

Heart Disease, Stroke and High Blood Pressure

Heart disease is still the biggest killer of Americans. A million of us die each year because of heart problems. Yet, most heart disease is 100% preventable with changes in diet and lifestyle. Almost unknown before the turn of the 20th century, today fully two-thirds of America suffers from some kind of cardiovascular disease—heart attack, coronary, hypertension, atherosclerosis, stroke, rheumatic heart and more. Natural therapies are proving to reduce mortality better than aggressive medical intervention or even the most advanced drug treatment. There has been a 28% reduction in U.S. heart disease deaths since 1987. Studies indicate this trend is largely the result of lifestyle changes to improve heart health... not high tech medical procedures or drug therapy.

Heart problems in women are different than those of men. They are hormone-dependent. (Heart attack signs are also different for men and women. See pages 111 and 113.) Beware of calcium channel blockers. They block many body functions and are implicated in aggravated cardiovascular problems. Research also shows that they raise the risk of suicide and breast cancer. Actively explore magnesium, Nature's calcium channel blocker, and CoQ-10 supplements with your physician (see High Blood Pressure, page 114 for more).

A word about heart surgery

Clearly, modern medicine has saved and extended lives. But is “heroic medicine” always the best choice when you aren't facing imminent death? Modern medicine was developed during war time when emergency treatment was the only way to deal with an emergency situation. So most medical procedures have a “battlefield mentality,” prohibitively expensive, highly invasive, traumatic—often unnecessarily risky. Bypass surgery, the most popular surgical heart disease “solution,” benefits less than 20% of heart patients. Patients experience no change in their life expectancy—compared to heart patients who had the same symptoms and did not get the surgery.

Know the facts before making the decision to have surgery or take heart drugs. Drugs and surgery can carry serious risks. Studies over the last 2 decades show that many patients do significantly worse after heart surgery than patients who use other treatments. Bypass surgery can cause depression and impaired memory that persists long-term. Most of us know someone for whom bypass surgery or a pacemaker became the beginning of the end of a normal lifestyle. My own father-in-law was one of those.

No matter how skilled or how advanced, surgery is never the whole answer. Your doctor knows this, too. All heart surgery MUST be followed by permanent changes in diet and lifestyle for ongoing heart health.

Why do Americans fall victim to heart disease when most heart disease is 100% preventable through simple diet and lifestyle changes?

Is our 20th century lifestyle so bad that we are literally killing ourselves? Perhaps.

First: There's still our sad American diet. While most Americans are trying to eat healthier, at best, we still only consume 3.6 servings of fruits and vegetables a day. Even worse, 25% of the “vegetables” we do eat are french fries—the most damaging for cardiovascular health! Low fiber is a big problem, despite all the media attention. The typical American eats less than one-third of the daily fiber recommended for cardiovascular health!

Second: There's our sedentary lifestyle. Lack of exercise makes us an open target for heart disease. Regular moderate exercise cuts risk for heart attack and stroke almost in half. Computers have changed our lives at every level. Federal statistics say up to 60 percent of us are not regularly active, 25 percent are not active at all!

Third: Americans are “stressed out,” and our stress levels are rising. Most Americans feel overwhelmed on a regular basis. Financial or work-related stress is common. Chronic stress attacks your entire cardiovascular system. It causes coronary arteries to constrict, blood pressure to soar and cholesterol to build on artery walls. It's no wonder our hearts are about to explode!

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Fourth: Smoking constricts arteries and can cause blood pressure to skyrocket, too. Researchers estimate that 150,000 heart disease deaths would be prevented each year if Americans just quit smoking! Heart attack risk is 5 times greater among smokers aged 35-39.

Is heart disease contagious? It may be.

The infectious bacteria *Chlamydia pneumoniae*, (a species of the bacteria that causes the STD, Chlamydia) may be a factor in heart disease, too. *C. pneumoniae* is a common cause of pneumonia, sinusitis and bronchitis. Here's where heart disease comes in. Blocked blood vessels are 20 times more likely to carry *C. pneumoniae* than unblocked vessels. One clinical trial finds that antibiotic therapy reduces the number of heart attacks in hospital heart patients. If you are recovering from coronary disease, a month long course of Echinacea-Goldenseal extract or CRYSTAL STAR ANTI-BIO™ caps may flush out infection trapped in blocked lymph glands and blood vessels.

Is gum disease tied to heart disease? Experts think so.

People with periodontal disease are 2.7 times more likely to have a heart attack than people with healthy gums! Gum disease allows toxic bacteria from excess plaque to enter the bloodstream, causing blood platelets to clump and accelerate atherosclerosis. The National Institutes of Health are now exploring the link between periodontal disease and heart attacks. If you already have gum disease or periodontitis, add CoQ10 to your daily healing program. It is a specific for teeth and gums, and your heart.

Rehabilitation Diet after a Heart Attack

The heart health diet below is for those who have survived a heart attack or major heart surgery. Coming back is tough. Sticking to a new lifestyle that changes not only your diet, but the way you handle every detail of your life is a challenge. Lifestyle changes are not easy, and they take time to accomplish. But they must take place for there to be permanent results. Use the diet on this page as a blueprint for a healthier heart. It focuses on food that have been proven successful against heart disease. It reduces dietary fats 30% or more, includes plenty of fish and seafood for Omega-3 oils, mineral-rich foods, particularly potassium and magnesium for cardiogenic action, is fiber-rich for a clean system, and subscribes to a little white wine before dinner for relaxation and digestion. Follow this diet for one to three months after an attack or surgery. Return to it any time as needed.

On rising: have grapefruit, apple or grape juice; or 2 lemons squeezed in water with maple syrup.

Breakfast: have fresh tropical fruits for extra potassium topped with a yogurt; mix 2 tbsp. each: lecithin granules, toasted wheat germ, nutritional yeast, sesame seeds, molasses and flax oil. Take 2 tsp. every morning on yogurt, or sprinkle on cereal, or whole grain toast. Add a little maple syrup, honey or apple juice to sweeten.

Mid-morning: have a potassium juice (page 16), or green drink like ALL ONE MULTIPLE VITAMINS & MINERALS GREEN PHYTOBASE, or CRYSTAL STAR® ENERGY GREEN RENEWAL™ drink with 1 tsp. BRAGG'S LIQUID AMINOS (green tabs OK, too. Take them with fresh carrot juice; or a mint tea).

Lunch: have baked onions, and a cup of miso soup with sea greens crumbled over the top; or a green salad with nuts, seeds, sprouts, and lemon/oil dressing; or baked tofu with brown rice and broccoli; or a black bean soup with a sandwich on whole grain bread; or a light seafood salad with spinach pasta for EFAs.

Mid-afternoon: have mint tea , or CRYSTAL STAR® STRESS ARREST™ tea with crackers and a veggie dip; or a circulation booster drink: Mix 1 cup tomato juice, 6 tbsp. wheat germ oil, 1 cup lemon juice, 1 tbsp. nutritional yeast.

Dinner: have a vegetarian casserole with brown rice, veggies, and a light sauce; or baked or grilled fish like salmon and tuna, or shellfish like oysters and scallops, with brown rice and steamed veggies; or a tofu - whole grain loaf with a green salad, or baked veggies with whole grain muffins or cornbread, and a little butter.

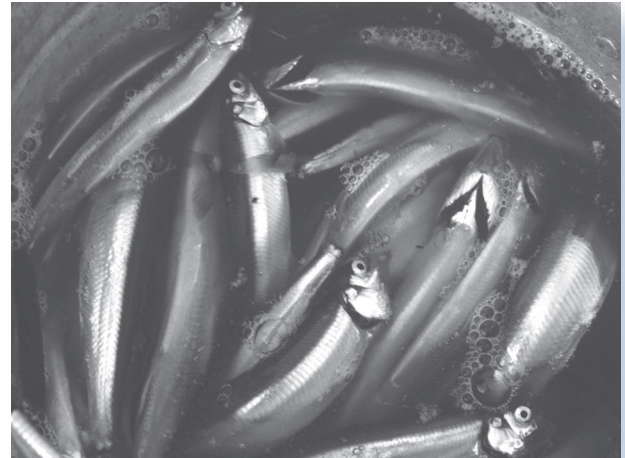
Before bed: fresh fruits, apple juice; or miso soup or a nutritional yeast broth.

