

Introduction

More than ever, Americans are becoming aware of the profound connection that exists between the foods we eat and our health. Thankfully, a growing number of consumers are demanding that their food be produced organically without the use of genetic engineering or chemical pesticides. Many are choosing to take charge of their health by turning away from conventional treatments and pharmaceuticals and embracing the old adage of “let thy food be thy medicine.”

As individuals become increasingly mindful of their dietary choices, I’m frequently asked by them to share some of my favorite recipes for health. For years, I’ve worked with some of America’s finest chefs to create an outstanding collection of delicious and wholesome vegan recipes. My goal in writing the *Anti-arthritis, Anti-inflammation Cookbook* is to share with you the very best creations from my kitchen, which will not only dazzle your taste buds, but also enhance your health in powerful ways. From comforting savory soups and inventive salads to mouth-watering entrees and decadent yet guilt-free desserts, the recipes in this book will surely cause family and friends to tell you that “health food never tasted so good.” This cookbook is a wonderful guide for anyone looking to transition from the unhealthy staples that define the Standard American Diet (S.A.D.) to foods that truly satisfy and energize the body. It’s also a fantastic resource for longtime vegetarians and vegans who are seeking creative and appetizing new recipes to add to their repertoire.





Accompanying our recipes are over 300 beautiful photographs to show you that natural healing foods have a certain place in the world of aesthetics and artistic presentation. In order to maximize nutritional benefit and accommodate individuals with food sensitivities, all of the recipes included in this book are dairy-free while a high percentage are raw (uncooked) and gluten-free. Although these original recipes were developed by gourmet chefs, each of them has been tested to make sure that anyone – even those without professional training – can prepare these meals at home.

Before you begin cooking your way to optimum health, it is important that we examine the connection between diet and good health. Here we will discover what inflammation is, where it comes from and how it affects our well-being. We also speak about one of the most notable of all diseases of inflammation, *arthritis*. Because arthritis is a multi-factorial disease, I have written the companion book *Reverse Arthritis and Pain Naturally: A proven approach to an anti-inflammatory, pain-free life* to explore the many causes of arthritis and to present a protocol for prevention and healing that includes the wonderful foods you will find in this book. As we'll see, choosing to follow an anti-inflammatory diet may well be one of the most important decisions you could ever make.

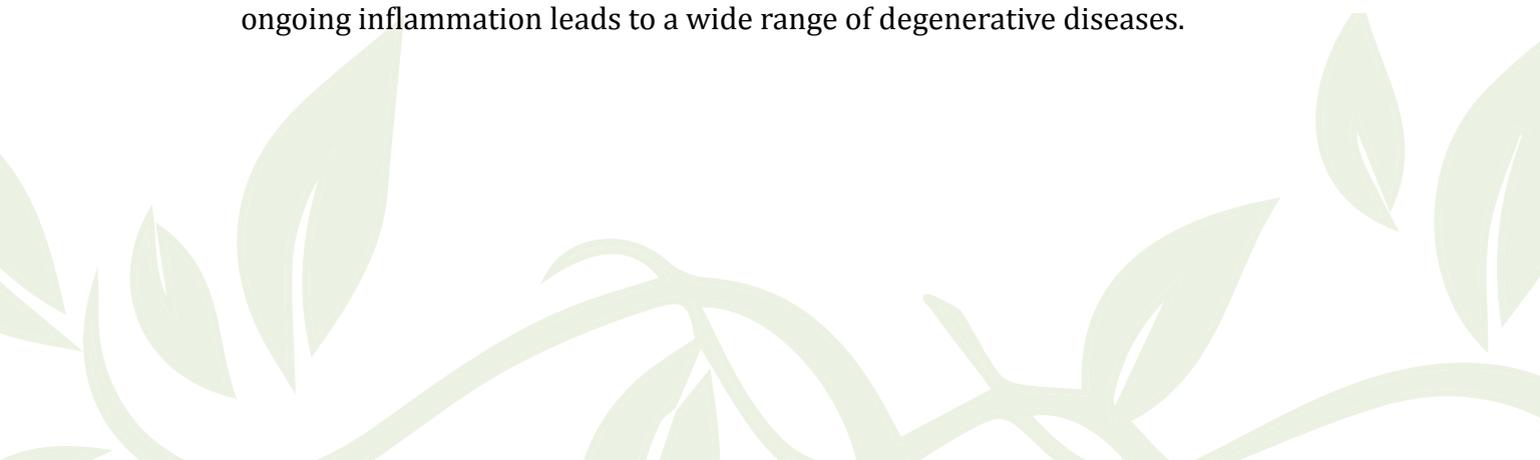


An Inflammation Nation

Today, in America, we are confronted with alarmingly high rates of chronic disease. Millions of people across the country struggle each day with degenerative ailments including diabetes, cancer, heart disease, Alzheimer's disease, lupus and arthritis. Although the symptoms associated with these illnesses can vary greatly, all of these conditions share one root cause: *inflammation*.

Inflammation is a naturally occurring process of the immune system that protects us against infection, wounds, and other trauma. Under normal conditions, any time that your cells are damaged the body immediately creates a pro-inflammatory response, which, in turn, signals the body's healing mechanisms to repair the damage. For example, when you get a cut on your hand, your blood vessels swell (pro-inflammatory response) allowing healing to occur through clotting and the creation of new tissue below a scab.

Certain triggers, however, may cause the inflammatory process to become chronic or excessive, resulting in serious damage to the body including, in the case of arthritis, the breakdown of joints and tissues and its associated pains and disabilities. The scientific literature demonstrates that such ongoing inflammation leads to a wide range of degenerative diseases.



Chronic inflammation is directly linked to our dietary choices, as well as other critical lifestyle factors. Given the high incidence of chronic disease in this country, it's no surprise that the Standard American Diet consists mostly of pro-inflammatory foods. The worst offenders are highly processed foods such as refined carbohydrates, sugars, salts and unhealthy fats. These foods, which are low in nutrients and high in calories, *make up nearly two-thirds of what we consume*. Meat, seafood, eggs and dairy products, which promote inflammation and lack life-sustaining ingredients such as fiber, antioxidants and phytonutrients, account for another quarter of the Standard American Diet. Our overconsumption of these pro-inflammatory foods is not only a major factor in the development of many illnesses, including diabetes, heart disease and arthritis, but is also a key contributor to the weakening and suppression of our immune system, and to unhealthy weight gain and obesity.

The Diseases of Inflammation

While inflammation is a key factor in all diseases, the most well-known disease of inflammation is arthritis. There are three primary types of arthritis: Rheumatoid arthritis, osteoarthritis and gout; in actuality, however, the family of arthritis includes more than 100 conditions that affect the joints, causing stiffness, pain, and restriction of movement. In the U.S. alone, arthritis currently affects an astonishing 50 million adults, and is the leading cause of disability. While many groups in the U.S. (including the current medical community) believe and promote arthritis as a natural part of aging, the fact is that we are not all destined to become arthritic with advancing age. In truth, most of us can reverse and even avoid arthritis and other diseases of inflammation by embracing a healthy lifestyle that includes an anti-inflammatory diet.

