passing them, immediately do your second coffee enema. If you happen to be out when passing them, just do the enema as soon as possible. A colonic the next day is recommended.

Note: After drinking oil nausea may occur. Stay very still – it will pass. On occasion some do throw up – this is because the digestion is too backed up to process the oil. Although unpleasant, it's ok – your flush will still work – and you'll be alright.

Many people like to collect the stones. As they are passing, they are very distinct - the pop out like pellets and float on top of the water (due to cholesterol content). I recommend wearing plastic gloves and straining them out. Clean them off with water. They are generally bright emerald green inside the bile coating. The green ones are more newly formed, the mushy green ones are the most newly formed – the harder they are the older they are. The black ones and the white ones are very old. They don't hurt coming out since they are coated in bile. You can put them in a jar and keep them in a freezer for show and tell!

With the exception of drinking peppermint tea 15 minutes before flushing, it's commonly easier on the digestive system to not consume liquids after drinking oil. Oil and water don't digest easily - especially when digestion is backed up. Consume liquids only when truly asked for by the body.

What to expect on a flush day:

- nausea and/or the runs after drinking oil
- needing to be very still after drinking oil
- low energy, not wanting to do much
- not feeling relieved until after you pass stones/oil... this is common and to be allowed for.





Core Emotional Cleansing

craving to emotional root to specific body part



CRAVING

Acknowledge craving ("I became aware of craving before/during/after it happened"), describe how you're affected.

SUBSTANCE

Identify substance (food, person, place, state of mind, thing), describe how you're affected.

SYMPTOMS

Acknowledge symptoms (obsession, not caring, tired, discomfort, etc), describe how you're affected.










Core Emotional Cleansing

craving to emotional root to specific body part



CORE EMOTIONAL ROOT MEDITATION

-  After identifying craving, substance and symptoms, drop into your heart. BOS. Watch with equanimity, as it is, both physical and emotional feelings, be with it.
-  Sitting in your heart, in your RPE, connect into your HS (Higher Self, tool #11), establishing connection receive your higher self guidance, give thanks and spiral into your heart with the comfort and safety of your guidance - RPE to HS.
-  Staying connected to your heart and spiral, focus the spiral as a cleansing wand into the particular part of your body that's your focus (womb/testes, kidneys/bladder, liver/gall bladder, etc).
-  Body scan this area and feel what may be stored in this body part, just by simply feeling in a state of equanimity while practicing BOS, maintain heart connection with your guidance. Breathe into this body part through your nose and release the storage of this area through your mouth.
-  Ask to meet the little girl or boy that is seeking acknowledgment from you, that has possibly stored wounds in this body part.
-  Ask what feelings are being stored in this part of your body, be aware of not getting sidetracked by the story of those feelings - it's not about the story, it's about the imprint of residual feelings they left behind. Witness as an observer - with equanimity, as it is - all you feel, sense, and remember.
-  Practice this meditation consistently, especially when facing cravings and substance issues. Give voice and acknowledgment to your child, parent this part of yourself so it may meet and mature into the adult you really are.

Continue to the next page to identify the core emotional root of craving...



Core Emotional Cleansing

craving to emotional root to specific body part



IDENTIFY CORE EMOTIONAL ROOT

Be available and present to all you feel and experience within yourself throughout this process. Maintain BOS from your heart - as it is - while watching with equanimity.

What core feeling(s) propel the craving? *(be aware of not confusing the core symptom with the cause)*

What are you disconnected from and replacing with substance?

Describe in detail childhood memories and/or life experiences associated with the above that left feelings of longing, lack etc.



Core Emotional Cleansing

craving to emotional root to specific body part



WHAT I REALLY WANT...

What are you really craving?

MEDITATE... ASK FOR IT

Staying anchored in your heart practicing BOS. Spiral into your heart and receive the guidance and love of your raw pure essence, your higher-self. Feed on this as you feel it nourishing you, drink it in, allow yourself to be satiated with what you are ultimately craving - love. Asking for what you really want, use tool #6 - Visioning to Manifest.

WORKSHEET pg4

 **pure raw**
LIFESTYLE . LOVE . FOOD . FREEDOM



Core Emotional Cleansing

craving to emotional root to specific body part



WHY I DON'T CONSUME

Write physical and emotional symptoms of what happens when you indulge craving. Remember not to mistake the symptoms for the root emotional cause. *List why you don't consume these indulgences.*



Core Emotional Cleansing

craving to emotional root to specific body part



I CAN, I HAVE, I AM.

Write about the world of abundance you live in, list all you are grateful for. Stay focused on "I can" "I have" "I am" - use positive language.

HEV & THE HIGHER SPACE

Stay focused on your highest evolving vision (HEV) - hold the higher space by keeping with BOS and gratitude teacher, remaining in your heart, in your RPE. Write your HEV in connection with holding the higher space.











Core Emotional Cleansing

craving to emotional root to specific body part



COMMITMENT

-  Commit to yourself, another, life and lifestyle. Also, mutually commit with a buddy not to indulge in the substance any longer.
-  Go easy on yourself, allowing and gentle as the child inside of you is healing. In a state of self acceptance and unconditional love, you have all you need - and want.
-  Let your child know there's no need for self protection anymore - you are caring, awake, and aware and attention is being given to the cleansing of old wounds stored in your body parts.
-  Allow for the learning curve.
-  Experiment and explore, remain with BOS in equanimity as old tapes and patterns may surface - just watch.
-  Acknowledge and accept all you feel and experience. This allows you to receive what you really want rather than fighting yourself and self sabotaging out of punishment, guilt, regret, etc - and turning to substance.
-  Make up your mind of what you are committed to, unwaveringly.
-  Fast from whatever substance, emotion, person, place or thing that no longer serves you.

