

Vital Abundance Cooking Series bk I Updates

One change, in the second paragraph – remove “quinoa does contain a small amount of gluten” it doesn’t.

Section: About the Ingredients

- Arrowroot (updates will follow current information): *(The following seems redundant) It is very versatile and nutritious; it* Can be used in gravies, sauces, puddings, jellies, and desserts. Arrowroot is an easy-to-digest starch due to its high calcium chloride content. The calcium chloride content helps maintain a proper acid and alkali balance in the body.¹
- Bragg Liquid Amino Seasoning (updates will follow current information): For those with soy allergies, sea salt can be used to replace the Bragg Liquid Amino Seasoning. With salt, season to taste.
- Brown Rice Syrup: After the first sentence; Other sweeteners, such as honey or pure maple syrup, can be used in place of brown rice syrup. Brown rice syrup is considered..... Add at the end: When purchasing brown rice syrup, check the manufacturer label to make sure it is gluten-free.
- Carob: Use this to replace all of the carob information: Carob is used in place of chocolate. It does not taste the same, but the flavor is similar and it does make delicious desserts. Carob has numerous nutritional highlights; the complex carbohydrate content gives it a naturally sweet taste. It contains no caffeine therefore it is not a stimulant. It contains fiber, including “heart-healthy” pectin. Additionally, it contains phosphorus, carotenoids, B-vitamins, iron, and three times the calcium of mothers’ milk.¹ There is one caveat: carob contains tannins. Tannins are plant substances that reduce absorption of protein through the intestinal wall. Roasting the carob pod neutralizes most of the tannins, so buy only roasted carob.¹
- Flaxseed Oil: Use this to replace all of the flaxseed oil section: Flaxseed oil is one of the richest sources of the essential fatty acid (alpha-linolenic acid, or (ALA). ALA is called an essential fatty acid because it cannot be formed from any other fatty acids in humans. The body uses ALA as raw material to make other important fats and hormones necessary for health and healing. ALA is also found in hemp seed, grape (canola) seed, soybean, and walnut oils, and in dark green leaves. In the body, ALA goes through an enzymatic conversion process called elongation and desaturation to become the Omega-3 fats called

¹ Fallon, Sally with Mary G. Enig, Ph.D., Nourishing Traditions, the Cookbook that Challenges Politically Correct Nutrition and the Diet Dictocrats, revised 2nd edition, Copyright© 1999, 2001 New Trends Publishing, Inc. Washington, DC

eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA).² The EPA and DHA are the important fatty acids used as raw material for the body to manufacture short-lived hormones called eicosanoids. The eicosanoids made from the Omega-3 fats (EPA and DHA) regulate inflammation (*the following seems redundant*) promoting health and are necessary for healing.² Under most circumstances, this conversion process is efficient; however, there are certain individuals that may not make the conversion properly. Zinc and magnesium deficiency can impair the enzyme that makes this conversion.² Research has also shown that individuals with metabolic syndrome/insulin resistance and diabetes may not make this conversion.² Individuals with hypothyroid have inhibited enzymes and therefore do not make this conversion well either.³ Additionally, a diet high in refined carbohydrates (i.e., white flour, soda pop, chips, crackers, cereals, cookies, etc.), paired with an excessive high-intake of saturated fat, monounsaturated fat, and trans-fatty acids, can interfere with this conversion process.² Thus it is wise to make sure *one is you are (I think it's okay to use "you" in this context)* consuming sources of both EPA and DHA (fatty fish—low mercury content, and quality fish oil—tested for heavy metals (*clarify the part in parentheses—seems like you're talking about two different things*)). *Lastly, if one is* If you are consuming ALA in the form of flaxseed oil on a consistent basis, it is also important to also take in sources of gamma-linolenic acid (GLA). Sources of GLA include hemp seed, black current seed, borage oil, and evening primrose oils. These two fatty acids, ALA and GLA, need to be in balance in the diet. Flaxseed oil is used in a number of ~~the~~ recipes within this book. You may consider substituting flaxseed oil for hemp seed oil in any of the recipes calling for flaxseed oil. *One final note; (could be omitted, but if not, change the comma to a colon)* flaxseed oil and hempseed oil should never be heated in a skillet or used in baking. The oils must be kept refrigerated in a dark, airtight bottle. Pay attention to the expiration date on the bottle, and use it up before that date.