Lifestyle Diseases

The term “lifestyle disease” refers to diseases related to how a person, or group of people, lives. In large part, the chronic diseases that plague us today are predominantly lifestyle related, and therefore avoidable. Even when a genetic predisposition is present, in most cases a person can prevent or overcome that disease with the proper lifestyle choices. Factors such as the quality of our food, air and water, the quality of our sleep, our environmental conditions, and our support networks, as well as our ability to handle stress all determine our level of health. As you can see, lifestyle diseases like arthritis are “multi-factorial,” and therefore require a multi-faceted, integrative approach for prevention and healing. While there are many things in life that we cannot control, we can regulate most of what we put into our bodies and allow into our experience. Good health, then, begins with an understanding of what our body, mind and spirit require daily – and on an on-going basis – to become and remain healthy. Then, as we take actions that are in alignment with what we learn and come to know through honest inquiry, we become engaged in the activity of creating health as a way of living – and our lives will reflect this.





Are You at Risk for Arthritis and other Diseases of Inflammation?

There are many risk factors for chronic inflammation and, hence, diseases of inflammation like arthritis; the primary factor is the Standard American Diet, which this book addresses directly through the offering of more than 270 delicious anti-inflammation recipes. Changing how and what we eat is possibly the most important and immediate way we can effect a change in our health. The companion for this cookbook, titled *Reverse Arthritis & Pain Naturally* offers a complete protocol for reversing and preventing arthritis and other diseases of inflammation. In it, you can read first-hand testimonials from people currently afflicted with arthritis who benefited directly from this protocol simply through changing eating and exercise habits, and in only three weeks!

When reading through this list of factors, however, consider that it is not only the number of risks that may be affecting you, but the *degree* to which you are affected by these risks that determines your overall exposure and therefore chance of developing chronic disease. If you are experiencing any of these risks and are determined to resolve them, I encourage you to get the support that you need from qualified professionals. Experts can be extremely helpful for addressing issues adequately and completely on your journey of health and well-being.

Straight Talk from Gary

Since we know that inflammation is at the root of all chronic disease, it follows that if you aspire to be free from disease then you will be actively cultivating an anti-inflammatory lifestyle, which includes – among other things – shifting from the Standard American Diet to an alkalizing vegan vegetarian diet. What you may not comprehend are all the forces that are working against your health in our present society. As I discuss in *Reverse Arthritis & Pain Naturally: A proven approach to an anti-inflammatory, pain-free life*, our current medical treatment paradigm, which includes the powerful influence of pharmaceutical concerns, is deeply wedded to symptomatology, and, therefore, treatment protocols focused on managing *symptoms* rather than addressing the *root causes* of disease as in the case of integrative medicine. This is especially egregious when it comes to the handling of lifestyle diseases like arthritis, because these modern-day treatment protocols – largely pharmaceutical- and surgical-based – are not, on the whole, able to reverse or even stop the progression of the condition. On the contrary, and in most cases, they are causing only further inflammation and tissue degeneration. Moreover, we cannot rely on the Federal Drug Administration (FDA) – the branch of the government tasked with protecting the American public from harmful substances – to oversee the drug industry with any kind of vigor. The relationship between the two groups has become so incestuous that the pharmaceutical industry now regards the FDA as a client rather than a strong and potent regulating body. Sadly, it is the American people who are paying the price. But you can change this! Arm yourself with the correct information on how to create health, such as what I'm presenting in the next section, and take positive actions daily. This is all you need to do to create your new and healthy way of living.

1

The Standard American Diet (S.A.D.) – The S.A.D., which is at the heart of our fast-food nation, is perhaps the leading cause of inflammation today in Western cultures; it is also a *direct* cause of diabetes and obesity. This high calorie, high refined-carbohydrate diet full of chemicals, sugars, salts and unhealthy fats is not only low in nutritional value but is an unequivocal source of chronic inflammation. Meat, seafood, eggs and dairy products are all foods that promote inflammation, and must be eliminated – or severely curtailed – in order to reduce inflammation and one’s risk for all diseases, including arthritis.

2

Overweight Conditions Including Obesity – While overweight and obese conditions are indeed a *result* of consuming the unhealthy foods of the Standard American Diet, they are also an added and on-going cause of inflammation in the body, and therefore a *cause of all* disease. Make no mistake about it; you are substantially increasing your risk of developing chronic diseases if you are overweight or obese. Shifting to a vegan, or predominantly vegetarian, diet is *essential* for minimizing inflammation and disease, maintaining proper weight, and ensuring healthful longevity.

3

Smoking – Studies abound of the deleterious effects of smoking on one’s body; in fact, scientific data is now linking smoking with the progression of arthritis. Smoking is not only aggravating to the delicate tissues of our lungs and breathing passageways and our heart, it also results in extensive free-radical damage, which is directly linked to inflammation and tissue degeneration. Releasing this habit is essential for an anti-inflammatory lifestyle, and for creating health.





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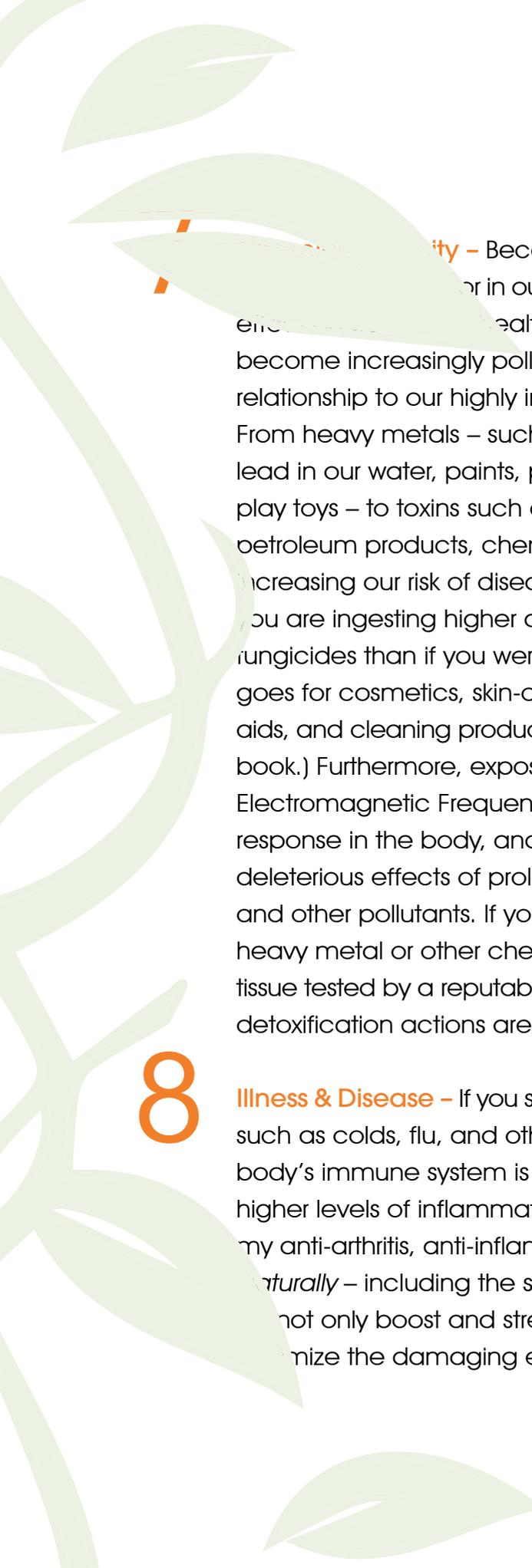
Alcohol & Recreational Drug Use – Alcohol is highly acid forming, and therefore, not at all recommended if you suffer from any chronic disease whatsoever, including arthritis. Recreational drugs, especially synthetic, are the same; they create inflammation throughout the system by way of the immune response. Both should be avoided in the anti-inflammation lifestyle.

