

## Recipes to liven your taste buds AND keep you healthy

By Gabrielle Traub, Homeopathic practitioner

### Call on Coleslaw

With foods that protect against Cancer AND help you Lose Weight

#### Ingredients:

½ Red cabbage

½ Green cabbage

Handful leafy greens (optional) (Kale, Swiss chard, Bok choy, Spinach)

1x Cup Sprouts

1x Tbsp Chia seeds

Handful Goji berries

1x clove of garlic

Handful cilantro

Drizzle of Nama Shoyu (*Fermented soy sauce: this contains soy and should be avoided by anyone on a soy-free diet or with an estrogen sensitive cancer*)

½ cup unfiltered Apple cider vinegar

2 Tbsp Organic raw sesame tahini

½ cup Arame sea vegetable

Red chili pepper flakes

Raw Agave syrup (optional)

\*Cooked protein may be added to this for variation (optional)

#### Directions:

Soak Arame sea vegetable in a cup of hot water and stand until it is soft

Shred cabbage and leafy greens and place in large bowl

Add sprouts, cilantro, goji berries and chia seeds

Pour apple cider vinegar into a cup, stir in raw sesame tahini with a fork. Add freshly crushed garlic. This is the dressing.

Mix in dressing to bowl of vegetables.

For more delicious, healthy recipes, go to <http://www.sandiegohomeopathy.com/diet.htm>

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Drain Arame sea vegetable and mix in with vegetables.

Drizzle with Nama Shoyu and agave syrup. Sprinkle with red chili pepper flakes.

Mix well.

Eat right away or keep in the fridge and allow to “infuse” overnight. Keeps well in the fridge for a few days.

### Health benefits of this recipe:

**Cabbage** contains sulforaphane and indole-3-carbinol, which may lower your risk of various forms of cancer. It is also rich in fiber and Vitamins A, C, B and E. Cabbage helps to curb hunger and assists in weight loss when used in conjunction with a healthy diet and exercise program. Cabbage has been shown to fight infections by helping the body to produce antibodies. It is also shown to prevent ulcers. Cabbage provides high levels of iron and sulphur, minerals that work in part as cleansing agents for the digestive system.

**Leafy greens** are rich in folic acid and essential vitamins and antioxidants.

**Arame sea vegetable** is a seaweed, rich in iodine. Iodine is necessary for a healthy thyroid gland which maintains metabolism and balances hormones. It also helpful in water retention, thus further assisting weight loss.

**Chia seeds** contain essential fatty acids which are necessary for healthy brain functioning, regulating mood and providing health cholesterol necessary for optimal cardiac function.

**Cilantro** aids in chelation and cleans out the urinary tract. It is an anti-inflammatory, lowers bad cholesterol and blood sugar, aids digestion and is rich in iron, magnesium, phytonutrients and flavanoids.

**Sprouts** are a concentrated source of essential vitamins.

**Goji berries** are a rich source of antioxidants and may contribute towards longevity.

**Chili peppers** have a wide range of health benefits, stimulate metabolism and contain more vitamin C than oranges.

**Apple cider vinegar.** Dark, leafy greens are good sources of calcium, but some of these greens also contain compounds that inhibit calcium absorption. Apple cider vinegar is high in acetic acid, which taken with meals, can increase your ability to absorb calcium from your food. Apple cider vinegar has been shown to lower blood sugar in type 2 diabetes and may help those with insulin resistance.

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## Daniel's Power Snack

### Version 1: (Dairy free)

- Organic unsweetened Apple sauce
- 2 scoops of powdered greens (Preferably with algae)
- Handful walnuts (or other nuts) (Leave out if you have a nut allergy)
- 2 tblsp flax seed oil or other essential fatty acids (*Ensure that the oil is fresh. Flax seed oil typically goes rancid just 6 weeks after pressing. If it causes digestive upsets, there is a good chance that the oil is rancid*)
- 2 tblsp raw organic Cocoa (cocoa nibs or powder)
- Handful Gogi berries
- Maca powder (Recommended brand: "Maca extreme")
- 2 scoops protein powder (Recommended brands: Whey better or Thor's raw powder)
- Poppy seeds
- Chia seeds (these are rich in essential fatty acids)
- 1 tbsp Lecithin granules (Recommended brand: Health Alliance) (Leave out if you are sensitive to soy)
- 1 scoop Probiotic powder
- 1 tbsp coconut oil

### Optional

Handful of shredded coconut  
+- 1 tblsp raw almond butter  
A pinch of Nutmeg or Cinnamon

### Version 2: (Contains dairy)

Same as above, but substitute organic plain unsweetened Kefir/Goat's yoghurt/Sheep yoghurt instead of the applesauce. With this version it is advisable to eliminate the powdered greens for taste.

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## Daniel's Sprightly Wild Rice

### Preparation:

Sprout wild rice by soaking the wild rice in water for 2 days.  
Rinse a few times a day.

### Ingredients:

Sprouted wild rice  
Avocado  
Lime juice  
Salt, pepper, Cayenne  
Fresh diced Jalapeños  
Cilantro (optional)

### Directions:

Mix wild rice and avocado in equal parts  
Add lime juice to taste.  
Add salt, pepper, cayenne, Jalapeños, Cilantro

### Comments:

Eliminate the Jalapeños and Cayenne if you suffer from heartburn or gastric ulcers. Eliminate the salt if you suffer from high blood pressure.

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