Fast of Substance

Date

Duration of Fast

*Signature
Partner 1*

*Signature
Partner 2*

Breaking Fast

On the day of breaking fast:

- Drink only water in the morning – and 1 liter of green juice, allow your bowels to empty before eating.
- Enjoy a blended soup if you want to eat before noon
- Mid day have a small salad.
- Early evening enjoy a small portion of all living food with a small salad or just a salad.
- Be mindful to keep portions small.
- Avoid stimulants, junk food, and animal products for easeful digestion and maintaining your progress.
- Chew well, thoroughly masticate food.
- Eat slow.
- Best to not eat at night, past 7:00 p.m.
- Supplement snacks with dense nutrition: superfood smoothies, juice, blended.
- Best to remain nutrition dense in soluble forms. Avoid dense heavy food to avoid heaviness.
- Only eat when and if hungry. If you don't feel like eating, don't – your body is still cleansing.
- Check in and ask your body what it wants... avoid the temptation to overeat...Over-eating can cause pain, tiredness, and complete loss of the fasting high. By going slow with food intake, you're offered the opportunity to maintain all you've gained – keep sensitive and your perceptibility will remain sharp and keen.
- If you find yourself craving or leaning towards indulging, step back and practice BOS. Remain in equanimity. Give thanks for this teacher. Now ask yourself what you are really craving – what would truly bring you satisfaction that isn't food related? Use meditation to avoid displacing cravings onto other aspects of your life (indulging other types of cravings instead). At the same time honor what your heart and soul are really calling for (practicing instrument, painting, writing, sharing with a loved one, bathhouse, etc.)
- Fast 1 day per week on water and juice (light blended optional).

Practices & Tools - Routine For The Practices

Sunfoods, Cleansing, Meditation, Yoga & Breathwork

Sunfoods

For beginners, its recommended to start out with at least 80% sun foods, and 20% cooked food. Eliminate all animal products, processed foods, yeast, wheat, corn, soy, bread, sugar, flour, caffeine, alcohol, and drugs. For anti-candida, eliminate all forms of sugar including honey, agave, and fruit (except for fruit on what to eat list) - use stevia and yacon syrup instead for a sweetener. Eat only organic.

Cleansing

If coming off SAD (Standard American Diet), it's recommended to begin the cleansing process with raw foods. After a few weeks on raw foods, begin cleansing with blended raw foods and liver/gall bladder flushing. This cleanse can be done every few months. Unless on a specific cleansing program, it's suggested to cleanse at least 4 times per year with each season (2 weeks at a time), and to fast on juice or water at least 1 day per week regularly.

Daily Practice:

Meditation

Practice in the morning and evening for 20 minutes. Sit with legs crossed (if possible – with back supported if needed), spine straight, and hands in lap. Practice BOS (Breathe, Observe, Surrender). Become observant of all you are experiencing internally and externally - practice with equanimity - as it is. Then move into the Heart Meditation. Practice each segment in your own time.

Following Morning Meditation:

Yoga & Breathwork

After meditating in the morning, practice yoga for at least 20 minutes followed by at least 5 minutes of rapid fire breath. It's recommended to practice a combination of, or focus on one practice or the other. We recommend Ashtanga (for a strong practice) and/or Kundalini (for a more gentle practice) yoga classes - at least 3 times per week. Experiment with different types of yoga to find which style is best for you.



Understanding Raw Nutrition

Ever feel pale, ashen, fatigued, and unhappy? Is this solely due to the circumstances of your life? What roles does diet, how you prepare your food, digestion, and being mineralized affect not only your physical health but also your productivity level and degree of happiness?

Ready to take charge of your life, make your dreams come true, and realize the greatest part of yourself? Let's gain an understanding of raw food nutrition.

Lifestyle v. Diet

- lifestyle promotes longevity, dieting is not a part of you
- Proper nutrition through lifestyle practices on all levels: diet, mentally, emotionally, breathing, exercise, living through positive productivity.
- Does dieting nourish on all levels? What is the mental attitude behind dieting? What does it imply? What happens after the diet? A proper lifestyle continues.... an imposed diet creates restriction on all levels – its based in ignorance rather than sound whole body education.

Uncooking v. Cooking

- Organic Bonds. Cooking food changes the way food is bonded (from loose organic bonds that are easy to digest - to tight inorganic bonds... making food difficult to digest).
- Enzymes. Food heated above 118 degrees not only loses its natural easy to digest structure (organically bonded), but also causes a loss of enzymes. Enzymes enable food to break down and they act as internal communicators in the digestive process.
- Mucous Forming. Because the enzymes and structure of the bonds are destroyed in the cooking process, the body recognizes cooked food as an invader. The body forms excess mucous to assist in removing toxins (partially caused by destroying food before we eat it) that threaten its survival... cooking food is mucous forming – this in turn causes the body to be overtaxed by the onslaught and to store what is in excess to eliminate... this in turn leads to mucoid plaque... the breeding ground for yeast, parasites, and disease.

Digestion, Assimilation, & Absorption

What encourages the bodies to breakdown, assimilate and absorb nutrients?

- Eat food that has PH & oxygen intact
- Enzymes
- Establish healthy HCL (hydrochloric acid)
- Eat slow
- Eat only under peaceful conditions... never eat when stressed
- Better to eat 4 small meals per day, rather than 3 big ones



- Avoid animal products and cooked food (and of course all processed “food”)

Don't go to bed with a full stomach, we're designed to digest vertically

- Eat only when hungry
- Chew, chew, and chew some more
- Eat at home
- Properly food combine
- Use your senses through sight, smell and feeling to activate the digestive process

Remineralization

- Build the alkaline reserves
- Cleanse for the ability to actually absorb the good food you eat
- Eat only whole foods, preferably raw
- Daily green juice
- Don't consume anything that is devoid of minerals... your body will be robbed of its stored minerals to neutralize this affect
- Take superfoods, green, green, green.
- Exercise to increase oxygen supply and the bodies ability to naturally detoxify.
- Eat only ripe fruits and vegetables, preferably locally grown.
- Avoid pollution
- Drink ionized water, avoid low PH water... this too robs alkaline reserves.
- Think loving thoughts and live a loving life... let go of anything that takes you from this... negative thoughts are the #1 producer of acid which robs minerals from your body.
- Eliminate all stress from your life
- Resolve any grudges, resentments, or past regrets.... Your life is Now.



The Biomechanics of Fasting

The results of fasting are multifaceted and can take many forms - from freedom of self destructive habits and their corresponding emotional roots - to weight lose, increased mental clarity, pain and disease elimination, heightened awareness of self and environment, and understanding one's role, responsibility and purpose in relation to the bigger picture.