5

Pharmaceutical Drug & Over-the-Counter (OTC) Drug Consumption – While arthritis and other pharmaceutical medications including OTC drugs such as non-steroidal anti-inflammatory drugs (NSAIDs), may appear helpful initially, in the long term they are damaging to the tissues and to overall health. See my book *Reverse Arthritis & Pain Naturally* for research related to the ineffectiveness of pharmaceuticals in preventing and eradicating inflammatory conditions.

6

Allergies & Food Sensitivities – Allergies (both airborne and food related) create an immune (and therefore inflammatory) response in the body through the secretion of histamines. Because many of our key crops have experienced genetic manipulation over the years, a greater number of people have developed sensitivities to foods such as wheat, corn and soy. Additionally, most people have some degree of lactose intolerance because we as humans do not possess the full set of enzymes for digesting dairy products sufficiently. If you suffer from chronic allergies or any of these food sensitivities, then you are experiencing ongoing inflammation in the body. To minimize inflammation due to allergies, it is recommended that you adopt a vegan diet while securing the appropriate testing to help you determine which foods – and other triggers – to eliminate.



8 Toxicity – Because we often cannot see the pollutants in our air or in our foods, we underestimate their negative effects on our health. The truth is that our planet has become increasingly polluted through the actions of humans in relationship to our highly industrialized, chemical-infiltrated lives. From heavy metals – such as mercury in our dental carries and lead in our water, paints, pottery, costume jewelry and children’s play toys – to toxins such as PCBs from plastics, and PAHs from petroleum products, chemicals have infiltrated every one of us, increasing our risk of disease. If you consume non-organic foods, you are ingesting higher amounts of pesticides, herbicides and fungicides than if you were consuming organic foods. The same goes for cosmetics, skin-care products, other health and beauty aids, and cleaning products. (See more in “Why Organic?” in this book.) Furthermore, exposure to molds and radiation, as well as Electromagnetic Frequencies (EMFs) creates an inflammation response in the body, and we have all seen the reports of the deleterious effects of prolonged and chronic exposure to these and other pollutants. If you suspect that you are suffering from heavy metal or other chemical toxicity, have a sample of your tissue tested by a reputable source to determine if additional detoxification actions are required.

8

Illness & Disease – If you suffer from chronic, regular acute illnesses, such as colds, flu, and other maladies, it is a sure sign that your body’s immune system is compromised, and is experiencing higher levels of inflammation. The lifestyle changes outlined in my anti-arthritis, anti-inflammation book *Reverse Arthritis & Pain Naturally* – including the shift to a predominantly vegan diet – not only boost and strengthen your immune system, they will minimize the damaging effects of ongoing inflammation.



9

Stress – As science has now proven, stress is a major contributor to disease. The physiological response of stress, which includes the secretion of adrenaline and cortisol, is a natural and important part of our body’s ability to react and respond to life-threatening dangers. While this response is important and helpful, it is not without side-effects. When stress becomes chronic, through our continuous process of perceiving situations and events in our lives as life-threatening when they are not, it affects nearly every system in your body, and is potentially lethal. In order to minimize the inflammatory effects of stress and to lead a healthy life, it is critical to adopt lifestyle habits that support a calming of mind – and its fear-based responses – through practices like yoga, meditation, tai chi, chi gong and others. See the next section for more insights on the importance of mind/body practices for healthful living.

10

Improper Body Mechanics & Physiological Stress – This issue is of particular importance to those suffering from or concerned about preventing arthritis, as joint and spine weaknesses tend to follow muscle weakness, which naturally occurs when body misalignment issues aren’t properly addressed. Whether from birth, as in the case of a shorter limb and some cases of scoliosis; by accident, as in broken bones; or repetitive overuse, as in the case of laborers and professional athletes, structural misalignment predisposes people to the tissue degeneration innate to arthritic conditions. Additionally, when our bodies are subjected to repetitive physical movements over time – as simple as carrying a heavy bag on one shoulder or crossing our legs, extra pressure is placed on the joints, and chronic inflammation from rubbing and tearing of tissues occurs. If you recognize that you have structural challenges and wish to avoid arthritis, it is important to convert to the anti-inflammatory diet that we are presenting in this book, and seek the support of professionals who can assist you in either correcting the imbalances, or minimizing their effects.

Creating a Thriving, Healthy Lifestyle

There are several key aspects to a thriving and healthy lifestyle. I have spent my life sharing these concepts with health-seekers from across the globe. Trust me when I tell you this: you can have the healthy life that you want. It is simply a matter of shifting your focus, and getting started. This recipe book, along with these suggestions will get you oriented in the right direction. So let's get going!

1 **Think positively and focus on what you want.** The first step in creating a healthy, long life is deciding now to focus on health as *your way of living* – as opposed to it being some thing that you think about or do only when you're sick, ill or overweight. In addition to the items listed below, a positive mental framework anchored in health, rather than *disease or fear of disease*, is essential. Let me illustrate. Many say that "dieting," for example, does not work, and in fact this is proven to be true for the majority of the population. Why is this? When we think about dieting, we think of lack, deprivation, and scarcity, which is highly unappealing and very uncomfortable to us pleasure-seeking humans. Our inherent drive to avoid pain then makes it extremely difficult to follow through with something that we associate so much pain with – like dieting. So we set ourselves up for failure simply because of how we perceive the situation. If you really want to enjoy a healthy weight level, do everything you can to imagine how you will feel, and all the wonderful things that will occur when you are living your healthy life. This will keep you committed and moving in the right direction.

2 **Adopt a vegan vegetarian diet.** While we have spoken about this throughout the book already, it bears repeating. Studies show that the cultures that consume a predominantly plant-based diet live longer, healthier lives, and are less prone to developing life-style diseases. The vegan vegetarian diet will not only strengthen your immune system, it will: assist you in dropping excess weight and in maintaining a healthy weight; aid in improving your sleep; reduce pain in your joints while increasing joint mobility if you are already affected by arthritis; and elevate your energy and mood.

3 **Consume fresh vegetable and fruit juices.** Fresh juices are a powerhouse of nutrition, providing important vitamins, minerals, antioxidants and phytonutrients that assist in nourishing the body's tissues while reducing inflammation. They can also be powerful detoxifiers that can help the body release toxic residue.

4 **Drink purified water, and lots of it!** With the number of chemicals and toxins in our water supply today, it is essential to drink purified water. Our bodies are approximately 80% water, which is why it is essential to stay well hydrated with water that is NOT adding to our toxic load. Regular hydration helps to lubricate the muscles around and tissues of the joints so that movement becomes easier for those affected by arthritis.



5

Exercise regularly. It is very unlikely that I need to mention the value of regular, consistent exercise; however, I will for the reason that one of the biggest problems related to the advancement of arthritis – osteoarthritis in particular – *is lack of movement and exercise!* This may come as a surprise, especially because we are conditioned by today's medical community that the joint degeneration of arthritis is caused by overuse of the joints. This couldn't be farther from the truth. We need to move our bodies to keep them healthy. If you are suffering from symptoms of arthritis now and want to regain strength and mobility, see trained professionals to determine how you can start moving your muscles and joints safely again. It will help you immensely in your healing process.