Watchwords:

- Eat plenty of fish to balance blood viscosity for preventive effects.
- Add a brisk, daily walk.
- Do deep breathing exercises every morning.
- Boost peripheral circulation with dry skin brushing.
- Eat smaller meals with a little white wine to increase circulation. Eat magnesium-rich foods, like wheat germ, tofu, bran, broccoli and potatoes for heart regulation.
- Have a good daily laugh. A positive mental outlook can do wonders for your heart and your well-being.

Choose 2 or 3 supplements to enhance and accelerate your heart recovery program:

- **In an emergency:** 1 tsp. cayenne powder in water, or cayenne tincture drops in water may help bring a person out of a heart attack; or liquid carnitine as directed. Fifteen drops hawthorn extract every 15 minutes.
- **Tone the heart muscle:** NUTRICOLOGY COMPLETE HEART and CoQ-10 with Tocotrienols; LANE LABS PALM VITEE tocotrienols; ESTEEM CARDIO LIFE caps with CoQ10; Vitamin C with bioflavonoids, up to 5000 mg. daily for interstitial arterial integrity-elasticity, and to prevent TIAs (little strokes). EFAs from fish oil help tone arterial muscle); Health from the SUN TOTAL EFA also balance prostaglandins that regulate arterial muscle tone.
- **Improve blood flow:** METABOLIC RESPONSE MODIFIERS CARDIO-CHELATE w/ EDTA; WAKUNAGA KYOLIC SUPER FORMULA 106; or Gingko Biloba extract as vasodilators, 3x daily; CRYSTAL STAR® DR. ENZYME™ WITH PROTEASE & BROMELAIN or TRANSFORMATION PUREZYME to cleanse the bloodstream; NUTRICOLOGY BEST BLOOD OXYGENATION FORMULA.
- **Antioxidants clear the cardiovascular system:** CRYSTAL STAR® HEART PROTECTOR formulas for men or women; Alpha lipoic acid 200 mg. or Grapeseed PCOs 300 mg. daily; N-acetylcysteine 100 mg. daily; or 2 tbsps. daily sea greens.
- **Cardiotonics for a strong, steady beat:** DOUGLAS LABS CoQMELT daily or CoQ-10, 120 mg. daily; Carnitine 1000 mg.; Cayenne-Ginger caps; Siberian eleuthero caps 2000 mg. or tea daily; Wheat germ oil for tissue oxygen.
- **Reduce blood stickiness to prevent a heart attack:** Bromelain 1500 mg. to increase fibrinolysis; Chromium picolinate or SOLARAY CHROMIACIN for arterial plaque and insulin resistance; Omega-3 fish or flax oils 3x daily.



Important news for heart patients:

- **New research from Stephen Sinatra, M.D. shows** that the supplements, CoQ-10, L-Carnitine and D-Ribose, used in combination may help prevent and overcome heart disease. For detailed information, read *The Sinatra Solution* published by BASIC HEALTH. For more recommended publications, visit www.healthyhealing.com

Bodywork techniques relieve pain and improve circulation.

- **If you think you might be having a heart attack:**
 - **IMPORTANT:** Get to an emergency medical center right away!
 - Apply hot compresses and massage chest to ease acute angina.
 - Chewing an aspirin immediately following symptoms of a heart attack, may be able to reduce mortality through its ability to reduce arterial blockage.
- **For prevention:**
 - Take alternate hot and cold showers frequently to increase circulation.
 - Smoking constricts arteries and can cause blood pressure to skyrocket. Researchers estimate that 150,000 heart disease deaths would be prevented each year if Americans just quit smoking. Is it time for you to quit?
 - Take some mild regular daily exercise. Do deep breathing exercises every morning for body oxygen.

Heart problems for men and women are different

Until very recently, men and women's heart disease was considered largely the same. New research shows that men and women face very different challenges of heart disease. I've worked extensively to create natural healing programs that address the unique heart needs of men and women. Until the mid-'90s men's heart disease was virtually the only focus of conventional medicine study. (Consequently, male children now have a lower heart attack fatality rate than their fathers.) Yet, while about 500,000 men died each year from heart disease, even more, over 550,000, American women died. More frightening, studies reveal women receive less medical treatment despite having more symptoms.

Heart disease is still the leading cause of women's death in America, accounting for half of *all* women's deaths and killing *5 times more often* than breast cancer. Heart disease for women, as for men, is linked to obesity, too little exercise and high cholesterol (even though tests show women have 60-70% less artery clogging plaque than men). It is also clearly hormone-related—a woman's highest risk is after menopause.

Many studies point to emotional health, stress, anger, and overwork as triggers of heart attacks for men. A Harvard study shows that men with the highest anger scores on personality tests are three times more likely to develop heart disease. Male pattern baldness and a protruding stomach also mean a higher risk of heart disease.

High blood pressure and atherosclerosis are the top cardiovascular problems that men face. High triglycerides (blood fats), related to a high fat diet and an overworked liver, can double a man's heart attack risk!

High blood pressure, often called "the silent killer," affects 1 in 3 of all American adults, especially African-American men. Coronary heart disease is 3 – 5 times more likely in people with high blood pressure! Atherosclerosis speeds up when blood pressure is high. Once atherosclerotic plaques form on your arteries, they restrict blood flow to organs and tissues leading to heart attacks, strokes, even gangrene.

Can donating blood regularly prevent a heart attack for a man? Yes, it can!

Men have twice as much iron in their bodies as women. Iron acts as a catalyst in cholesterol oxidation, linked to artery hardening and scarring. Recent studies show that men cut their risk for heart attack or stroke up to a third by reducing their excess iron when they regularly donate blood.

Does oral chelation reverse men's heart disease?

Intravenous chelation therapy with EDTA, though largely ignored by mainstream medicine, has been successful for arteriosclerosis for over 40 years. EDTA (*ethylenediamine tetra acetic acid*, a synthetic amino acid) binds to and flushes out arterial plaque and calcium deposits that cause artery hardening. Intravenous chelation is powerful but expensive. Oral chelation is cheaper and more convenient, a good option for men that improves blood flow and may even reverse some cardiovascular problems. Consider GOLDEN PRIDE ORAL CHELATION FORMULA #1 or METABOLIC RESPONSE MODIFIERS CARDIO-CHELATE.

New research shows heart attack symptoms are different for men and women!

Even with all the heart health information we have today, men and women still ignore heart attack symptoms... and, sadly, lose the first hours when treatment is so critical. See pg. 113 for women's heart attack signs.

Warning signs men should watch for:

- Pressure, or pain in the center of the chest lasting more than a few minutes
- Pain and numbness spreading to the face, neck or arms, usually on one side.
- Severe headache with light-headedness, sweating, nausea, skin paleness or shortness of breath.



