

## CREATING YOUR CULINARY PHARMACY

From Traditional Chinese Medicine and Ayurveda to the Mediterranean Diet and Macrobiotics, [I have studied many traditional nutritional philosophies](#). Current research in nutrition and medical journals also informs the way I advise clients to best use food as medicine.

Here is a taste of a culinary pharmacy. I strive to combine traditional knowledge with current research to keep you best informed about which foods are ideal for your well-being.

I can help you create your own culinary pharmacy by identifying which foods can help you feel deeply nourished and thrive.

If you would like more in-depth guidance on what to cook, how to cook it, and its benefits, you can try the two-week [Harmonized Healthy Eating Program](#). Your custom Healthy Eating Program includes your own custom culinary pharmacy as well as shopping lists, meal plans, mindfulness, and over 50 hand-crafted recipes.

[I will tailor your Healthy Eating Program e-book](#) to you for \$39.

It also gives you strategies to thrive in the long term by finding your ideal sources of nourishment. Choosing to be deeply nourished is a commitment to yourself and your environment. It affects both you and all that surrounds you.

## TOWARDS YOUR PERSONAL CULINARY PHARMACY

*These are examples of the health benefits of foods. They may or may not be the best ones for you.*

### FATS

**Olive oil:** monounsaturated and liquid at room temp., first cold press olive oil is high in anti-inflammatory polyphenols, which reduce risk of heart disease, maintain a balanced cholesterol profile, and reduce the overgrowth of ulcer-inducing *helicobacter pylori* bacteria in the intestines. It improves calcium levels in the blood and enhances memory function by oxygenating blood.

**Sunflower oil:** this polyunsaturated oil is rich in vitamin E, which stimulates the liver rejuvenation and aids in nutrient absorption; its high magnesium content soothes nerves and muscles, acts as a diuretic to counter-act water retention, and lubricates the digestive system to aid elimination.

**Coconut oil:** saturated fat, solid at room temperature, is a plant-based alternative to saturated animal fats. It stimulates brain function and promotes intestinal motility; its anti-bacterial benefits make it an important fat to choose during times of illness or infection and is specifically indicated for combating intestinal parasites.



### FRUITS AND VEGETABLES

**Apples:** contain polyphenols and fiber to help prevent blood sugar spikes; provide pre-biotic compounds that support intestinal flora and ease gas and bloating; contain antioxidants that help to digest fat in the cell membranes and reduce the risk of cardiovascular difficulties.

**Artichokes:** help with the digestion of fat; balance overly acidic stomach conditions; strengthen vision, bones and joints with magnesium, calcium and vitamin C.

**Burdock:** a milky root that's cooling and tonic. It relieves dry skin, strengthens hair follicles, stimulates appetite, and cleanses the liver. Peel it, rinse it, chop it and sauté it as you would a carrot. It is also delicious simmered in soup.

**Cabbage, Purple/Red:** contains polyphenols, cancer-preventive phytonutrients; packed with Vits. A & C to boost immunity; rich in glucosinolates to reduce inflammation and help heal stomach ulcers.

**Dandelion root:** helps cleanse the digestive system, improves elimination, and relieves gassiness, especially in the spring. Peel and chop 2 Tablespoons of root per pint of soup stock or sauté it with tempeh for an earthy breakfast delight. The flavor is reminiscent of mushrooms and red wine.

**Leeks:** strengthen lungs; anti-microbial; anti-bacterial; offer rich source of fructo-oligosaccharides, which stimulate growth of healthy bifidobacteria and suppress the growth of potentially harmful bacteria in the colon.

**Nettles:** warming and drying, this spring plant helps ease water retention, supplies iron and other minerals, and detoxifies the system that's prone to seasonal allergies. Pick the young leaves carefully, as they can sting! Steam them and add them to your favorite vegetable dish, much as you would kale.

**Sea vegetables:** anti-inflammatory, anti-viral; highly mineral-rich. Support healthy brain function and help clear heavy metals from the system.

**Turnips:** rich in Vitamin K, an anti-inflammatory nutrient; support the production of digestive secretions with the bitter flavor and cleanse the intestines of mucus build-up from dairy and flours.

## WHOLE GRAINS

**Amaranth:** for Aztec people, amaranth was is only a dietary staple, but an important aspect of spiritual practice. It is an especially high-quality source of plant protein including two essential amino acids, lysine and methionine, which are generally low in grains. Amaranth is gluten-free, easily digestible, making it a traditional food for people recovering from illness or transitioning from a fast or cleanse. You can eat the greens as well as the seeds.

**Millet:** alkaline enough to balance body's pH; nutrient dense, hypo-allergenic, complex carbohydrate; offers a balance of B vitamins to support digestion and provide consistent energy.

## PROTEIN

**Eggs:** this complete protein, traditional from Mongolia to Italy, is considered a sacred spring food to enhance fertility and strengthen the muscular system. Indeed, each one contains 6 grams of protein, 9 essential amino acids, and only 1.5 grams of saturated fat; rich in lutein, which helps prevent macular degeneration and cataracts; improve human lipid profile, thereby balancing cholesterol; contain naturally occurring vitamin D. In order to benefit from this food and to benefit the earth in return, it is crucial to eat eggs from free-range chickens. They transform the amino acids in grass and transfer them to their eggs so that we can absorb these vital nutrients.

## HERBS AND SPICES

**Basil:** anti-bacterial, anti-spasmodic, digestive, tonic and aromatic. Contains orientin and vicenin, two water-soluble flavonoids, which both stimulate growth of white blood cells and protect cell structures as well as chromosomes from radiation and oxygen-based damage. Basil's volatile oils protect against unwanted bacterial growth.

**Cilantro:** The leaf of this plant has been cultivated and used as a culinary herb in cultures from India to Europe for centuries. The seed, coriander, has similar effects to cilantro. This phytonutrient-rich herb stimulates the secretion of insulin and helps lower levels of total and LDL (the "bad" cholesterol), while actually increasing levels of HDL (the "good" cholesterol). Cilantro and coriander's volatile oils have antimicrobial properties.