6

Get enough high-quality sleep. Not enough can be said about the benefits of high-quality sleep, as it is during sleep that our bodies go about the business of repairing and restoring function. Unfortunately, few of us get the amount of sleep (on average eight hours) that is necessary for keeping lifestyle diseases at bay. There is an old adage in Chinese medicine that every hour of sleep before midnight is like two after, and, in general, our circadian rhythms are more in alignment with earlier than later sleep times. So if you want a healthier life, get to bed earlier and get your eight hours.

7

Become a master at handling stress. As I mentioned before, stress is one of the main causes of disease. Much of the stress that we deal with on a daily basis is related to the fears, either real or imagined, that we have about life. Mindfulness practices including yoga, meditation, Tai chi, Chi gong, guided relaxation, and other techniques are incredibly helpful for minimizing stress and therefore reducing the damaging effects of a frequently engaged stress response.



8

Minimize exposure to environmental toxins. In addition to drinking purified water, consuming organic foods, using organic personal care and household products whenever possible, and replacing silver dental carries (which contain mercury) with composite fillings, there are numerous other things that you can do to both avoid taking in more toxins, but to also significantly decrease your personal use of products and services that contribute to our already toxic landscape. By focusing on creating a healthier environment without, you are also creating within.

9

Learn about natural health therapies, and include them as a part of your health program. Natural health therapies can aid in the prevention & alleviation of inflammation and pain, as well as disease. Acupuncture, physical therapy, chiropractic treatment and massage all aid in improving circulation and body function. The added benefit is that they help to decrease stress and promote a sense of well-being.

10

Create a health support network. Transitioning to a healthy, vegetarian-based lifestyle takes some effort, but support from health-oriented family and friends can be extremely beneficial. Ask for specific help when you need it, including from experts. Nutritional coaches, physical trainers, naturopathic physicians, and other trustworthy health care providers are invaluable assets on this journey. Consider starting or joining a support group for healthy eating and living, and stay informed: read books, go to lectures, talk to others who are learning about health, and find reputable resources online. All of this will help you be successful in your quest for healthy living.

The Anti-arthritis, Anti-Inflammation Diet

When we choose to consume a plant-based diet rich in unprocessed fruits, vegetables, beans, legumes and whole grains, we can fight the onset and progression of arthritis and inflammatory diseases and greatly increase our health and vitality. Let's take a closer look at the building blocks of the foods we eat and what role they play in our health.

Carbohydrates

Carbohydrates come in two forms: complex and refined, or simple. While all carbohydrates supply energy, only complex carbohydrates supply fiber, phytonutrients and the vitamins and minerals that are necessary for health. Eating this type of carbohydrate also helps control inflammation levels in the body. Examples of complex carbohydrates include: fruits, vegetables, whole-grain brown rice, quinoa and organic whole-wheat flour as well as sorghum and the amaranth grain. Complex carbohydrates are broken down slowly by the body and therefore have a minimal effect on blood sugar. Maintaining a normal blood sugar level is key to avoiding all sorts of ailments (particularly diabetes), and living a healthful life. Complex carbohydrates should account for approximately 65% of your daily caloric intake.

Simple carbohydrates on the other hand do not contain vital nutrients and are broken down quickly by the body, leading to spikes in blood sugar and fluctuation of energy levels. The regular consumption of simple carbohydrates is a huge factor in the development of inflammatory disease. Examples of refined or simple carbohydrates are conventional flour, white rice, sugar and high fructose corn syrup. Unfortunately, many of the foods that fill the shelves of America's grocery stores are made up in part or entirely of these sources of carbohydrates.

Proteins

When many of us think of protein we immediately imagine animal proteins – a steak, a pork chop, a grilled chicken cutlet, or a tall glass of milk, but are these the only sources of protein? More importantly, are they the best sources of protein? The answer in one word is “No.” Protein is made up of amino acids, which are the building blocks of life. Amino acids fall into two distinct categories and understanding the difference is important. Nonessential amino acids are ones that the body can produce on its own from other nutrients that are present in our diet. Essential amino acids – of which there are eight – are nutrients that need to be present in our food in order for our bodies to manufacture a whole protein molecule. Without them we would starve. Meat, dairy, fish, eggs, nuts, seeds, legumes, fruits, grains and vegetables all contain a variety of the eight essential amino acids and some are considered complete proteins. All protein sources are not created equal, however. Protein from animal sources is difficult for humans to digest, since we do not possess within our bodies the full array of enzymes required for this task. Undigested food particles, therefore, tend to accumulate in our intestinal tract and in our blood stream, wreaking havoc on our system by way of ailments such as irritable bowel syndrome (IBS), diverticulosis, atherosclerosis, and heart disease.

To get all eight essential amino acids from a vegetarian diet, it is best to combine food from many different sources. Vegetarian sources of protein such as nuts, seeds, legumes, fruits, grains and vegetables are much easier to digest, making them a far better source of protein for the human body. Furthermore, most vegetarian sources of protein have significantly better “bioavailability,” meaning the body recognizes and utilizes these protein sources more rapidly and efficiently, and with limited metabolic stress and waste. This is further evident in those who consume a large portion of raw and living sources of protein such as sprouted legumes, nuts and seeds, and micro-greens.



Since protein is not stored in our body and is constantly being replaced, it is important to get all eight essential amino acids into your diet throughout the day. Protein is present in the cells of our body and performs many different functions, from maintaining healthy hair, skin and nails to allowing muscles to repair and grow from exercise and everyday stresses. A good method of calculating the right amount of protein for you is by taking 9/10 of a gram of protein per kilogram of body weight a day. For most of us, this equates to between 40 and 60 grams of protein (around 12-20% of one's diet), but extenuating circumstances such as pregnancy, high fever, and engaging in consistent rigorous exercise can increase the amount needed.

More importantly, do not be fooled by myths and marketing agendas perpetuated by proponents of high protein diets that they are healthy. High protein diets cause numerous maladies and can lead to serious health conditions, including heart and kidney disease. You can read more about this in my book titled *Reverse Arthritis and Pain Naturally*. What is most important for you to know about protein is to consume a wide variety of the highest quality sources available, which are all vegetarian.

Fats

Americans get an enormous amount of calories by consuming fats, and unfortunately they are the harmful kinds. Like carbohydrates and proteins, fats come in different forms and some are better than others. Fats have a strong connection to inflammation as well as heart health and cholesterol levels. Fats also help improve skin quality and protect our organs and blood vessels, all while providing a vital source of energy.

The so-called “bad” fats are saturated fats and hydrogenated or trans-fats. These pro-inflammatory fats come from animal and dairy sources such as meats, cheese and butter, as well as coconut and palm oil. One way to identify these fats is to bring it to room temperature: if it’s solid, limit your consumption. The exception to the above is coconut oil, which is rich in saturated fats (triglycerides) and has a positive impact on the heart, and in overall health.

Healthier fats are the unsaturated fats, which fall into two categories: monounsaturated and polyunsaturated. Polyunsaturated fats supply what are called Essential Fatty Acids (EFA’s), including omega-6 and omega-3. Like the essential amino acids, essential fatty acids cannot be manufactured by the body, so they must be obtained through the diet. Omega-6 fatty acids can be found in corn, soy and sunflower (or safflower) oil. Leading sources of omega-3 fatty acids are fish, walnuts, flax seeds, chia seeds and hemp seeds, as well as their oils. The importance of polyunsaturated fats and the EFA’s they contain cannot be overstated. Many different body systems including cellular and hormonal function are affected by the presence of polyunsaturated fats. Additionally, omega-3 fatty acids are known to possess strong anti-inflammatory properties. Since omega-6 is much more prevalent in the American diet, a good rule of thumb is to reduce omega-6 consumption while increasing the sources of omega-3. A healthy ratio of omega-6 to omega-3 is around 3:1 (hemp oil has a natural 3:1 ratio). Monounsaturated fats help promote healthy cholesterol levels and decrease inflammation. It is important to incorporate foods that are high in monounsaturated fats into your diet. Great sources include nuts, seeds, olive oil and avocados.