We live and die at the cellular level... the state of the cells is the condition of the human being, emotionally and physically – and some would say, even spiritually. Burdened and bloated or buoyant and beautiful, the health of the cell can ultimately be the determining factor in the quality of happiness, and level of productivity and freedom a person perceives, and therefore experiences.

What does fasting have to do with this and how does this ancient, yet modern phenomenon physiologically work? The innately intelligent body is a self healing and self regulating organism that naturally works to repair itself - by design - through autolysis, the process of self digestion. Eating and eliminating dead cells, debris and dysfunctions that threatens its survival, through the process of autolysis the body simultaneously regenerates new cell growth which lays the foundation for vibrant health, as it brilliantly discards decomposing matter.

As the digestive system rests from processing food, after about the first 12 hours of the fast, the body feeds on stored glucose and carbohydrates, its preferred energy source. After 24-36 hours, dead cells, followed by degenerative tissues, growths, abscesses, fat deposits, and abnormalities can be self digested (broken own) with the aid of enzymes as body fluids become more soluble and toxins loosen and release from their first available reserves, fat and tissues. Without the task and toll of digesting food, freed enzymes scavenge and consume the remains left in the wake of autolysis – also consuming viruses, bacteria, yeast, fungus and parasites as available from stored containment.

As solid food (which causes toxins and ill matter to retreat and store) is not introduced, metabolic waste is released into the “sewer” of the body - the lymphatic system. The waste is then released into the blood stream for further filtration by first the liver, then the kidneys. Final elimination occurs 70% through the respiratory system, 19% through perspiration, 3% through feces, and 8% through urine. When the elimination systems are blocked – due to being impacted and backed up with mucous, plaque, parasites, fat, clots, calcium deposits, etc - clarity of mind and body is compromised. This is ultimately the core and cause of aging and disease, mental instability, and the general unrest and affliction of a human being.

Generally after the third day of fasting, necessary functioning is sustained through burning fat in the process known as ketosis. Through ketosis, the liver converts stored fat into chemical compounds called ketones, which are then processed through the kidneys before final elimination occurs. Ketones provide necessary lipids to the brain which then provide energy to the heart and muscles (because the system is receiving partial nutrition from stored containment, hunger is known to dissipate during this phase and heightened awareness is often experienced). After the 6th and into the 10th day, ketosis accelerates at a consistent and steady rate as more toxic waste becomes soluble and available for elimination due to hydration and the cells being able to absorb oxygen. During ketosis, increased weight lose is known to occur due to the burning of fat. Ketosis also conserves protein from being eaten from its muscle storage. As



protein is reintegrated into new cell growth from unused protein in dead cells, blood protein levels generally remain stable while fasting. The danger of protein depletion during fasting occurs when autolysis has consumed all unhealthy cells and begins to feed on healthy cells. This is the difference between healthfully fasting, and thereby eliminating the base cause of illness, and starvation.

A complete fast is signified by the return of true hunger, and a pink tongue which is free of a white coating, clear skin, and a return of energy, clarity, and vitality.

It is recommended to break a juice fast with blended vegetables on the first day (up to 1 liter), a small salad on the second day with the option of 1 liter of blended vegetables, and to slowly resume eating on the third day with at least 80% living foods. For optimal results be aware of eating only what you need, continue with a daily juice, chew food very well, eat slowly, don't dine past nine, and be aware of proper food combining.



Meditation TOOL # 1

BOS

BOS

Breathe - Observe - Surrender

Sit in meditation with BOS 20 minutes in the am and p.m. – or as much time as you have.

If necessary, put a timer on. Use this tool throughout the day.

The Tool

- As you breathe, observe with equanimity what you experience. Just be a witness to what is - as it is - not as you would like it to be.
- Surrender to it... accept it, let go.
- Observe all reaction without reacting to it... watch.

Through BOS be aware of:

- Development cultivating within you as you simply witness (with equanimity) the changing kaleidoscope of life and its challenges. Life is continually changing. Everything in the continuum of life is impermanent.
- Not reacting to the changing reality of what is.
- The opportunity to choose your reality - based on Love and acceptance - rather than playing out the unconscious conditioned responses and reactions (the negative belief systems, habits, and patterns that create suffering).
- The release that occurs with your exhale. Remember 79% of detox happens through releasing carbon dioxide through your lungs/breath.
- How the witness helps you to remain poised, graceful and engaged.
- How equanimity balances your mind.
- The power of surrender, of letting go.

Apply BOS to all situations and it will begin to occur naturally

Mind noisy? Watch that too. Restless? Watch that as well.

{ e•qua•nim•i•ty – noun [ek-wuh-nim-i-tee] mental or emotional stability or composure, esp.. under tension or strain; calmness; equilibrium }



Meditation TOOL #2

HEART SPIRAL

- Practicing BOS, drop your attention into your heart center (thymus gland), located in the center of your chest, just above your nipples, and just below your throat.
- Maintaining BOS, observe with equanimity any physical and/or emotional sensations in this area.
- Acknowledging your heart, intently listen and feel it - without judging, holding back, or holding in.
- Feel the golden warmth of your energy galvanizing in this area.
- Begin spiraling this galvanizing force in the direction that feels natural to you.
- Staying with BOS feel the tenderness and sensitivity in your heart, give this area permission to soften, melt, and open.
- Direct the spiral into the back of your chest.
- Drop your head behind your heart and feel the golden spiral connecting your heart and head.
- As you spiral notice any emotions and feelings that arise, acknowledge them with BOS and continue as ready...
- Direct your heart spiral downward into your root, as it bathes your body in golden light.
- Direct it into the core of the earth, feel yourself connected into the center of the heart with your heart spiral firmly planted in the earth.
- BOS, smiling, gratitude.
- Bring this charged golden spiral back up into your root. Feel yourself rooted in the Earth, the golden spiral acting as a fountain inside of you. For ladies, feel the growing spiral incubating, growing with magnitude in your womb. For men, feel it enriching and nourishing your seed of life in your testes.
- Continue directing this fountain of a spiral into your heart, and the crown.
- Now wrap your entire body in this golden glow.
- Return your attention to your heart. Feel the spiral charging in your heart center. Become aware of the spiraling heat your heart produces.
- Remaining in the heart with BOS, send your charged golden spiral to any person or situation in your life that is in need of heart. Remember to maintain BOS and equanimity.
- Return the spiral to your heart and feel it naturally charging here.
- Feel gratitude swelling inside of you, for your inner state of wellness and connection, for your body, for all you are and contribute, for all you have, for all you can give, for all of your relationships, and for all the challenges and the teachings they offer.
- Move into tool #3 body scanning.