A Man's Healthy Heart Program

- **Men tend to overeat fatty foods.** Hardening of the arteries is strongly tied to a diet high in butter, red meat, ice cream and eggs, the very foods many men overeat! Too much salt, a high stress lifestyle with little “downtime,” and smoking are key factors. A low fat, high fiber diet is important for men's heart protection. It is essential for lowering high blood pressure. Reduce fatty dairy foods like ice cream and rich cheeses. Cut back on red meat, especially pork. A better choice? Eat seafood at least twice a week. An 11-year study covering over 22,000 male physicians found that eating seafood just once a week cuts men's risk of sudden cardiac death by 52%!
- **Use olive oil.** You can't fry in olive oil, but fried foods are so bad for your heart that this is a plus. Olive oil boosts healthy HDL cholesterol levels and removes blood fats. Try SPECTRUM NATURALS organic olive oil. Eat green foods—spinach, chard and sea greens, for magnesium therapy and EFAs, keys to heart regulation and health.
- **Men at risk for heart disease need more fiber!** Many studies show fiber reduces arterial plaque from atherosclerosis. An herbal fiber drink mix daily like JARROW GENTLE FIBERS along with artichoke extract helps reduce cholesterol, lower blood fats (triglycerides) and eliminate fatty build-up.
- **Add spices like garlic, onions, tumeric and cayenne peppers to your diet.** Garlic thins the blood, normalizes blood pressure, helps reduce serum cholesterol and arterial plaque build-up. Both onions and garlic stimulate healthy circulation. Cayenne peppers strengthen all cardiovascular activity, dilate arteries and reduce blood pressure. Tumeric, an anti-inflammatory spice, helps decrease cholesterol levels and prevents progression of atherosclerosis. Don't like spicy recipes? Consider a garlic product like WAKUNAGA'S KYOLIC FORMULA 106, with garlic, vitamin E, hawthorn and cayenne pepper. Boost circulation to thin “sticky blood” with FUTUREBIOTICS CIRCUPLEX.
- **Eat vitamin C rich foods like citrus fruits, broccoli or peppers.** Low blood levels of vitamin C are linked to atherosclerosis and increased heart attack risk. A new study shows that men with no pre-existing heart disease, but deficient in vitamin C have 3.5 times *MORE heart attacks* than men who are not deficient in vitamin C.
- **Herbal stress busters are a good choice for men.** They reduce anxiety linked to high blood pressure. Herbal formulas like CRYSTAL STAR® HEART PROTECTOR FOR MEN™ with gotu kola, passionflower and scullcap calm acute stress reactions. Siberian eleuthero is a primary adaptogen that builds body resistance to stress.



A Woman's Healthy Heart

Heart problems in women are hormone-dependent. A woman's highest risk for heart disease is during menopause. The risk rises noticeably every year for a woman in peri-menopause and goes on rising as she ages. Hundreds of thousands of hormone replacement therapy prescriptions are written every year by doctors trying to protect menopausal women from heart disease. Yet, the use of HRT to protect against heart disease is highly debatable. There is no conclusive evidence that estrogen protects against heart disease. The International Meeting on Atherosclerosis concludes that the heart protective benefits attributed to estrogen may result from population selection or changes towards healthier lifestyles during studies.

Research shows that synthetic HRT does NOT prevent heart attacks for women who already *have* heart disease. In fact, the latest studies show women who take HRT for over 5 years suffer 24% *MORE heart attacks* than women who don't, and the risk is highest (a whopping 81% increase) during the first year on HRT. I believe there are better solutions for preventing heart disease naturally that don't carry these risks of HRT, with its links to uterine and breast cancer, blood clots and gallbladder disease.

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Thinking about hormone replacement therapy to prevent heart disease?

- The most commonly prescribed hormone replacement drug, Premarin, actually suppresses folic acid, contributing to high homocysteine levels, a known risk factor for heart disease. New research shows synthetic progestins in combination with HRT drugs may cause dangerous coronary vasospasms linked to heart attack.
- Tests with some estrogen contraceptive pills actually increase a woman's risk of heart disease, heart attack, stroke and serious blood clotting problems.
- Some reports suggest that SERMs (*selective estrogen receptor modulators*) like Evista may protect against heart disease. But Evista should not be taken by women with congestive heart failure, common after menopause. Evista also increases risk of serious blood clots in the legs, lungs or eyes.

The biggest heart problems for women?

Statistics show that a woman is 50% MORE likely to die from a heart attack than a man! Women have heart attacks at older ages when they are in poorer health, with arteries less able to compensate for the partial death of heart muscle caused by a heart attack.

Heart attack symptoms may be different. Women should watch for shortness of breath, palpitations, fatigue; tooth, jaw and ear pain, even back pain, as well as chest pain.

Congestive Heart Failure, where the heart is unable to efficiently pump blood, affects over two million menopausal women today; and their risk for sudden cardiac arrest and death is up to 9 times higher than the general population! High iron stores after menopause may increase risk. New research shows NSAIDs (*Non-steroidal anti-inflammatory drugs*) may cause up to 20% of all heart failure cases. Alpha blocking blood pressure drugs may also be to blame. Symptoms to watch for: extreme fatigue and water retention (particularly bloated ankles). Consider CRYSTAL STAR® HEART PROTECTOR FOR WOMEN™ caps; or creatine 3000 – 5000 mg. daily.

Are you having a panic attack or a heart attack?

Women may confuse panic attacks with heart attacks during menopause because the symptoms seem so severe. Menopausal heart palpitations and nighttime anxiety attacks are extremely common. When I first began menopause, I remember waking up terrified that I was having a heart attack, but found out later that it was a panic attack. If symptoms persist, seek a qualified health practitioner.

Panic attack signs: these symptoms mean you may be having a panic attack. It should pass quickly.

- hyperventilating, shortness of breath, or bolting upright out of bed, especially in the wee morning hours.
- racing heartbeat, dizziness or feeling faint.
- feeling like you're "going crazy" or losing control, or being full of fear that has no basis in reality.

Herbs offer relief from nighttime panic attacks. I keep a herbal extract with herbs like hawthorn, arjuna, ashwagandha and passionflowers by my bed at night for immediate relief.

Heart attack signs: these symptoms may mean a heart attack. Seek medical attention immediately!

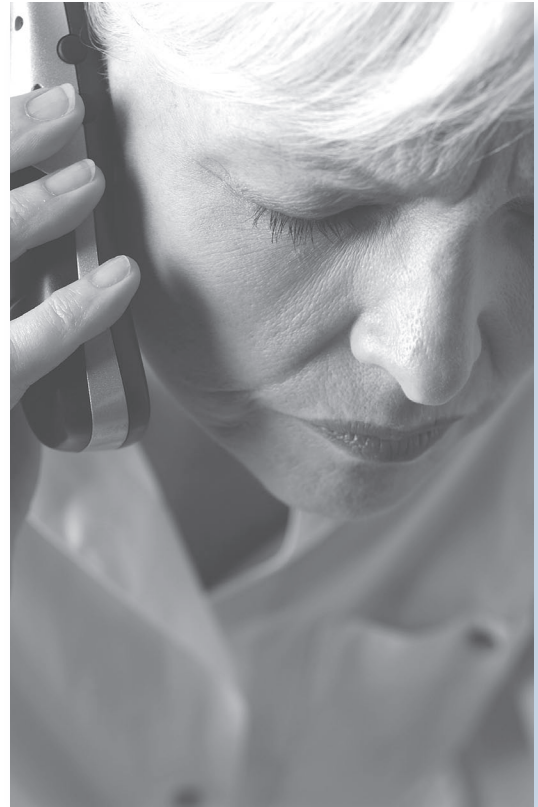
In addition to the symptom list for men (see page 111), women should watch for the following symptoms which can appear up to a month before the attack.

- Unexplained, unusual fatigue
- Poor sleep, usually accompanied by anxiety
- Unexplained shortness of breath, often without pain
- Unusual attacks of indigestion, often followed by or accompanied by, back pain, or teeth, jaw or ear pain

Note: A heart attack may be imminent for a woman if she has shortness of breath, often with palpitations, and breaks into a cold sweat, and if she has extreme weakness, usually accompanied by dizziness.