Try to limit the heat applied to the fats you use, as this destroys the EFA's and makes the oils much harder for the stomach to digest. To be safe, you should limit your fat intake to about 10-15% of total caloric consumption per day. Of this, only about 20% should be from saturated fat (or about 5% of total calories per day); for a person on a 2000Kcal/day diet that's only 100 calories!

Fiber

Fiber is a critically important facet of our diets. Dietary fiber comes almost exclusively from complex carbohydrate sources with none being found in meats or cheeses. Fiber comes in two different forms: soluble and insoluble. Soluble fiber readily absorbs water. This helps aid in digestion and also fills you up so you're hungry less often. Insoluble fiber does not absorb water but is also important in your diet because it helps with elimination and the removal of toxins from the colon. Many studies link a high fiber diet with reduced inflammation. Excellent sources of fiber include: lettuce, spinach, beans and legumes, lentils, vegetables, fruits and grains. In addition, tubers and root vegetables such as yams and rutabagas offer great sources of fiber. Not all fibers are the same, however, so it is important to include a variety from different sources for maximum benefit.

Antioxidants

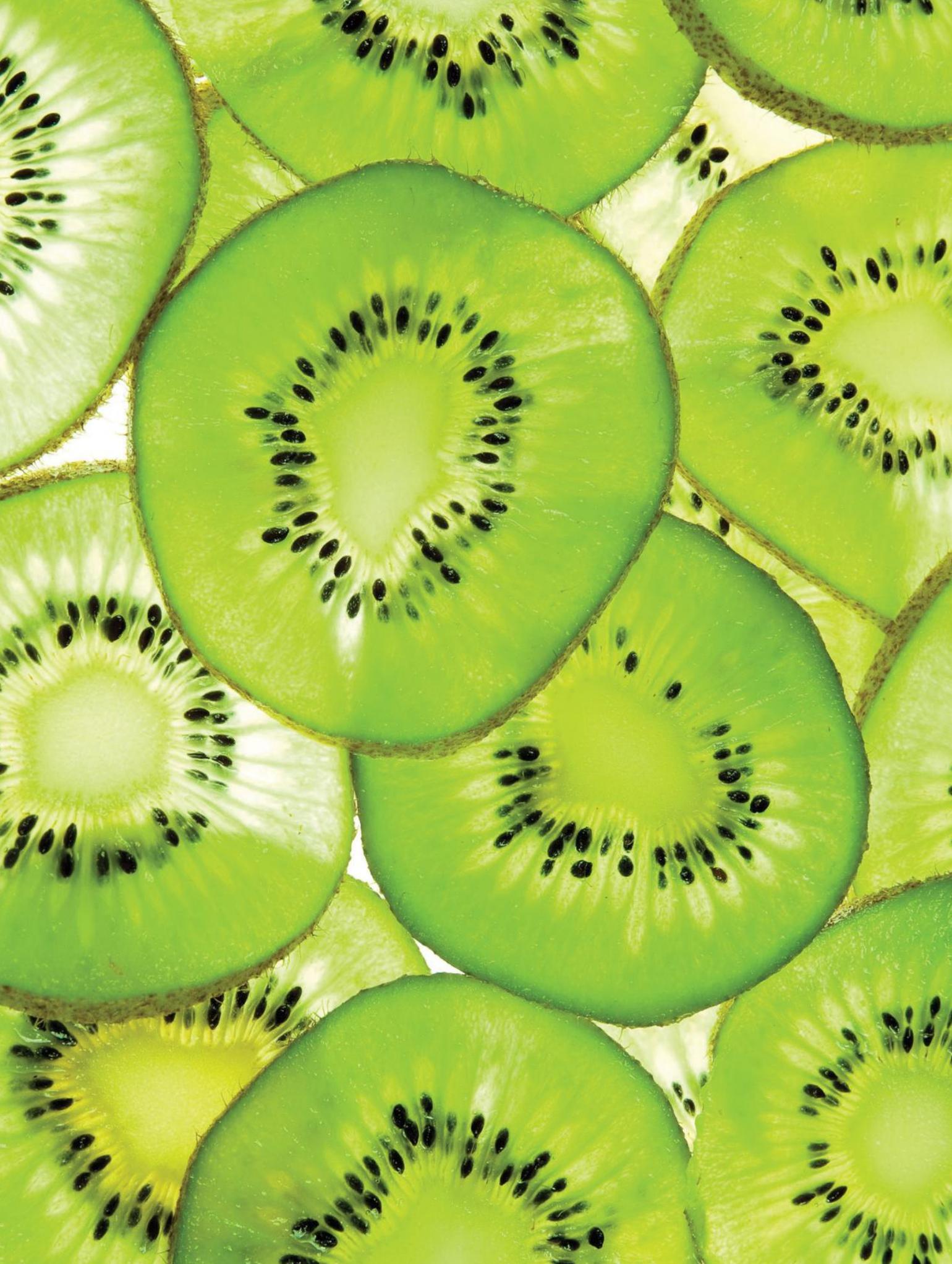
Found in abundance in fruits and vegetables, antioxidants are essential to fighting inflammatory disease. Antioxidants work to neutralize free radicals, or potentially harmful molecules that have become unstable after losing one of their orbiting electrons. In an attempt to restore balance, free radicals steal electrons from other molecules, causing damage to the body that frequently leads to inflammation. By scavenging free radicals, antioxidants help boost the immune system and protect against inflammatory conditions. Free radicals are a result of the body's normal metabolic processes, but increase

with the ingestion of animal products, cooked fats (including oils), processed foods, alcohol, cigarettes, and radiation, as well as chemical pollutants found in water, air and food. Given the pervasive environmental contaminants many of us are exposed to on a daily basis, it is critically important to consume antioxidant-rich foods such as fruits, berries, vegetables, herbs and spices. Examples of antioxidants are vitamin C, vitamin E, beta-carotene, zinc and selenium.

Phytonutrients

Modern research has discovered a huge group of beneficial compounds in plants known as phytonutrients or phytochemicals. Phytonutrients are chemicals produced by plants to help them withstand the damaging effects of ultraviolet light, freezing, drought, parasites and other dangers. A single fruit or vegetable may contain up to several hundred phytochemicals, many of which have been proven to promote health.

Phytonutrients express themselves as rainbow colors, and we get the most benefit from eating a variety of these pigments. For example, studies have shown that lycopene, the red phytochemical found in tomatoes, beets, and watermelon contributes to heart health; and indoles, found in broccoli, kale, Brussels sprouts and other cruciferous vegetables, possess anti-cancer properties. Many phytonutrients such as curcumin in turmeric and anthocyanins in tart cherries have been shown to exhibit powerful anti-inflammatory properties.