Meditation TOOL #3

BODY SCANNING

- Practice BOS, tool #1
- Practice heart spiraling, tool #2
- Remaining in your heart and connected to the Earth, start at the top of your head and scan your body -while focusing and directing your heart spiral – look for any area that is contracted, tense or would benefit from healing.
- Spiral and infuse this area of your body with pure golden light, acknowledgement, acceptance, and Love.
- Keep spiraling in each area until all dissonance is dispersed. Stay connected to your heart and to the Earth throughout this practice.
- Return to your heart center, rest and bask in the Source of Love, golden glow, peace, and resource.
- Give thanks!



Meditation TOOL #4

RAW PURE ESSENCE (RPE)

- Practice BOS, tool #1
- Practice Heart Spiraling, tool #2
- Directing your heart spiral deep inside of your heart, focus your attention on your raw pure essence, strip down to the core of your foundation.
- Ask yourself: who am I without the past, without the future. Just be with this.
- Feel yourself stripped down of who you think you are, should, would, could, have been or might be.... Feel yourself raw, pure, the essence itself.
- This is the truth of who you really are. Evolution itself. Welcome home.
- Just sit in your heart with BOS here.
- Give thanks.
- Practice daily and throughout the day.



Meditation TOOL #5

GRATITUDE TEACHER

How do you transform can't into can?
How do you turn obstacles into opportunities?
How do you bridge gaps between struggle and success?

- Sit in the heart, practice BOS, tool #1
- Facing opposition, confusion, conflict, etc? Start thanking these emotions profusely (and the situation/person that may be involved). Embrace the feelings of discomfort, disdain, and/or wanting to get away from it – invite it in, welcome it, say yes to it and embrace it.
- Remain the observer with complete equanimity intact, watch and embrace these feelings WITHOUT IDENTIFYING WITH THEM (keep in mind that what you personally experience is not personal – these emotions have been around since the beginning of time).
- Acknowledge the emotions/circumstances as teachers that have come into your life to help you fulfill your true intentions and desires – even if it is challenging to ascertain in the interim.
- Find the epitome of the feeling you are facing, get to the bottom of it with BOS, with the help of just witnessing instead of reacting.
- Picture the predicament. Feel the emotions. Lavish all of it with gratitude, be still with it.
- Find the opposite of that feeling and focus on it by thanking it: “thank you insecurity teacher for teaching me security.” “Thank you confusion teacher for teaching me clarity.” “Thank you unworthiness teacher for teaching me my true worth.” “Thank you overeating teacher for teaching me what I’m really hungry for.” “Thank you resistance for teaching me to let go.”
- Thank whatever you are experiencing. This ends resistance and opens the way for understanding.
- Be sure to stay focused on the opposite of the feeling in a state of gratitude by practicing BOS from the heart.
- No adversity? Blessed – give thanks! It’s raining? Give thanks. Change is abound? Remain in gratitude.... in the heart... in BOS.
- Whatever you experience in life, pleasant or unpleasant, fulfilling or unfulfilling, encouraging or discouraging – thank it. Acknowledge it as direction and an opportunity for growth. Recognizing that there’s no better time than the present to face - through gratitude - what may contain and limit your success and happiness otherwise.
- Acknowledge “as it is” not “as you would like it to be.” Through dealing with what is, not want the mind wishes or wants, in a state of gratitude – an open world of opportunities can be seen rather than be overlooked due to constriction and shortsightedness (wanting it to be other than what it is).

GIVE THANKS!



Meditation TOOL #6

VISIONING TO MANIFEST

- 1 Empty
- 2 Gratitude
- 3 See
- 4 Feel & know
- 5 Receive
- 6 Service

- 1 Empty your mind by practicing BOS (tool #1). Put your attention in your heart and begin heart spiraling (tool #2), body scan (tool #3) heart awareness through your body releasing any tension, then spiral into the seat of your raw pure essence (tool #4), the undisturbed quiet place within you that is not aberrated by life experience.
- 2 Gratitude (tool #5). For being alive, for all you have, for all you are, for how you can benefit others – for the sun, the stars, your loved ones – for all of existence.
- 3 See (visualize) what you want to manifest based your intention (tool #8)... a situation in your life, clarity within yourself, establishing your practices, money, a home, a person, etc... vision without limitations, expectations, or attachment to outcome - in the context of what's most beneficial and serves all involved to the highest - and the whole of humanity.
- 4 Feel and know your intention is done with complete and unwavering conviction.
 - a Drop your heart spiral into your root; fill it with your intention. Focusing your attention into your anus, perineum, (and for ladies - vaginal muscles), squeeze as you fill this area with your golden spiraling intention, hold your intention in the squeeze.
 - b Next, bring this strong positively infused spiral into your testes or ovaries, hold it there for a few seconds (for a woman, feel your spiral incubating inside your womb).
 - c Now bring it into your solar plexus area and hold it in your adrenal glands – infusing the energy of your adrenal glands with the feeling of your spiraling intention.
 - d Now bring the spiral up into your heart center, strongly hold the feeling of your intention in your thymus gland – your heart center, spiral here into your raw pure essence - and infuse it abundantly with all the beauty, love, peace, and ease that lives in the depths of your heart.
 - e Bring the spiral up into your throat and hold it in your thyroid gland. Feel you intention clearly and freely voiced, communicated, and expressed.
 - f Spiral it into your third eye (follow tool #7), located between your brows. Release it out the top of your head.
- 5 Receive! Feel yourself receiving in full abundance and joy what you are intending without attachment to it.
- 6 Service! Give thanks for all you have, all you receive, and all you can give in your service to others and the planet. Give of yourself freely and abundantly, in service to all that exists! Let the exercise go now, only work on it in meditation – keep free of mental tooling. (digging up seeds just planted).