A Woman's Healthy Heart Program

- **Sea veggies act as body tonics to restore female vitality after menopause.** They're loaded with fat-soluble vitamins like D and K that help make steroidal hormones like estrogen and DHEA which protect against heart disease. Sea veggies also dissolve fatty deposits in the cardiovascular system that precipitate heart disease.
- **Phytoestrogen foods like soy help maintain vascular function.** Soy foods not only lower cholesterol, but along with herbs, soy is a rich source of phytoestrogens for heart protection during menopause. My favorite phytoestrogen heart protector for post-menopausal women is a *dong quai/damiana/ashwagandha* combination.
- **Have cold-water fish 3 times a week for heart-healthy omega-3 oils and EFAs.** Salmon is one of God's gifts, a rich source of omega-3 fatty acids and vitamin E. Wild salmon is a better source of EFAs than farmed salmon, and is much lower in hormone-disrupting PCBs (polychlorinated biphenyls).
- **Natural vitamin E**, like LANE LABS PALM VITEE with tocotrienols daily, cuts heart attack risk 77%!
- A daily herbal heart tonic helps protect against congestive heart failure, especially after menopause. Use a heart toning combination like CRYSTAL STAR® HEART PROTECTOR FOR WOMEN™ with herbs like hawthorn, bilberry, motherwort, ashwagandha, dong quai, ginkgo biloba, astragalus, red sage, and ginger root for 6 months as circulatory support; or try HEART FOOD CAPS BY HEART FOODS or COMPLETE HEART BY NUTRICOLOGY.
- **CoQ-10, up to 300 mg. daily**, or DOUGLAS LABS COQMELT strengthens the heart muscle and helps it work more effectively. (CoQ-10 is also a protector against breast cancer.)
- **EFAs (essential fatty acids) are important to women's heart health**, because they are critical for hormone balance... a big part of women's heart problems. EFAs help decrease blood platelet "stickiness." Evening primrose oil provides top quality EFAs. SPECTRUM NATURALS high-lignan ORGANIC FLAX OIL is a good diet choice.
- **Eat brown rice regularly for heart smart B vitamins.** Brown rice as a valuable source of fiber, vitamins and minerals is superior to refined grains for heart health.



Lower your Blood Pressure

High blood pressure is a major health problem in America's fast-paced, high-stress world. High blood pressure affects 1 out of every 3 U.S. adults today, causes 60,000 deaths a year and directly relates to more than 250,000 deaths from stroke. It's the leading health problem for American women. New research shows that middle aged Americans actually have a 90% chance of developing high blood pressure. Less than half have their blood pressure under control, because over half don't know they have a problem! HBP is a silent condition that steals health and can steal life. It increases risk for heart attack, for congestive heart failure (especially in women) and kidney failure. It accelerates hardening of the arteries, damages blood vessels and speeds up aging of the brain.

What causes high blood pressure? Most cases are caused by arteriosclerosis and atherosclerosis (clogging arterial fats and increased fat storage), 90% of which are often the result of a calcium, magnesium or fiber deficiency - factors that can be controlled by diet and lifestyle improvement. Most sufferers are greatly overweight due to a high fat, high sugar diet; most have a high consumption of salt and red meat which raises critical copper levels. A high stress lifestyle is common, usually linked to smoking, excess alcohol and too much caffeine.

Key markers for high blood pressure: mucous and waste thickened blood, insulin resistance from poor sugar metabolism, thyroid metabolic imbalances, exhausted kidneys, auto-toxemia from chronic constipation.

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Do you have high blood pressure?

In May 2003, the National Heart, Lung and Blood Institute revised their guidelines on normal blood pressure levels, putting 45 million Americans in new risk category called “pre-hypertensive.”

Here are the new guidelines: Ideal blood pressure stays between 120 (systolic-the pressure exerted when the heart pumps) and 80 (diastolic-the pressure when the heart rests between beats) or slightly less. If the reading goes over 140/90, prehypertension is usually indicated. If the diastolic (or bottom) number goes over 104, severe hypertension is diagnosed. Your physician or a home blood pressure test kit can show your status.

Body signs and symptoms offer clues that your blood pressure may be high:

- frequent headaches and irritability? chronic constipation? (from calcium and fiber deficiency)
- dizziness? ringing in ears? heart arrhythmias? flushed complexion? red streaks in eyes? (auto-toxemia)
- fatigue? sleeplessness? depression? kidney malfunction? (insulin resistance, poor sugar metabolism)
- chronic respiratory problems? (from excess mucous and wastes)
- uncontrolled weight gain and fluid retention? (thyroid imbalance from increased fat storage, too much salt, red meat, and lack of exercise)

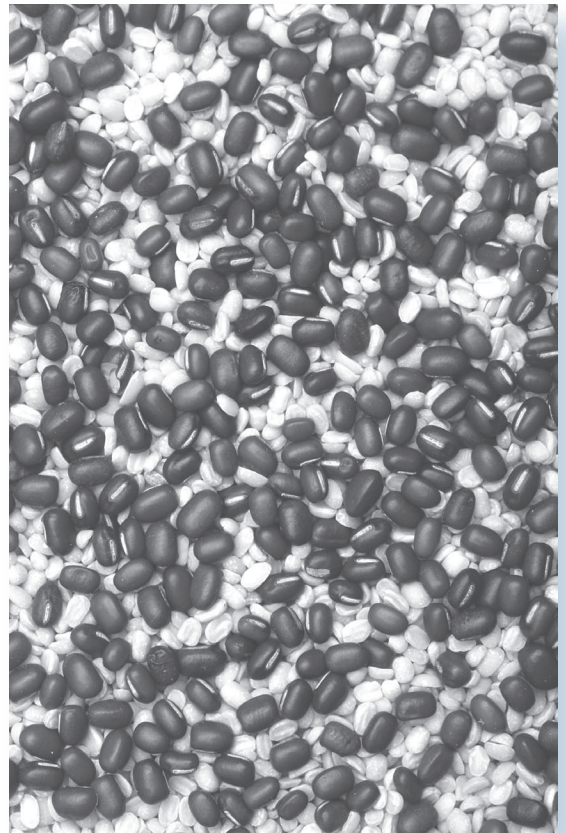
About magnesium... Nature's Calcium Channel Blocker

Actively explore magnesium, Nature's calcium channel blocker, and CoQ-10 supplements with your physician. I often receive questions about calcium channel blockers from people told by their doctors and pharmacists to take calcium channel blocker to break up calcified deposits in the arteries. In other words, calcium is the villain for heart health. Then, you hear from natural healers that calcium helps reduce blood pressure. It's the hero.

Here's how calcium channel blocking drugs work: They inhibit the entry of calcium into heart cells and smooth muscle cells of blood vessels. Without calcium, the cells cannot contract and the result is lowered blood pressure. But, calcium is an important mineral for heart health. Calcium regulates the proper contraction and relaxation of the heart, and inhibits heart spasms. Calcium also helps lower cholesterol.

Non-food calcium supplements (like calcium carbonate from oyster shells) aren't the best choice because they may cause too much calcium to overload the elimination system, potentially increasing risk for calcified deposits and stone formation. Calcium from herb and food sources is ideal because it comes with a protective ratio of magnesium to balance out the negative effects of calcium overload on the heart. Magnesium naturally blocks the entry of calcium into heart muscle cells, reducing vascular resistance and lowering blood pressure.

Magnesium is often called Nature's Calcium Channel Blocker. Foods like dark greens and sea greens, hot spices like cayenne, whole grains, nuts, seeds, and beans are all good, balanced sources of calcium and magnesium for heart health. Both minerals need to be present for optimum absorption, and food and herb sources provide this protective balance, naturally.



Guidelines to balance your blood pressure:

Clinical studies show that people with hypertension who make good life changes fare much better than those on anti-hypertensive prescription drugs. Vegetarians have far fewer blood pressure problems. Exercise is a key.