Top Anti-arthritis, Anti-inflammation Supplements

*Note: please refer to my book **Reverse Arthritis & Pain Naturally** for further instructions on proper dosages, and scientific references.*

Antioxidant Vitamins – Supplementation with antioxidant vitamins directly targets the inflammation and free radical damage that leads to chronic diseases such as arthritis. As a general rule, antioxidant vitamins are extremely helpful in creating health, and are recommended for everyone regardless of current medical conditions. For arthritis, vitamin C is essential for maintaining and repairing bones and cartilage, and its beneficial effects are amplified when it is taken with glucosamine. Additionally, vitamin E and vitamin A or beta-carotene daily may help to prevent and reduce arthritic pain.

Bromelain – Bromelain is an enzyme derived from pineapple, which studies have found to ameliorate pain and improve physical mobility in arthritis sufferers.

Chondroitin Sulfate – This substance works to hold cartilage together at a molecular level, allowing collagen proteins to form tissue. It stimulates repair and helps to limit damage from arthritis.

Decursinol – Belonging to the class of chemical compounds known as coumarins, this pain-relieving supplement is derived from a type of root native to Asia. Studies have observed that decursinol protects against oxidative stress and reduces pain and inflammation.

Gamma Linolenic Acid (GLA) – GLA is high in prostaglandins that turn off inflammation and reduce pain. This compound is found in borage, evening primrose and black currant oils.

Glucosamine – Glucosamine is a primary nutrient for repairing joint cartilage and tissue damage. Since glucosamine is naturally manufactured by each cell in the body, it is a perfectly safe supplement.

Grape Seed Extract – Grape seed extract contains pycnogenol, an antioxidant known to strengthen collagen. Other inflammation-fighting antioxidants found in grape seed extract are proanthocyanidins, which research suggests benefit arthritis sufferers.

Hyaluronic Acid (HA) – Hyaluronic Acid is a naturally occurring substance found in abundance in joint tissues, and acts as an important mediator of inflammation and proper tissue formation.

Methylsulfonylmethane (MSM) – After water and sodium, MSM – a natural sulfur – is one of the most significant components in the body. Taking MSM daily helps suppress inflammation.

Minerals – Minerals play an essential role in joint health. Since the Standard American Diet does not contain adequate quantities of these nutrients, it is no surprise that arthritis and other inflammatory conditions are so pervasive. Adequate supply and absorption of calcium, phosphorus, boron and magnesium are essential for the formation of healthy bones, while zinc and selenium are important for the immune system. Other vital minerals are potassium, copper and manganese.

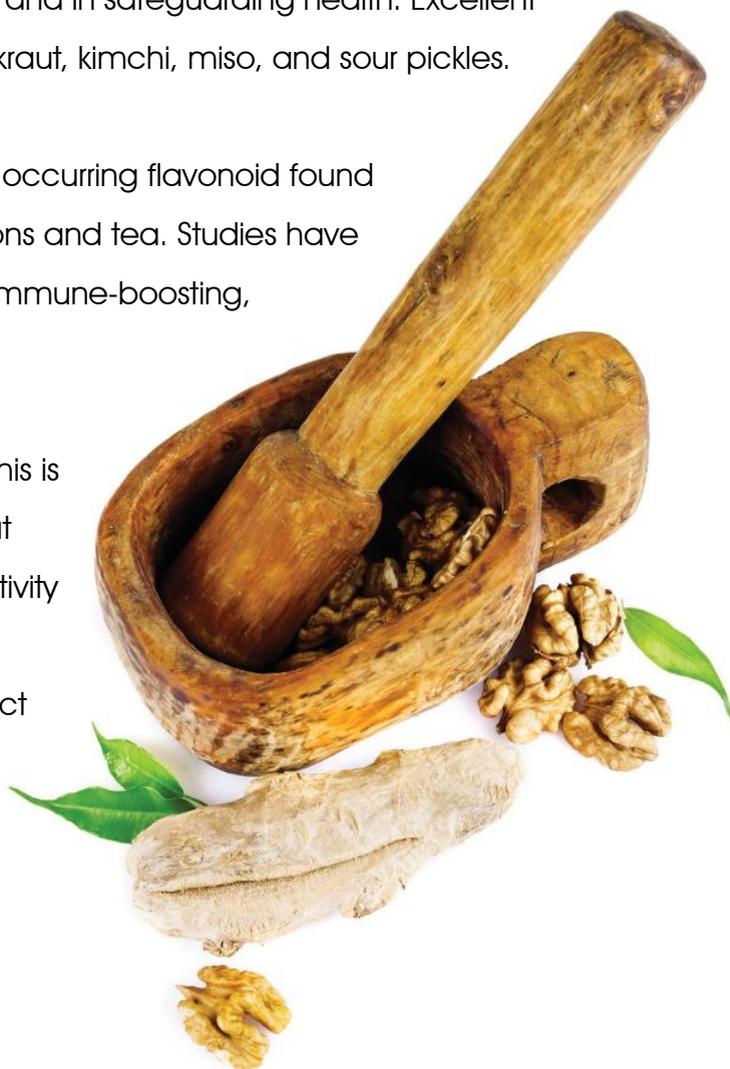
Niacinamide – This form of vitamin B3 helps both osteoarthritis and rheumatoid arthritis. Effects are not immediate, but result in a gradual reduction of symptoms and improved range of motion over time. Niacinamide should not to be confused with niacin.

Omega-3 Fatty Acids – The regular intake of these anti-inflammatory fats is important for everyone. Good sources of omega-3s include fish oil, walnut oil, krill oil and flaxseed oil, as well as chia seeds, salmon and sardines. Research has established the ability of these fats to relieve pain from arthritis.

Probiotics – Probiotics refers to the beneficial intestinal bacteria that play a key role in digestion and immunity, and in safeguarding health. Excellent food sources of probiotics are sauerkraut, kimchi, miso, and sour pickles.

Quercetin – Quercetin is a naturally occurring flavonoid found in various foods such as apples, onions and tea. Studies have observed this compound to exhibit immune-boosting, antioxidant activity.