Meditation TOOL #7

3rd EYE

Opening the 3rd eye, one has access to broader information through stimulating the healthy functioning of the pineal, pituitary, and hypothalamus glands – this is using the core and seat of your intuition. Working with the 3rd eye in balance, it offers the opportunity for healing the entire endocrine system. Working with the 3rd eye in conjunction with the heart (thymus gland), clarity of vision is supported by our greatest resource – the heart, Love – what we are naturally designed for.

- Use this meditation in conjunction with BOS and heart spiraling. After the heart meditation, spiral your golden heart spiral between your brows.
- In a seated position, where you can lean your head back in a rested position, hold a quartz crystal in either hand – then place a flat piece of amethyst between your brows. Crystals are helpful but not necessary.
- Closing your eyes, turn your gaze inward to focus between your brows. Observe the sensation here. Start to rotate the spiral in the direction most natural to you. (Remember to observe all sensations with equanimity – allow yourself to explore without thinking about it, just experience it).
- As you get familiar with it, direct the spiral from the center of the brow, to the mid point in your head (this is the location of the pineal and pituitary gland) – send it to the back of the center of your head into the hypothalamus gland. Explore and tunnel inside the sensation. Practice BOS.
- As you get comfortable and familiar with this process, start to focus on an issue, person, place, or thing you are seeking information and insight about. Hold the feeling, vision of yourself, what you desire, etc as a strong feeling between your brows – bring it to the center of your head, to the middle, to the back of your head. Hold the vision strong in the back of your head... repeat, front, center, back, front, center, back. Let it go out the top of your head.
- Remember to always stay focused on the highest good of all involved, the most positive feeling and intentions. Be sure to stay focused on the pureness of the heart, with the intention of receiving information to benefit all beings. This center opens up through pure intention – the recognition of being in service to the macrocosm through the microcosm – the big picture operating through you.

Through observing the sensations and visions you experience, the 3rd eye shows you your own unique intuition, expression and perception. Again, witness what you experience with equanimity, practice BOS. Imagination and observation are the cornerstones to this practice - as is being consistent with the practice itself. It's like anything, the more you practice and use it, the stronger your intuitive "muscle" become. Trust what you perceive... act on it and let it proof itself to you. Trust and action are key.

Meditation TOOL #8

INTENTIONS

- Write an intention from each lifestyle session and for each day in the morning. Keep them in a journal by hand or on your desktop.
- Write your intention in these terms “I give thanks to...in service to all that exists.”
- Keep your intention direct and to the point – not too lengthy.
- Before your evening meditation, go over your intentions before you go to sleep. Focus on them with intent. Let it go.
- Put them under your pillow and sleep on them.
- Stay consistent with this practice nightly.

Let the magic handle the details. Careful not to toil your seeds by trying to figure things out and getting caught in the head... remain deliberate, direct, intentional and in service from the bottomless depths and resource of gratitude – of knowing... have faith and trust until you know for yourself.



Meditation TOOL #9

DREAMTIME

Before bed, and following your intentions and pm meditation:

- Choose one of your intentions or anything in your life you are seeking guidance about. Address and ask your inner teacher, healer, artist, entrepreneur, financier, parent, etc – to show you how to resolve the specific (be very specific) issue you seek insight/information on.
- Write your request down in your dream journal in terms of gratitude “Inner artist, I give thanks to shown my ultimate purpose and service through my creativity...
- Focus on your request with intensity from your heart.
- Tell yourself to remember you dream with intense focus. Let it go.
- Record your dream first thing upon waking up. This is key so you don't forget it.
- Stay with this practice nightly focused on the same issue until understanding has occurred. Act on the information before asking for more on the same topic.
- If you don't receive insight... come back to that particular issue in a few days or weeks... let it rest and move onto another topic.
- At the end of each week, review your journal and see how each night may represent pieces to a puzzle that fit together. The insight may come as a result of a week or weeks worth of dreams.

The subconscious mind is all knowing. Direct your thoughts through intention and dreamtime to access what you already know.



Meditation TOOL #10

CONSCIOUS LISTENING

- Drop into your heart center, practice tool #1 BOS
- Move into tool #2, heart spiraling
- As you feel your heart warming, melting and opening become aware of sound.
- Spiral your golden illuminated heart spiral in the core center of your heart, then split it into two whole parts and connect it into both of your ears evenly.
- Listen intently.
- Become aware of the high pitched frequency. Listen. Just be with it.
- As you are listening, tune into your heart, begin to create a dialogue with it on any topic or question you have. Ask specific simple questions. Listen.
- Stay connected ear to heart. Keep listening.
- Listen to the high pitched frequency, to your heart. Listen. Just be with it.
- Remember: hold no expectations or attachment to what you hear, just be inquisitive, experimental, open, and curious.
- Keep listening.
- Note: try practicing this tool all throughout the day... as listening to another, to music, outdoor sounds... just simply listen. Note: It is said the high pitched frequency is the sound of universal music (and where music originate from).



Meditation TOOL # 1 1

HIGHER SELF

- Prepare for meditation
- Drop into your heart, practice tools #1, 2, 3, and 4.
- Practicing tool #4 RPE, ask to connect with your Higher Self (HS), your innate internal guidance. Hold this space of your higher self in your heart.
- Practice living from this place all throughout your day, in your feelings, thoughts, interactions, and actions.

Note: The Raw Pure Essence is the etheric form (the formless) of the Higher Self. The Higher Self is the RPE that becomes form through the physical.



Meditation TOOL # 12

BODY COMMANDS

Use this tool to specifically and instantly direct your mind to create a desired result both in mind and body - and to address a corresponding issue. For instance when you have trouble sleeping direct your body with a specific command, i.e.: “quiet mind, still body”.