- **Cut the fat.** Harvard Medical research says a low-fat diet can lower blood pressure as much as drugs. Cut back on saturated fats (from meats and dairy) and trans fats (from snack foods and fried foods). *But don't cut out the good fats.* Foods high in essential fatty acids (EFAs) actually help reduce harmful blood clots in the arteries, and prevent cardiovascular damage with significant antioxidant and antibacterial activity. Include EFA rich foods like seafood (esp. salmon), sea greens (like nori and kelp), herbs like evening primrose or flax seed oil regularly.
- **Eliminate caffeine and nicotine for good.** Both are notorious for raising blood pressure.
- **Control your salt use.** The key to salt balance is drinking plenty of water. When your body perceives low water, it responds by retaining sodium to reduce further water loss, starting a vicious cycle of cravings for salty foods and liquids that ends in high blood pressure. (Constantly taking diuretics for high blood pressure can aggravate this cycle.) Tip: Natural sodium from celery actually helps flush table salt from your veins. If you're overloaded on salt, try a mixed veggie juice with high celery 2 – 3x daily.
- **Eliminate foods that provoke high blood pressure:** canned and frozen foods, cured, smoked and canned meats, peanut butter, soy sauce, bouillon cubes and condiments, fried chips and snacks, dry soups.
- **Eat vitamin C rich foods like peppers, kiwis, papayas, cauliflower and broccoli** to strengthen the blood vessels and slow down hardening of the arteries.
- **Get plenty of food source calcium in your diet.** Calcium deficiency often means high blood pressure.
- **Potassium is a good option.** Potassium controls heart rate, normalizes blood pressure fluctuations and flushes excess sodium in the body. Duke University studies reveal that hypertensive men who supplement with potassium regain health and reduce their blood pressure. Potassium is easily brought in through healing foods like sea vegetables (women), bananas (men), pomegranates, apricots, raisins, spinach, seafood and nuts. If your diet is strictly low-sodium, the sea vegetable nori (particularly nori that has been rinsed in fresh water before drying) has far less sodium than other sea vegetables.

Diet to Lower High Blood Pressure

A diet change is the best thing you can do to control high blood pressure. The rewards are high—a longer, healthier life—and control of your life. Avoid antacids that disrupt pH and invite your body to produce even more acid.

On rising: Have citrus juices or a potassium juice (pg. 16).

Breakfast: Make a mix of 2 tbsp. each: lecithin granules, toasted wheat germ, nutritional yeast, honey and sesame seeds. Sprinkle some on fresh fruit or mix with yogurt and add a tsp. New Chapter GINGER SYRUP; or have a poached or baked egg with bran muffins or whole grain toast, and kefir cheese or unsalted butter; or some whole grain cereal or pancakes with a little maple syrup.

Mid-morning: A green veggie drink, or natural V-8 juice or peppermint tea: or a cup of miso soup with sea greens snipped on top, or low-sodium ramen noodle soup; and some crunchy veggies with kefir cheese dip.

Lunch: Have one cup daily of fenugreek tea with 1 tsp. honey; then have a tofu and spinach salad with some sprouts and bran muffins; or a large fresh green salad with a lemon-flax oil dressing. Add plenty of sprouts, tofu, raisins, cottage cheese, nuts, and seeds; or have a light veggie omelet; or a seafood and vegetable pasta salad.

Mid-afternoon: Have a bottle of mineral water, or a cup of peppermint tea. Have a V-8 juice, or carrot juice; or a cup of miso soup with a hard boiled egg and whole grain crackers; or dried fruits; or an apple juice.

Dinner: Have apple or papaya juice before dinner. Then have a baked vegetable casserole with tofu and brown rice, and a small dinner salad; or a baked fish or seafood dish with rice and peas, or a baked potato; or a vegetable

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quiche (like broccoli, artichoke, or asparagus), and a light oriental soup; or some roast turkey and cornbread dressing with a small salad; or an Asian vegetable stir fry, with a light, clear soup and brown rice.

Before bed: Have a cup of miso soup, or nutritional yeast broth, apple juice, or some chamomile tea.

Choose 2 or 3 supplements to help normalize your blood pressure:

- **Regulate blood pressure:** CRYSTAL STAR® HEARTSEASE H.B.P.™ caps, or ESTEEM CARDIOLIFE COMPLEX; Vitamin E therapy: Take 100IU daily for 1 week, then 400IU daily for 1 week, then 800IU capsules daily for 2 weeks. Add 1 selenium 200 mcg., and 1 Ester C with bioflavs each time. Hibiscus tea lowers blood pressure (1999 Journal of Ethnopharmacology). OPTIMAL HEALTH PRESSURE FX (88% effective in a Brazilian study).
- **Flavonoids tone arteries:** Hawthorn extract, especially for palpitation; Ginkgo Biloba extract or Cayenne-ginger caps for circulation; GRIFRON REISHI caps; Garlic caps 6 daily.
- **Naturally reduce edema:** CRYSTAL STAR® TINKLE™ CAPS (very effective); Dandelion extract drops in tea (fast acting). If taking diuretics, take vitamin C 1000 mg., potassium 99 mg., or CRYSTAL STAR® OCEAN MINERALS.
- **Reduce stress to control hypertension:** NATURE'S SECRET ULTIMATE B daily with extra B₆ 100 mg., and niacin 100 mg. 3x daily. CRYSTAL STAR® RELAX CAPS™ with CALCIUM MAGNESIUM SOURCE™ caps; or CoQ₁₀ 60 mg. 3x daily.
- **Boost essential fatty acids:** Omega-3 fish or flax oils 3 daily; Evening Primrose Oil 3000 mg. daily.
- **Handle fats and dairy foods better:** CRYSTAL STAR® DR. ENZYME 2: FAT & STARCH BUSTER™; Bromelain 1000 mg. daily; Chromium picolinate 200 mcg. daily for insulin resistance; PLANETARY TRIPHALA caps (very good results). METABOLIC RESPONSE MODIFIERS CARDIO CHELATE WITH EDTA.



Bodywork techniques are a key to improving your circulation

- **Avoid tobacco in all forms** to dramatically lower blood pressure. Smoking constricts blood vessels, making your heart work harder. Smoking also aggravates high blood sugar levels.
- **Avoid Phenylalanine** (especially as found in NUTRA-SWEET) and over-the-counter antihistamines that aggravate high blood pressure.
- **Eliminate caffeine and hard liquor.** They can cause adrenaline rushes that make blood pressure soar. (A little wine at night with dinner can actually lower stress and hypertension.)
- **Exercise is important.** Take a brisk 30 minute walk every day, with plenty of deep lung breathing.
- **Relaxation techniques are important.** Massage and meditation are two of the best for hypertension.
- **A dry skin brush all over the body** does wonders to stimulate better blood flow.
- **Reflexology point:** Pull middle finger on each hand 3x for 20 seconds each time, daily.

Diet to Lower Cholesterol

High cholesterol affects up to 60 million Americans, and it is a major factor for coronary heart disease. Cholesterol is a fat-related substance essential to every body function. Poor metabolism and over-indulgence in artery clogging foods leads to serious deposits in arterial linings, and to gallstones. There are two kinds of cholesterol. HDL (high density lipo-protein, or good) cholesterol, LDL/VLDL (low density and very low density lipoproteins, or bad) cholesterol. Both types are found only in your blood, not in food. People with cholesterol levels over 240 are 3 times as likely to die of cardiovascular disease. Research now links high cholesterol to increased risk of early Alzheimer's disease!

While statin drugs are widely touted for cholesterol reduction, research shows that taking them without making healthy lifestyle changes does not reduce rates of death, heart attacks or heart disease. Side effects of cholesterol-lowering drugs like Zocor, Mevacor and Pravachol include liver toxicity, kidney failure, impotence, stomach distress and vision impairment. The Journal of Clinical Pharmacology says these drugs also deplete CoQ₁₀, an essential co-enzyme that strengthens the heart and arteries, by up to 50%.

What level should your cholesterol be?

Cholesterol screening results can be complicated. Pay close attention to your results. High LDL cholesterol accumulated on arteries walls can eventually block the flow of blood to your heart or brain, resulting in a heart attack or stroke.

Is your cholesterol too high? Check these signs:

- Is your circulation poor? (from plaque formation on the artery walls)
- Do you get frequent leg cramps and pain?
- Do you lead a high stress lifestyle? Is your high blood pressure too high? (from a diet too low in fiber)
- Do you have bouts of difficult breathing? Are your hands and feet always cold?
- Is your skin and hair always dry? (from a diet without enough essential fatty acids)
- Do you get heart palpitations and dizziness alternating with periods of lethargy?
- Do you have multiple allergies and kidney trouble? (from a diet too high in saturated fats and sugars)

Here's what is tested in today's cholesterol screening.