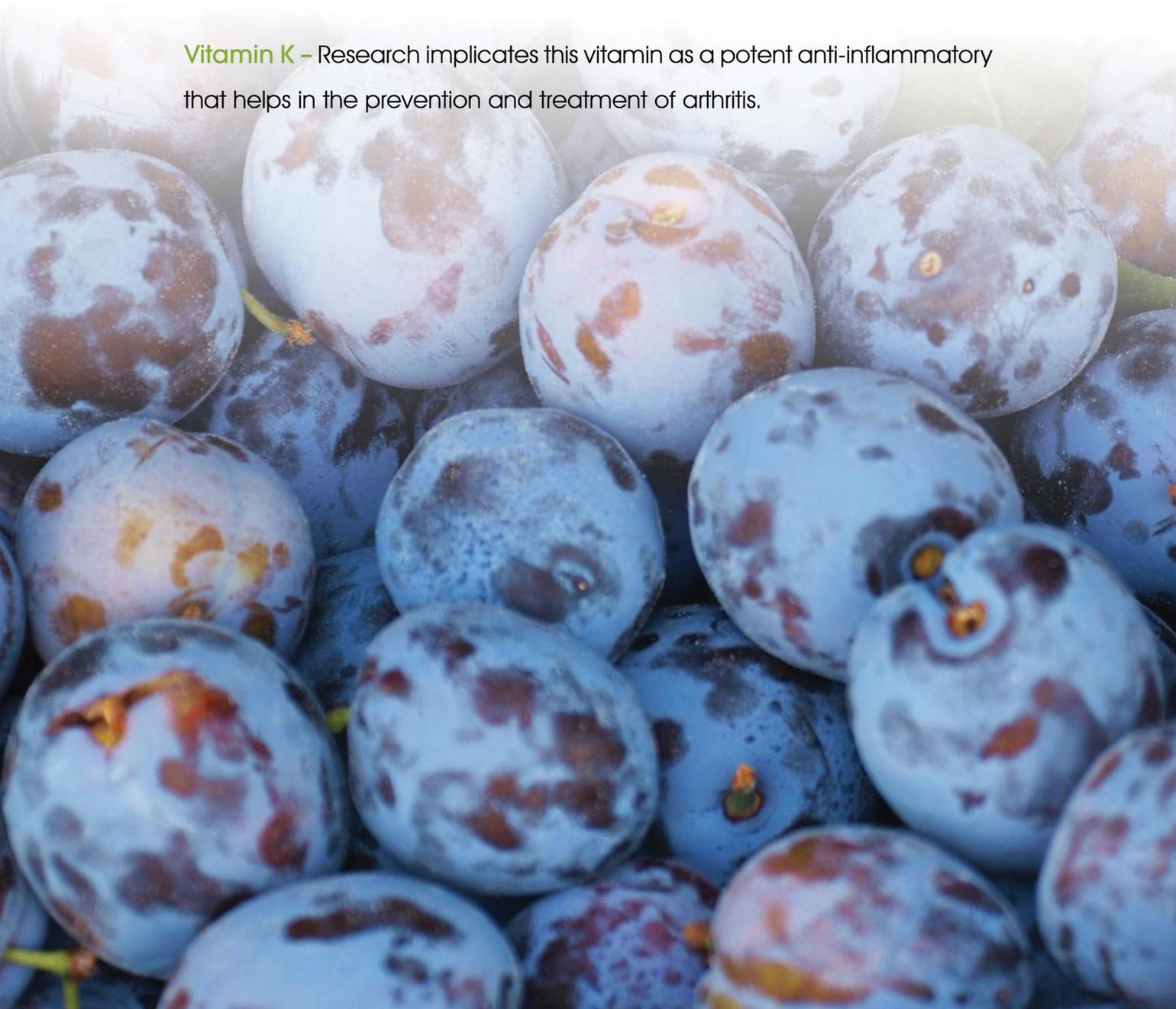
S-Adenosylmethionine (SAME) – This is an activated form of methionine that seems to restore white blood cell activity in joint fluid by reversing glutathione depletion. SAME also serves to protect and rebuild cartilage.



Superoxide Dismutase (SOD) – This enzyme should be taken with water on an empty stomach, about a half hour before meals. Supplementation with SOD suppresses pain and inflammation, and the benefits are compounded when it is taken with vitamin E.

Vitamin B Complex – A vitamin B complex contains B1, B2, B5 and B6. These vitamins regulate the nervous system health and enhance the utilization of other nutrients. They also play a key role in the activities of enzymes – proteins that are responsible for the chemical reactions in the body.

Vitamin K – Research implicates this vitamin as a potent anti-inflammatory that helps in the prevention and treatment of arthritis.



Anti-arthritis, Anti-inflammation Herbs and Spices

If you are struggling with pain and inflammation, there are a number of herbs and spices that can be incorporated into your regimen to support your anti-inflammatory health program. Refer to my book *Reverse Arthritis & Pain Naturally* for specific recommendations on dosages and usage, and scientific attributions.

Aloe Vera – Aloe Vera is a strong detoxifier of the intestines, and the juice helps to cleanse the body of toxins that can cause inflammation and arthritis.

Boswellia – The healing properties of the boswellia herb have been recorded in Ayurvedic medical literature for thousands of years. Boswellia works similar to nonsteroidal anti-inflammatory compounds but without the toxic side effects.

Cat's Claw – A plant native to the Amazon, cat's claw stands out as an anti-inflammation, anti-arthritis superstar. Studies document the power of this herb to aid healing in patients suffering from osteoarthritis.

Cayenne – Capsaicin, the active component of cayenne peppers, alleviates arthritis pain and inflammation when applied topically. Research has shown capsaicin cream helps to manage the pain related to both rheumatoid arthritis and osteoarthritis.

Comfrey – Research shows the success of comfrey in reducing pain and improving mobility in patients suffering from arthritis and pain.

Devil's Claw – A shrub native to southern Africa, devil's claw has been used for centuries as a natural pain-relieving remedy. Today, a wealth of scientific evidence demonstrates the amazing anti-arthritis and analgesic properties of devil's claw.

Ginseng – A popular root utilized in Traditional Chinese Medicine, ginseng is increasingly seen in Western medicine as a viable complementary treatment for arthritis and other conditions. In addition to acting as an anti-inflammatory, Siberian ginseng has been observed to stimulate the immune system and combat cancer.

Nettles – Nettle leaves display notable arthritis-fighting properties in individuals with osteoarthritis; the leaves can also be crushed and made into a poultice to decrease rheumatic pain. Stinging nettle extract has also been shown to inhibit pro-inflammatory factors associated with rheumatoid arthritis.

Turmeric – The powerful health-boosting properties of turmeric, and its main constituent, curcumin, have been the focus of recent scientific research. Studies conclude that curcumin is an outstanding natural anti-inflammatory that reduces joint pain and stiffness and increases mobility.

White Willow Bark – Sometimes referred to as "nature's aspirin," white willow bark exerts powerful analgesic effects in people suffering from joint pain.

Foods to Avoid on the Anti-arthritis, Anti-inflammation health program

Foods to Avoid – High Acid and Processed Foods

The Standard American Diet includes an excess of acid-forming foods such as meat, dairy, refined sugar and flour. Consuming these foods causes the blood pH levels to drop below its ideal range of 7.2 —7.4, and results in an overly acidic state. To compensate for the acid environment, vital alkaline minerals such as calcium and magnesium are leached from bones and deposited into the bloodstream in a process that weakens bones and joints and promotes arthritis. Research shows a strong connection between an acid pH and poor bone health. Furthermore, lower than normal pH levels suppress the immune system and contribute to the development of many other chronic illnesses.

High-Acid Foods

Refined sugar
(basically all conventionally
prepared baked goods)

Refined flour

Dairy
(milk, egg & cheese products)

Meats of all kind
especially ham, bacon and
foods cooked with lard

Seafood

Soft drinks

Alcohol

Coffee

Processed and Artificial Foods

Deep-fried foods

Overcooked foods

Processed foods

Trans fats
(partially hydrogenated oils)

Synthetic sweeteners
(Splenda, NutraSweet
and Equal)

Artificial colors

Food additives

Food preservatives

Genetically Modified (GM) foods

Foods to Include on the Anti-arthritis, Anti-inflammation health program

Foods to Include – Alkaline-Forming Foods

To optimize prevention and healing of chronic diseases such as arthritis, the diet should consist of 80% alkaline-forming foods. Some common alkaline-forming foods are:

Beans/Legumes

- green beans
- lima beans
- peas
- soybeans
- sprouted beans
- tempeh (fermented)
- tofu (fermented)

Nuts and Seeds

- alfalfa
- almonds
- Brazil nuts
- chestnuts
- chia
- coconuts
- radish
- sesame

Whole Grains

- amaranth
- buckwheat
- millet
- quinoa
- teff

Fruits

- apples
- apricots
- avocados
- bananas
- berries
- currants
- dates
- figs
- grapefruit
- grapes
- kiwis
- lemons
- limes
- mangoes
- melons
- nectarines
- olives
- oranges
- papayas
- peaches
- pears
- persimmons
- pineapple
- quince
- raisins
- raspberries
- strawberries
- tangerines
- watermelon

Foods High in Omega-3 Fatty Acids

- fruit
- most green leafy vegetables
- non-green leafy vegetables
- grains
- legumes
- chia seeds
- flax seeds
- hemp seeds
- walnuts

The best animal sources of omega-3s are wild-caught salmon and cold water oily fish; these have been shown effective in the reduction of inflammation; however, care must be taken to obtain the highest quality sources. Avoid farm-raised fish altogether.