- Feeling overwhelmed, nervous, instable or anxious: “ground down, protection all around”.
- Need help sleeping: “quiet mind, still body”.
- Feeling shut down: “open heart, shoulders back”.
- Feeling negative: “clear feelings, positive thoughts”.
- In need of healing: “heal body, heal mind”.
- Stressed out: “ease and release”.
- Angry: “calm mind, listen deeply”.
- Feeling hurt: “acceptance and learning”.
- Imbalanced: “center and steady”.
- Rigidity: “soft and flexible”.
- Wondering mind: “aware, alert, and aware”.
- Challenged, feel like quitting: “dig in deeper”.
- Resistance: “acceptance and presence”.
- Doubt: “trusting myself, listening to my heart”.
- Facing uncertainty: “take the leap of faith”.
- Lack of commitment: “I am emotionally and spiritually availability now”.
- Not knowing what you want: “I am clear and directed from my heart”.



Meditation TOOL # 13

AWARENESS, ACKNOWLEDGMENT, ACCEPTANCE (AAA)

Use AAA at all times, in all situations. By consciously applying this tool as a state of awareness, acknowledging your thoughts and feelings, and accepting them – you're offered the benefit of being alert, present to yourself and life, and ending resistance.

Awareness

Be present to what you are experiencing internally in your thoughts and feelings at all times. Be as equally present to your external environment... be awake and alert (sensitive) to your surroundings from the inside out.

Acknowledgement

Acknowledge what you feel and think, yourself and others - without judging, opinionating, or evaluating – simply acknowledge it as it is... not as you may like it to be.

Acceptance

Accept your thoughts and feelings and those of others. You don't have to like it, just be with it and accept it. End all fighting and resistance by accepting your internal and external experiences.



hooray! wow my trip was...life changing...i couldn't believe what i accomplished..stayed on blended (had a few dehydrated crackers and an avocado on the 9 hour plane trip back but STAYED BLENDED the whole weekend.) i couldn't believe it. i didn't recognize myself.

and the trials and tribulations i went through were crazy- broken blender, terrible cravings (i was in paris and didn't eat a baguette..crazy for me!) I feel lighter, powerful, and magic.

THANKS TO YOU AMY!!!

***Thanks to you Love - you did it!!! Your feelings to thoughts to action created what you're experiencing.... you feeling lighter, powerful and magic in your body created the actual physical reality of your experience... this is what I mean when I say it all comes back to how we are feeling about ourselves - super potent... to be so consciously aware of how we are feeling - that which produces our thoughts and therefore action is to consciously create our reality and supersede the old limitations and ways of being. YES! Keep feeling yourself beautiful, magical, and powerful - keep owning the truth and of course you will accomplish feats you may not have known you are capable of..

The angels are clapping their hands and jumping up and down.

Ah - this is why I do what I do!!!

Thank you!!!

Love, Amy

hi amy - just thought i'd check in. i'm going through ups and downs and experiencing emotional detoxing. but i thought i'd just tell you what's going on.

***Thanks - I've been wondering about you since I haven't heard from you.

i've very reluctant to call or meditate. the discipline is not there yet. i would like to say i'm feeling uncomfortable with the program. i did the flush last night the best i could, but i found the directions a little confusing. the whole process was awkward and messy. i couldn't understand why the flannel was so large, what did it need to cover? it felt uncomfortable to have all this on my chest with sweaters then sleep and press on my gall bladder...??? how awkward..then i woke up, not sure if i was asleep long enough, but did the coffee enema. and then i just sat on the sofa at home bc i felt heavy, not wanting to do anything, like you mentioned. then i got hungry after a few hours and ate some blended. 2 hours after it i started to feel sick. i had to go to the bathroom every 15 mins. then as i was trying to go to sleep i started to vomit everything i ate. i slept with a hot water bottle but did i need the castor oil too? no stones yet - so i feel like i didn't do it right.

***You did do it right (there is no "wrong" way) - remember how I told you I puked on my first one as



Support

Amy Rachelle's Transformation Programs

well? It's not uncommon that one will - seeing how you may not be able to digest all the oil - especially if you've eaten blended... this is why we stay only on juice on flush days. I understand how you're feeling, this is how many of us feel in the beginning, not only in this process but with anything that is unfamiliar and foreign to us... this may lend itself to showing us why we may not risk stepping out of our comfort zones in general - including anything that challenges us to leave behind the known - to face what is messy, awkward, and confusing within us... this can translate to the fear we face in breaking free of a job we don't love, conflicted relationships, moving to a new place, etc... it could be that by being willing to face the base of these emotions in this process, it could give you the understanding and strength to face it in all areas of your life - where you'd like to break free but feel suppressed (challenged).

today i just wanted to be normal and go about my day without having to check my pH and do all these rituals that make me feel a little crazy. esp when i had to isolate last night and not attend a friend's Oscar party. i am really far from my comfort zone.

***Absolutely. In the beginning when we set our intention and choose to step out and challenge ourselves, we are ready, inspired and willing - then when we start unraveling what that really looks like (and what we feel we're missing as a result) - we may wonder what we're doing... time to come back to our original intention: "i am unsure of what i want to do in my life, like a career and i need more goals and direction. i just broke up with my boyfriend for 2 years and the loss of a partner really hurts. i am interested in this program because i want change in my life, particularly more clarity for who i am and more love for myself. by doing something like this i know i will experience a positive change in my appearance as well as mind! and become closer to a happier, spiritual life. " Do you see what's happening? You're being confronted with a few major things in your life: a relationship ending, job, clarity of self, love of self, happiness, connection, and feeling positive in how we look... lots happening here - it feels like the discomfort you're facing in this process could be some of the raw emotions that have been keeping your from your intention in general.