- **LDL (low density lipoprotein)**, the "bad" cholesterol, carries cholesterol through the bloodstream for cell-building, but leaves behind the excess on artery walls and in tissues.
 - Ideal LDL levels are less than 130 mg./dL.
 - Levels between 130 mg/dL to 159 mg./dL are borderline high.
 - Levels 160 mg./dL and over are high.

Important: New research points out new LDL concerns. Almost half of all heart disease patients have pattern-B LDLs, smaller and denser than normal LDL. Pattern-B LDLs enter into blood vessels 40% faster than normal LDLs, so fat is deposited on artery walls faster than it can be removed. Studies show people with more than 25% of pattern-B LDL cholesterol have three times the normal risk of heart diseases—even when their total LDL count is normal! New cholesterol screening shows pattern-B LDL cholesterol levels.

- **HDL (high density lipoprotein)**, the "good" cholesterol, helps prevent narrowing of the artery walls by transporting excess LDL cholesterol to the liver for excretion as bile.
 - Ideal HDL cholesterol levels are 60 mg./dL and above.
 - Levels below 35 mg./dL are too low.
- **Triglycerides**, sugar-related blood fats that usually appear on your thighs and hips, increase the density of LDL cholesterol molecules. High triglycerides cause blood cells to stick together, impairing circulation and leading to heart attack. High triglycerides also elevate insulin levels, aggravating high cholesterol. Eliminating

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sugar and reducing refined carbohydrates, like bread and pasta is critical to both high cholesterol and high triglycerides. For every ounce of triglycerides you eat you add 250 calories (the weight of a raisin).

- Ideal triglyceride levels are less than 200 mg./dL.
- 200 to 399 mg./dL is considered borderline.
- Levels above 250 increase your heart attack risk 50%.
- Levels 400 mg./dL and above are dangerous to health.

• **Total cholesterol:**

- Levels should be less than 200 mg./dL.
- Levels 200 to 239 mg./dL are borderline high.
- Levels over 240 mg./dL are high and put you at an increased risk for heart disease.
- Low cholesterol levels (below 180) affect 10% of Americans and can be dangerous, too. A new study by the University of Washington shows low cholesterol is a risk factor for hemorrhagic stroke!

Cholesterol Watchwords:

- **Cholesterol in eggs isn't the culprit.** Kansas State University research shows eating eggs in moderation has little impact on blood cholesterol levels. Eggs are still one of Nature's perfect foods, a whole food, with phosphatides to balance the cholesterol. The big contributor to high blood cholesterol levels is saturated fat and over-eating. Focus instead on plant foods like red yeast rice and Red Star nutritional yeast. Vegetarians who occasionally eat eggs and small amounts of low fat dairy are at the *lowest* risk for arterial or heart disease.
- **A low fat, high fiber diet is still the key to reducing cholesterol.** Reducing sugar is the key to lowering triglycerides and cholesterol. Fiber drinks like GREEN FOODS BERRY BARLEY ESSENCE, and herbal supplements like CRYSTAL STAR® SUGAR CONTROL HIGH™ capsules that balance blood sugar levels really help... usually with noticeable benefits in one to two months.
- **Focus on foods that lower bad cholesterol:** soy foods (with isoflavones), olive oil (recent research shows adults who consume 2 tbsp. of extra virgin olive oil a day for just one week have less LDL oxidation!), whole grains like oats, high fiber foods like fresh fruits and vegetables, beans, yogurt and cultured foods, and yams.
- **Substantially reduce or avoid cholesterol culprits** like animal fats, red meats, fried foods, fatty dairy foods like cheese and sour cream, salty, sugary snack foods (usually loaded with trans fats), and chemical laden foods.
- **Eat smaller meals, especially at night.** A little wine with dinner reduces stress and raises HDLs.
- **Take a morning cup of green tea** (or CRYSTAL STAR® GREEN TEA CLEANSER™), and a royal jelly/ginseng drink like PRINCE OF PEACE ROYAL JELLY - GINSENG VIALS for a month makes a noticeable difference in cholesterol levels.

Choose 2 or 3 supplements to help balance your cholesterol:

- **Balance LDL to HDL levels (the real secret):** Reishi extract drops; Red yeast rice; FUTUREBIOTICS CHOLESTA-LO; Policosanol, 5 – 30 mg. daily to inhibit LDL oxidation.
- **Support cardiovascular health:** Hawthorn extract 3x daily; GOLDEN PRIDE FORMULA ONE ORAL CHELATION with EDTA; or LANE LABS PALM VITEE TOCOTRIENOLS.
- **Boost antioxidant intake:** CoQ₁₀ 100 mg. daily; Grapeseed PCOs 100 mg. daily; or Bilberry extract 2x daily for PCOs; Microhydrin available at royalbodycare.com; American Health ESTER E 400 IU; Carnitine 1000 mg. daily.
- **Good fats balance out bad fats:** UDO'S PERFECTED OIL BLEND; Evening Primrose Oil 4000 mg. daily; Omega-3 rich FLAX OIL capsules daily.
- **Raise your HDL levels:** Panax ginseng and Suma root (both help protect the liver); SOLARAY ALFA JUICE caps; HERBS ETC. CHOLESTERO-TONIC.
- **Lower LDL, VLDL and triglyceride levels:** GRIFRON MAITAKE MUSHROOM caps; HEALTH FROM THE SUN BASIKOL WITH PHYTOSTEROLS (good results in Mayo clinic tests) or JAGULANA JIAOGULAN (good results in Chinese clinical tests); Cayenne-Ginger capsules 2 daily; KYOLIC AGED GARLIC EXTRACT, or Garlic-Fenugreek seed caps 6 daily (decreases bad cholesterol 10%); NUTRICOLOGY NAC (N-acetyl-cysteine) 1000 mg. daily, or SOLARAY GUGGUL-RED YEAST RICE caps (guggulipid lowers blood fats over all); Chromium 200 mcg. helps triglycerides.

- **Help the liver metabolize cholesterol:** Drink green tea or take CRYSTAL STAR® GREEN TEA CLEANSER™; Milk Thistle Seed extract for 3 months; Dandelion root tea; SCHIFF ENZYMALL WITH OX BILE daily. SOLARAY LIPOTROPIC 1000. ESTEEM CARDIOLIFE; PLANETARY TRIPHALA caps.
- **Niacin therapy reduces harmful blood fats and benefits nerves.** (Not for use in cases of glucose intolerance, liver disease or peptic ulcer.) Flush-free niacin is OK. Dose: 1000 mg. daily; NATURE'S WAY NIACIN 100 mg. with glycine 500 mg. if sugar sensitive. FUTUREBIOTICS CHOLESTA-LO with garlic and niacin.



Bodywork techniques are a key to reducing your cholesterol

- **Reduce your body weight.** Many overweight people have abnormal metabolism. If you are 10 pounds overweight, your body produces an extra 100 mg. of cholesterol every day.
- **Exercise is preventive medicine for cholesterol.** Even if you cut your fat, you need to exercise to lower your LDLs. Take a brisk daily walk or other regular aerobic exercise to enhance circulation and boost HDL.
- **Eliminate tobacco use of all kinds.** Nicotine raises cholesterol levels.
- **Practice a favorite stress reduction technique at least once a day.** There is a correlation between high cholesterol and aggression. Men who are the most emotionally repressive have the highest cholesterol levels.

For more information on this topic, visit www.healthyhealing.com

Maintenance Recipes for a Healthy Heart Diet

Use these recipes on an ongoing basis once your initial healing diet is producing good results.

The diets and recipes that help prevent heart disease also improve congestive heart failure, heart palpitations, irregular blood pressure, cholesterol build-up, atherosclerosis, blood clots, hemorrhoids and varicose veins.