- Flax seeds (two words; or one word, "flaxseed"): “You do not get a large amount of ALA (this is the change, ALA instead of omega 3) next change – 2nd to last sentence “If you add them uncooked to smoothies, you will get the benefit of phyto-estrogens (plant hormones) and the ALA fats.” (changes are plant hormones in parenthesis and ALA instead of omega 3)
- Sea Salt: Use this to replace what is there : Look for sundried sea salt which contains traces of marine life providing organic forms of iodine. The best salt is light grey or pink. Rock salt also contains higher amounts of minerals than ground salt. *Unlike table salt, the mineral content in sundried sea salt (which contains magnesium and approximately 80 trace minerals) is beneficial for the health of the adrenal glands. It also aids in normalizing fluid balance within the body. (This is one possible way to rephrase—the sentence just sounded a little awkward)*

² Bralley, Alexander, Ph.D., C.C.N., Lord, Richard S., Ph.D., Laboratory Evaluations in Molecular Medicine, Nutrients, Toxicants, and Cell Regulators, ©2001, by the Institute for Advances in Molecular Medicine, Chapter 5 – Fatty Acids

³ Bralley, Alexander, Ph.D., C.C.N., Lord, Richard S., Ph.D., Laboratory Evaluations in Molecular Medicine, Nutrients, Toxicants, and Cell Regulators, ©2001, by the Institute for Advances in Molecular Medicine, Chapter 10 pg. 296

- Stevia: changes at the end, starting where I recommend the white powder. - In the past, I recommended the white powder stevia, ~~thus in many of the recipes I call for the white powder~~ *(don't think you need this part)*. Now stevia comes in various forms, and I have found the liquid form to be the easiest to use. *Additionally (you may want to omit this word/choose a different one, as it appears three times thus far)*, there are many variations in liquid. I like stevia in vegetable glycerine. The vegetable glycerine has a naturally sweet taste and ~~it~~ tends to lessen the **aftertaste** of stevia. *(The following two sentences could also be omitted)* In fact, the front label will often state: “no bitter **aftertaste**.” You can identify the vegetable glycerine by looking at the back label under “other ingredients.” Stevia works best by enhancing the sweet taste of other sweeteners (honey, maple syrup, rice syrup, and lactose in yogurt). When using stevia in baking, it is possible to drastically reduce the amount of sweetener called for, thus reducing the calories and the carbohydrate content. In the recipes I call for 1/8 tsp of stevia powder; simply replace it with approximately 1 full-dropper* of the liquid, or 3-4 packets (if packets are your preferred form). *A full-dropper is approximately ¾ full.

Cleansing Broths and Soups

Add information at the end of Thick Vegetable cleansing broth recipe

This thick cleansing broth also makes a wonderful soup. If you are not planning to fast, feel free to season it to taste. Here is how I like to season it.

2 T. ghee or butter
1 T. whole cumin seeds
Sea salt to taste

In a large skillet, over medium-low heat, melt the ghee or butter and sauté the cumin seeds until lightly toasted. Add half the sautéed seeds (along with the ghee) to the blender with the vegetables and the steaming water. ~~and~~ Blend until smooth. Season with sea salt to taste. Blend the second batch the same way. Enjoy.

Proteins

Pg. P15 – No Mayo Tuna Salad I
Change ¼ tablespoon garlic powder to ¼ teaspoon

Beverages

Pg. BE44 - Coffee Substitutes
Teachino – sp change to Teccino™