In this process we begin to see in our lives what may or may not be serving the fulfillment of what we really want... it seems to me right now you are somewhere in between - not fully aware of what's keeping you from what you want, yet at the same time not yet reaping the results of your intention yet... so of course you feel disgruntled. Naturally. And yes, this is natural. You're actually inside of the walls that have held you isolated... you feel, sense, and see them now - and this is what really hurts. Your process is mirroring this - not knowing what to do, feeling confused, frustrated, angry, like we're not doing it right. If you take away the events of the past few weeks and overlay the feelings on top of your life, you may find you are feeling more than ever - even if you don't like what that is... the reality is you are feeling now, you are aware of it - and it could just be that by sticking with it and allowing yourself to feel the pain and discomfort (BOS), you will find that you're doing much more on a deeper level than you can see right now. To be willing to feel the discomfort without moving away from, without refuting it, without blaming it... is to break free. This is why meditation and using the tools (particularly BOS) - is so important... without observing what we're experiencing we will revert to what we know - reacting. This is where the pain ensues. No longer do we have the original issue to deal with (or even know what it is) - we have all



of the presumptions and projections of the mind to deal with on top of it all. The observant mind based in equanimity gives you the opportunity to still the original issue and disturbance (rather than compound it through reacting). With this you are equipped to deal with the pain that we may otherwise get displaced and projected onto a process, person, place or thing.

i can guess the advise would be take it easy and just do what you can, but how can i take it easy and go with the flow when i have check a sheet of about 2 hours of prep time, remembering i need to go to yoga, get a massage / sauna / colonic? And i haven't had the desire to tackle the creativity or livelihood questions...i'm not sure why. it's a bit overwhelming to take in this program while working full time with my other activities. and i'm just trying to be honest about how i feel and i know there is some negativity there mixed with hesitation, but i like my free time and how i spend it. to be so consumed with this new lifestyle that i don't know very well, i have to constantly ask questions, how do you do this, or when do i need to take this. it's not habit yet.

***What would happen if you simply take all pressure off yourself in this moment and choose to do what you can in the program? Let go of the rest. Many people avoid the questions - this is one of the biggest commonalities I find... to truly dig into what's happening inside our thinking and hearts, to face the fears, the negative belief systems, to challenge the mind - this is huge, this is where we can have some of our biggest break throughs. To whatever degree your interest is, is the time and space you'll have for it. For one person that may feel like an invasion, for another a breath of fresh air... its just where you are in your life and what fits your needs at that time - and it's what we open ourselves to and as a result let go of so we can have space and time... again, its all in what you're truly drawn and attracted to. Transformation is a 5 component system purposely - diet and cleansing is only one aspect, without digging deeper into our minds and simultaneously drawing in on support - it can become self isolating... give thanks - because we are finding now what keeps us from exceling in life, what keeps up on the fence, and ultimately what holds us back. This alienated feeling is the domain of ego. Not the truth of who you really are.

Today i felt like i really need to examine this and make sure this is best for me. i don't like to think "i'm too busy" but i'm just pressed for time right now. the feeling of unfinished business with this program doesn't sit well with my stress level. i need to start over and make a new commitment to this if i'm to continue. it's a daily reprise; this program!

***What part of the program are you most drawn to? Just do that for now. What parts do you feel aversion to? Let go of it. Just do what brings you closer to your intention for now - that which naturally attracts you. You have the tools, questions, meditation, yoga, etc to come back to piece by piece if you choose when you are ready. The seeds for it have been planted. I recommend finishing... this is healthy for your own sense of self, to finish what you've started - this unto itself is a huge gift and lesson, to not back down from challenges, yet do what we can to our greatest capacity at that time when faced with them. As a note - please leave behind any comparisons to equating yourself to others... there is no better or worse place to be in this process - remember autonomous interdependence - walk forward with this in



Support

Amy Rachelle's Transformation Programs

what is most healthy for you. You have the opportunity to move forward from your heart by truly doing what you need for yourself based on you, not others. Coming back to your commitment to the program on a daily basis can be seen as coming back to your self commitment every day. This to is a huge piece of the puzzle. There's much to be gained by remaining steadfast - beyond the parts of the program that aren't attracting you right now - I encourage you to keep with that understanding... besides, you've come this far and only have 10 days to go. Its funny how in retrospect we see how much we've grown and learned - by giving yourself the gift of follow through, that hindsight will be much more illuminated than if you give up now. This is for you - for your growth now - know that you're getting just what you need at this time, there's no other place to be in your process except exactly where you are.

i want you to also know i appreciate your dedication to this lifestyle and i know you have a lot to teach.

***I've taken many many people through this process for years now and recognize clearly where you are - what each person goes through on any end of the spectrum has nothing really to do with me... its a self reflective process for the person undergoing it... so know that I don't take anyone's process personally - I just understand and have deep compassion.

thanks, Much Love, Amy

i agree, the growth will come through the dedication and sticking with this program. i felt better the minute i wrote that email.

***Good! Yes, communication is definitely where its at - we all need to get it off our chest (heart)! That's what I'm here for.

i actually liked the phone session today and look forward to working on the questions.
i just need to make it a priority and set aside the time. i am looking forward to the juice fast, and i get my juicer Tuesday!

***Exactly! Doing this for yourself is for you - I think it will set a precedent in general for you... great your juicer will be ready for you by Wednesday.

in the mean time, i would like to schedule a session with you. since i'm so close to you, i think it would be best to do it now, rather than later. how much is one session?

***Sure. It's \$150 and takes 1 1/2 - 2 hours.

thanks, ***Big hug! Love, Amy

(i could not join the conference call from 9:30-9:54pm. i called the help line but i got a voicemail after it rang for a while)



***We were having some kind of strange technical difficulties just before that - it wouldn't let me record the session either, strange... should it happen again, please just call into my phone and I can link you into the call.

hi amy, i've been out of the flush loop because i couldn't do it last weekend-haven't take any psyllium or clay yet- i am planning to flush on sunday march 2 should i start now that now? and then i stop with the flax and the herbs correct?

thanks

***Yes, I recommend starting psyllium and clay tomorrow - take it through Saturday - ideally, on Saturday just take the am dose, then get a colonic in the later afternoon, or at least do an enema (after the class). While you're taking it - no flax seeds, yes to herbs, GSE, and phosphoric drops.

Let me know if you have any more questions. Love, Amy

Hi Amy,

Just a suggestion I thought of today while I was taking a bath.

Why not set up a 9:00PM EST time conference call everyday except Monday and Wednesday that is unguided. It could be 10 minutes to 1 hour depending on who jumps on the call. It would mostly be for those of us to have questions or want to share something about program.