Breakfast

Apple Couscous for Breakfast

Light and satisfying

3 cups couscous, prepared according to package directions	½ cup chopped carrots	½ cup chopped apples
3 tbsp. chopped almonds	1 tbsp. grapeseed oil	2 tbsp. raisins
	2 pinches herb salt	
	2 pinches curry powder	

Sauté almonds and carrots for 3 minutes in the grapeseed oil. Combine with couscous and season with herb salt and curry powder. Top with apples and raisins. Makes about 4 cups.

Prune Walnut Muffins

1 cup whole wheat pastry flour	1½ tsp. cinnamon	2 eggs
½ cup toasted wheat germ	½ cup walnuts, diced	2 tbsp. frozen orange juice concentrate
½ cup GRAPENUTS	½ tsp. powdered ginger	3 tbsp. soft butter
1 tbsp. baking powder	¼ tsp. nutmeg	3 tbsp. honey
¼ tsp. baking soda	½ cup plain yogurt	
1 cup prunes, diced	½ cup water	

Preheat oven to 350°F. Mix the dry ingredients in a large bowl: flour, wheat germ, Grapenuts, baking powder and baking soda. Add fruits, nuts and spices: prunes, cinnamon, walnuts, powdered ginger and nutmeg. Mix wet ingredients in a large pan and heat until syrupy: yogurt, ½ cup water, eggs, orange juice, butter and honey. Add to dry ingredients in the bowl and combine until just gently moistened. Pour into grapeseed oil-sprayed muffin tins or paper-lined muffin cups and bake for 20 – 25 minutes or until a toothpick inserted in the center comes out clean. Makes 18 muffins.

Honeydew with Frosty Blueberries

½ cup honey	1 cup blueberries	crystallized ginger, minced
1½ tsp. vanilla	1 honeydew melon	

In a saucepan, heat the honey and vanilla. When honey starts to bubble, remove from heat, let cool slightly. Then gently stir in the blueberries until they are coated. Lift berries from honey with a slotted spoon and place on a tray in the freezer for 30 minutes (no more). Cut the honeydew in quarters. Place each quarter on a salad plate. Divide berries between melon pieces. Sprinkle with minced crystallized ginger. Makes 4 servings.

Healing drinks

Circulation Energy Tonic

Energize against aches and chills.

1 cup cranberry juice	4 tbsp. raisins	4 – 6 whole cloves
1 cinnamon stick	2 tbsp. honey	1 tsp. vanilla
1 cup orange juice	4 tbsp. almonds, chopped	4 – 6 cardamom pods

In a saucepan, combine all ingredients and heat gently for 15 minutes. Remove spices. Serve hot. Makes 4 drinks (2 day's supply).

Soy Protein Power Shake

2 cups honey-vanilla soy milk	3 tbsp. nutritional yeast flakes	2 tbsp. cocoa powder
2 frozen bananas	2 tbsp. bee pollen	1 tbsp. lecithin granules
4 tbsp. vanilla soy protein powder	2 tbsp. toasted wheat germ	1 tsp. cinnamon

Combine all ingredients in a blender and blend until smooth. Makes 2 shakes.

Soups, salads, appetizers

Vegetable Pickles

1 cup radishes, sliced	1 large carrot, thinly-sliced	2 tbsp. umeboshi vinegar or seasoned brown rice vinegar
1 European hothouse cucumber, thinly-sliced	½ tsp. sea salt	6 tbsp. sake

In a bowl, toss together radishes, cucumber, carrot and salt. Let sit at room temperature for 2 hours. Press vegetables gently in a colander to drain off liquid, then return to bowl. In a pan, bring vinegar and sake to a boil. Immediately remove from heat. Let cool; pour over veggies. Cover and chill for 24 hours. Serve in small lettuce cups that can be hand-held to eat. Makes 8 appetizers.

Low-Fat Hot Tuna Pâté

1 can water-packed white tuna, drained	¼ tsp. lemon-pepper seasoning	rye cocktail rounds
1 tsp. lemon juice	1½ tbsp. sweet relish	
1 tbsp. Dijon mustard	1 tbsp. minced parsley	

Preheat the oven to 325°F. In a mixing bowl, combine the tuna, lemon juice, mustard, lemon-pepper, relish and parsley. Spoon into lecithin-sprayed ramekins. Heat at 325° for 40 minutes or until browned. Serve right away with plenty of rye cocktail rounds. Makes 8 servings.

Nutrition per serving:	Vitamin C----- 11 mg.	Fat----- 1 g.	Magnesium ----- 6 mg.
Calories ----- 103	Vitamin E ----- trace amounts	Cholesterol----- 0	Potassium ----- 60 mg.
Protein ----- 9 g.	Carbohydrates ---- 16 g.	Calcium ----- 159 mg.	Sodium----- 375 mg.
Vitamin A ----- 6 IU	Fiber ----- 2 g.	Iron ----- 2 mg.	

California Falafel Salad

1 lb. extra firm tofu, cubed	1 tbsp. olive oil	½ cup lemon mayonnaise
8 oz. falafel mix or sesame burger mix	2 crumbled hard boiled eggs	½ cup sweet pickle relish
½ cup minced green onions	1 cup thin-sliced celery	shredded romaine lettuce
	1 tbsp. sweet hot mustard	

Boil tofu in 1 cup water for 5 minutes. Drain. Toss with falafel mix; set aside. Sauté green onions in olive oil for 2 minutes. Add ½ cup water and let simmer. Remove from heat. Add tofu and falafel mix. Toss to coat and set aside for a few minutes to absorb water. Add eggs, celery, mustard, lemon mayonnaise and relish. Stir just lightly to moisten. Chill for 1 hour and serve over shredded romaine lettuce. Makes enough for 6 salads.

Nutrition per serving:	Vitamin C----- 8 mg.	Fat----- 19 g.	Magnesium ----- 124 mg.
Calories ----- 397	Vitamin E ----- 1 IU	Cholesterol----- 71 mg.	Potassium ----- 617 mg.
Protein ----- 21 g.	Carbohydrates ---- 33 g.	Calcium ----- 219 mg.	Sodium----- 422 mg.
Vitamin A ----- 80 IU	Fiber ----- 4 g.	Iron ----- 11 mg.	

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Turkey Almond Salad

The taste of a holiday turkey in a salad.

1 tbsp. shallots, minced	1/3 cup brown rice vinegar	1 cup celery, sliced
1/2 cup slivered almonds	1/3 cup grapeseed oil	1/2 cup jicama, diced
1/2 cup whole wheat bread, cut in cubes	1 tbsp. soy bacon bits	spinach leaves, chopped
4 tsp. tamari	1/2 tsp. black pepper	
	2 cups cooked turkey, diced	

Preheat an oven to 350°F. On a cookie sheet, combine the shallots, almonds, bread cubes and toast in the oven until golden. To create the dressing, combine the tamari, rice vinegar, grapeseed oil, bacon bits and black pepper. Mix salad ingredients: turkey, celery and jicama. Toss with roasted mixture, and with dressing; serve over chopped spinach leaves. Makes 4 salads.

Salmon Wrapped Prawns

12 raw, peeled prawns	1 tsp. garlic-lemon seasoning	thin slices of smoked salmon
1/2 cup white wine	1/4 tsp. hot pepper sauce	lemon wedges

Preheat broiler or grill. In a bowl, combine the prawns, white wine, garlic-lemon seasoning and hot pepper sauce. Allow to marinate in the refrigerator for at least 20 minutes.

Drain prawns; discard marinade. Cut thin smoked salmon into 1/2"-wide strips, 2" long. Wrap prawns and secure with toothpicks. Broil or grill about 6" from heat, until salmon is crispy on the edges. Watch closely. Serve with lemon wedges. Makes 12 appetizers.

Oats and Almonds Pilaf

1 cup sliced almonds	2 tsp. olive oil	6 tbsp. fresh parsley, chopped
1 onion, diced	1 cup oats	
2 cloves garlic, minced	1 3/4 cup onion broth	

Toast almonds in the oven for 10 minutes at 325°F. Stir and shake often.

Sauté the onion and garlic in the olive oil. Add oats and sauté until fragrant, about 5 minutes. Add onion broth; bring to a boil. Cover and simmer 15 – 20 minutes or until liquid is absorbed. Remove from heat. Fluff and mix in half of the parsley and half of the toasted nuts. Top with the rest of the parsley and almonds. Makes 3 servings.

Entrées

Fiber Veggie Toss

4 cups celery, sliced	1 tbsp. tamari	1 tbsp. grapeseed oil
1 cup snow peas, trimmed	2 tbsp. arrowroot powder	1 tsp. toasted sesame oil
2 1/2 cups mushrooms, sliced	1 tsp. sherry	1 3/4 cups miso broth
1 cup onions, thinly sliced	1 tsp. fructose	crispy Chinese noodles
1 red bell pepper, slivered	1/2 tsp. hot chili oil	

To prepare the sauce, combine the tamari, arrowroot powder, sherry, fructose and hot chili oil.

Heat a wok for a minute, then add the grapeseed oil and the sesame oil. Heat briefly and add the celery, bell pepper and onions. Sauté for 3 minutes. Add mushrooms, snow peas and miso broth. Add the sauce and bring to a boil. Simmer until thickened. Serve over crispy Chinese noodles. Serves 4 people as a main dish.

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Highly Savory Eggplant

2 lbs. eggplant	¼ cup scallions, minced	1 tbsp. arrowroot powder
2 tbsp. chopped dried onion	2 tbsp. tamari	½ tsp. toasted sesame oil
2 tbsp. ginger, minced	2 tbsp. balsamic vinegar	
1 tbsp. garlic, minced	1 tbsp. sherry	
1 cup organic vegetable broth	½ tbsp. hoisin sauce	
	1 tsp. fructose	

Preheat broiler. Peel and cut eggplant into strips. Salt, sprinkle with dried onion, and set in a colander to drain for 30 minutes. Rinse, then place strips on olive oil-sprayed baking sheets. Broil 3 – 4 inches from heat until browned. Turn strips over and brown other side, watching carefully. Insides should be soft.

Heat a large olive oil-sprayed wok. Add ginger, garlic and stir-fry for a few seconds, adding 4 – 6 drops toasted sesame oil to keep from sticking. Add broiled eggplant strips, broth, scallions, tamari, balsamic vinegar, sherry, hoisin sauce and fructose. Toss over high heat for 2 minutes. Stir in arrowroot powder dissolved in 2 tbsp. water and stir until thickened. Drizzle with ½ tsp. toasted sesame oil, toss briefly and transfer to warm serving dish. Makes 4 servings.

Nutrition per serving:	Vitamin C ----- 7 mg.	Fat ----- 4 g.	Magnesium ----- 40 mg.
Calories ----- 136	Vitamin E ----- 1 IU	Cholesterol ----- 0	Potassium ----- 578 mg.
Protein ----- 4 g.	Carbohydrates ---- 23 g.	Calcium ----- 33 mg.	Sodium ----- 482 mg.
Vitamin A ----- 22 IU	Fiber ----- 6 g.	Iron ----- 1 mg.	

Tomato-Cheese Strata

1 tsp. olive oil	1 cup low-fat cottage cheese	1 cup low-fat mozzarella cheese
12 – 16 artichoke or spinach whole wheat lasagna noodles	½ cup red wine	16-oz. jar julienne-cut, oil-packed sun-dried tomatoes
5 eggs	½ tsp. lemon-garlic seasoning	black olives, chopped
1 cup plain yogurt	½ tsp. pepper	walnuts, chopped

Preheat oven to 350°F. Prepare an 8" x 11" baking pan by coating with a little olive oil.

Bring a large pot of salted water to boil. Add 1 tsp. olive oil so noodles won't stick, then add the lasagna noodles. Cook only 10 minutes (they'll cook more later). Drain and set aside.

Make the sauce while noodles cook. Mix the eggs, yogurt, cottage cheese, red wine, lemon-garlic seasoning and pepper.

Assemble the strata. Line bottom of oiled baking pan with a layer of noodles. Sprinkle with mozzarella cheese. Scatter half of the sun-dried tomatoes over the cheese. Cover tomatoes with a scattering of chopped black olives. Cover olives with another layer of noodles, and repeat tomatoes. Pour sauce over and scatter chopped walnuts on top. Bake uncovered until edges are light brown and center is firm, about 45 minutes. Cool slightly to set; then cut in squares. Serves 8.



Rice Layers

3 cups brown basmati rice, cooked	1/3 cup sliced almonds	1 red bell pepper, sliced in thin strips
1 tsp. tamari	3 large onions, diced	low fat ricotta cheese
1 tsp. dry basil	3 shallots, minced	grated parmesan-reggiano cheese
1/2 cup fresh parsley, minced	2 tbsp. olive oil	

Preheat oven to 350°F. Prepare an 8" x 8" square baking pan by coating with a little olive oil. Mix and toss the rice with the tamari, basil, parsley, and almonds. Sauté the onions and shallots in olive oil for 10 minutes. Add the bell pepper and sauté for 3 minutes. Assemble layers in the baking pan. Spoon a layer of rice over the bottom. Cover with a layer of ricotta. Cover with a layer of onions and peppers. Repeat layers. Cover top with parmesan-reggiano cheese. Bake 20 – 25 minutes then run under the broiler for 30 seconds to brown.

Try this: Just as good... broccoli-zucchini or mushroom and sliced turkey layers instead of onions and peppers. Makes enough for 6 people.

Lobster Salad with Ginger Dressing

8 oz. fresh pea pods	2 kiwi, peeled and thinly sliced	3/4 cup orange juice
2 lobster tails (8 oz. each) or 16 oz. langostinos	fresh strawberries, sliced	2 tbsp. brown rice vinegar
baby greens	1 tsp. grated orange zest	2 tbsp. minced crystallized ginger

Trim and blanch pea pods in boiling water until color changes to bright green. Remove pods and rinse in ice water to set color. Return water to a boil, and add the lobster tails. Simmer covered until meat turns opaque in the center, about 7 minutes. Drain, clip fins and shell, and lift out meat. Slice meat into bite-size chunks and chill. Cover 4 salad plates with baby greens. Arrange kiwi slices in a ring over top. Fill the middle of the ring with the strawberries. Top with lobster and pea pods. Chill again while you make the dressing.

To make the Ginger Dressing, mix the orange zest, orange juice, rice vinegar and crystallized ginger. Pour over salad. Makes 4 servings.

Healthy dessert options

Fresh Ginger-Coconut Cookies

16 oz. shredded unsweetened coconut	1/2 cup red grape juice or cranberry juice	1 tbsp. unsweetened cocoa powder
1/4 cup sesame seeds	3 tbsp. crunchy peanut butter	2 tbsp. honey
3 tbsp. fresh ginger, peeled and grated (or crystallized ginger, minced)	1 pinch sea salt	2 tbsp. date sugar
	1/2 cup date sugar	

Toast coconut and sesame seeds in the oven until golden. Save about 1/2 cup for rolling cookies in. Turn rest into a double boiler over simmering water and warm, adding the ginger, juice, peanut butter and sea salt. In another pan, melt 1/2 cup date sugar, cocoa powder and honey. Blend in coconut-juice mixture. Chill in the fridge. Roll 42 small balls. Mix 2 tbsp. date sugar with reserved coconut-sesame mix and roll cookies in the mix. Makes 42 ball cookies.

Nutrition per serving:	Vitamin C ---- trace amounts	Fat ----- 8 g.	Magnesium ----- 17 mg.
Calories ----- 96	Vitamin E ---- trace amounts	Cholesterol----- 0	Potassium ----- 87 mg.
Protein ----- 1 g.	Carbohydrates ---- 7 g.	Calcium ----- 14 mg.	Sodium----- 18 mg.
Vitamin A----- 1 IU	Fiber ----- 2 g.	Iron ----- 1 mg.	

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