It may help those of us who fall off the path to get back on the path quicker instead of waiting for the Monday call. You and your team one or all could learn a lot by hearing what is going on within the group. You would not have to personally commit the time to be on the call or any of your team for that matter. It is open for those who wish to make it if they available without any time commitment.

I think it would be a bonding tool for those of us outside of nyc.

Just a thought I wanted to share with you.

Much Love, ***This is a great idea - I'll implement it into the next program....Thank you!!!

Love, Amy



PureRaw Programs

Our programs teach you:

- life long eating and healthy lifestyle habits
- how to incorporate healthier eating and lifestyle habits into your current lifestyle
- how to create a positive body image and feel good about yourself
- health and well being baby steps to quantum leaps in radical personal transformation
- freedom from food/substance cravings
- how to eliminate candida (and parasites) for life
- how to discover your hearts calling and life direction
- keys to healthy relationships
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Want to talk shop about eating and living healthy? Our personal consultations answer your questions and give you tips and tools for eating and living healthier now.

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Looking for personal information on eating and living healthy combined with life direction? We'll help you map out your goals and create a plan for getting your health, well-being, and life direction objectives met. Gain a clear perspective based on your hearts desire and deeper emotional needs.

1 hour, \$100 – By phone or in person (NYC)

PureRaw Programs

PR 101, 3 Day Urban Cleanse (Offered as an Introduction and Intermediate course)

Excellent for beginners and those new to health. Includes instructional manual and support.

Introduction: While consuming 80%-100% raw & blended foods, enjoy easeful cleansing while transitioning to eating healthier and eliminating common toxins and allergens.

Intermediate: Enjoy blended raw food & juice while eliminating common toxins and allergens.

PR 102, Pure Basics: Intro to Health & Well Being

This program is tailored specific to your health and life direction needs, whether you are a beginner or advanced. Take at your own pace for as long as you like (one month minimum). This program allows for simplicity and ease while transitioning to a healthier lifestyle. Includes: instructional manual, personalized structure, weekly 1/2 hour sessions, support sponsor, & community support.

PR 103, 33 Day Transformation Healthy Food & Lifestyle (Pure Basics recommended)

Our flagship program is designed to equip you with healthy lifestyle practices and tools for realizing your health and highest potential. Learn a system and structure for healing negative belief systems – discover and nurture your souls service and purpose with practical hands on interactive learning. Includes: 4 Part Saturday Sunfood Series, instructional manual, support sponsor, & community support.

PR 104, Integration (PR 103 prerequisite) After a revolutionary Transformation, integrate your new way of being and lifestyle habits into the fabric of your life – personally and professionally, spiritually and socially – from the personal to the universal. Taught both as a Basic Course and in preparation for Teachers Training, Integration offers you the opportunity to live what you've learned, as a student and/or a potential teacher. Includes: instructional manual, weekly 1/2 hour sessions, support sponsor, & community support.

PR 105, Teachers Training (PR 103 & 104 prerequisite)

After experiencing our programs, learn to teach the work. Establish authenticity and authority for others to follow in - whether you teach it or not. Amy mentor's this program. Includes: instructional manual, weekly 1/2 hour sessions, 2 retreats, support sponsor, & community support.

Pure Raw 104, Integration (Pure Raw 103 prerequisite)

After a radical and progressive Transformation, its time for Integration... integrate your new way of being and lifestyle into the fabric of your life – personally and professionally, spiritually and socially – from the personal to the universal. This course is taught in preparation for teachers training, whether you'd like to teach it or not, Integration offers you the opportunity to live what you've learned, as a student and/or a potential teacher. Includes: instructional manual, weekly 1/2 hour sessions, support sponsor, & community support.

Pure Raw 105, Teachers Training (Pure Raw 103 & 104 prerequisite)

Like to teach this work in your own practice and/or master it? Our teachers training program is an opportunity to go the distance in your own path and in your service to others. Hold the space of authenticity and authority for others to follow in whether you teach it or not. . Includes 1/2 hour weekly sessions, manual, community and hotline support



2011 - 2014

Pure Raw

Teachers Training Certification Program

*Produced & Lead by Amy Rachelle, Co-lead by Quint Snel
with special guest educators & chefs*

Become A Professional in Raw Nutrition, Detoxification, & Healthy Living

3 Phase Teacher's Training, 8 to 18 month course:

Phase 1, Consultant, June 15, 2012 - February 15, 2013

Phase 2, Counselor, March 15 - September 15, 2013

Phase 3, Teacher, September 16, 2013 - March 15, 2014

Courses are offered online with optional training's in NYC, Amsterdam, & Bali

Mission - what we're committed to....

To provide high quality vegan, raw food nutrition, and cleansing education for students to become a consultant, counselor, and teacher of (based in, yet not limited by) the Pure Raw approach*

Objective & Certification

Our intention is to mentor and nurture your specific and unique talents - personal and tailored to you - to guide you in presenting yourself, and your work in a manner that supports your piece of the puzzle in the big picture... micro to macro. Whether you take this program solely for your own personal growth, and/or with the intention of creating livelihood as a Pure Raw Certified consultant, counselor & teacher - once you pass each phase, you will receive a certification for that specific course as having passed our standards of excellence. Certification provides the following opportunity:

1. to excel in your own personal path of growth
2. to be recognized as an authority in raw foods, cleansing, and the lifestyle with specific focus on eliminating candida and parasites (all founded in an understanding of emotional processing).
3. to begin your own consultant/counseling/teaching practice.
4. the potential to work as a consultant, counselor and teacher with Pure Raw - and in our partnering programs with other organizations.

Criteria - what we ask of you....

1. An authentic desire to learn, grow, and expand beyond comfort zones and limitations.
2. A commitment to receive instruction and support, especially when challenged.
3. A commitment to be on time and present for calls, workshops, and the Bali retreat(s).
4. A willingness to unencumber yourself of people, places, and things that detract from your highest potential.
5. A self standard of excellence and ethics while allowing for learning curves and humanness.
6. A minimum score of 80 on all tests and evaluations (to pass each course for certification).

* Pure Raw Approach

candida free vegan raw food, proper food combining, low glycemic, little nut use, emotional work, healthy lifestyle habits, cleansing, yoga, and meditation.





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