The most alkaline-forming foods are lemons and melons.





More Healing Foods*

Chlorella – Chlorella is a type of algae packed with a diverse set of detoxifying agents, vitamins, minerals and amino acids. It has been observed in studies to reduce oxidative DNA damage and various forms of inflammation.

Garlic – Garlic offers many health benefits, and individuals looking to prevent and treat chronic diseases are advised to incorporate this superfood into their diet; consuming garlic raw is best. Garlic is also abundant in anti-inflammatory sulfur compounds such as diallyl sulfide (DAS) and thiocresone, which have been shown to fight arthritis as well as other conditions of inflammation.

Ginger Root – The benefits of ginger on patients suffering from arthritis and other conditions of inflammation have been well documented for decades. A group of powerful antioxidants unique to ginger, called gingerols, are a relative of capsaicin and piperine, well-known anti-inflammatory compounds.

Green Tea – Widely hailed for its medicinal qualities, green tea possesses numerous compounds that promote joint health and mitigate the impact of various types of arthritis.

Spirulina – Also known as blue-green algae, spirulina holds great promise as a natural means of curbing arthritis and other inflammatory conditions while promoting healing throughout the body.

***See my book *Reverse Arthritis & Pain Naturally* for a complete list of beneficial foods in fighting arthritis and inflammation.**

Oils to Avoid/Oils to Include

Over-consumption of fats, including oils, is one of the key factors driving obesity today. The best rule for oils, when it comes to health, is using them in moderation. As you will see below, there are very few oils with an omega-6/omega-3 ratio (at most 4:1) that make it an anti-inflammatory condiment. Even olive oil, at a ratio of 12:1, which is preferred for use in the Mediterranean Diet is not considered anti-inflammatory. Although, it is far healthier than corn oil, for example, which has a ratio of 46:1.





Nightshade Vegetables - Avoid or Include?

A small percentage of the population benefit from avoiding nightshade vegetables, which include tomatoes, potatoes, eggplant, bell peppers, paprika and cayenne peppers.

Nightshades contain a substance called alkaloids, which can increase inflammation and compromise joint function. You can find out if nightshades affect you by eliminating them from your diet for 30 days, and then eating all of them in one day. If you do not feel any worse after challenging yourself in this way, then you do not need to worry. If symptoms of pain, discomfort or inflammation become more pronounced, then avoid these foods.

The Benefits of Eating More Raw Foods

Not enough can be said about eating foods as close to how Mother Nature intended, *and uncooked*. The raw foods movement is gaining tremendous momentum in our country because of the ability of raw foods, and fresh raw juices to thwart disease and literally turn back the hands of time. Consuming raw foods has many benefits including strengthening the immune system, purifying the blood, detoxifying our cells, improving digestion (since raw foods are some of the easiest to digest), clearing up skin issues, reversing the effects of oxidative stress, elevating mood, regulating hormone balance and weight, and, of course, reducing pain and inflammation. I have provided several raw food recipes herein for you to try out. If you enjoy them – as I do – I encourage you to learn more about raw foods, and how they can help you on your journey to health.

15 Great Anti-inflammatory Snack Ideas

- Ginger Black Bean Dip and Veggies – [page 96](#)
- Exotic Tofu Dip with cucumber slices wrapped in nori – [page 95](#)
- Spicy Hummus with alfalfa sprouts in a sprouted wheat wrap – [page 109](#)
- Crunchy Granola over non-dairy yogurt – [page 70](#)
- Guilt-free Guacamole with Baked Corn Chips – [page 100](#)
- Date spread on Manna Bread, Anise Raisin Bread, or fresh cut raw apples – [page 94, 344](#)
- Spring Roll Wraps with avocado, shredded veggies and basil with Spicy Peanut Sauce – [page 110](#)
- Fresh fruit with Sweet Nutty Spread – [page 112](#)
- Tahini-Broccoli Cream Dip on tomatoes – [page 112](#)
- Creamy Tofu Dip with celery and raw fennel sticks – [page 93](#)
- Toasted Nut Brittle – [page 385](#)
- Golden Strawberry Blueberry Crumble over non-dairy yogurt – [page 357](#)
- Sweet Nutty Spread on Anise Raisin Bread – [page 112, 344](#)

The Importance of Organics

Because organic foods contain a significantly lower amount of pesticides and chemicals than conventional produce, eating organic foods automatically decreases inflammation in our body, and therefore our risk of disease. While it is commonly believed that “organic” automatically means “pesticide-free” or “chemical-free,” this is not true. However, organic farmers are obligated to use pesticides that are derived from natural sources rather than synthetically manufactured compounds. They also employ creative mechanical and cultural tools to help control pests without chemicals, such as insect traps, careful crop selection, and biological controls like predator insects and beneficial microorganisms. Moreover, scientific studies consistently show higher levels of nutrients in organic over conventional produce.

While organic products can be expensive, it is often useful to participate in co-op buying, as well as other group buying clubs to reduce costs. It is also helpful, whenever possible, to buy directly from organic farmers, which results in a lower price altogether. Lastly, in weighing the pros and cons of utilizing organics, we must consider the costs of ill-health that could occur from a lifetime of exposure to the dangerous synthetic chemical toxins in conventional produce. All in all, organic foods are far healthier than conventional produce. Choose them as often as possible to increase your chances of preventing disease.

Below is a list of the most highly sprayed fruits and vegetables. In these cases, it is absolutely essential to purchase organic if you wish to limit your exposure to poisonous chemicals.

- | | | |
|-----------------|------------------------|--------------------------|
| 1. Apples | 5. Spinach | 9. Potatoes |
| 2. Celery | 6. Imported nectarines | 10. Domestic blueberries |
| 3. Strawberries | 7. Imported grapes | 11. Lettuce |
| 4. Peaches | 8. Sweet bell peppers | 12. Kale/collard greens |

The Benefits of Juicing

Juicing is one of the best ways to prevent and reverse inflammatory disease. When we juice, the health-boosting antioxidants, vitamins, minerals, enzymes, phytonutrients and chlorophyll found in fruits and vegetables are much more easily absorbed by the body than if we were to eat these foods whole. These beneficial constituents work synergistically to promote and maintain healthy cells and reduce chronic inflammation that results in degenerative diseases.

The juices you drink should always come from fresh organic produce; you can make them at home with your own juicer, or order at your favorite juice bar. Begin the first week with one 16 oz. glass of per day, 8 oz. in the morning and 8 oz. in the afternoon; try a nice cleansing detoxification juice such as cucumber, celery, apple and lemon. The second week, add a 16 oz. cabbage and apple juice to your regimen and for the third week, incorporate another juice consisting of grapefruit, kiwi, pear and lemon. By having three 16 oz. glasses of juice a day, you are flooding your body with essential nutrients that promote your health in powerful ways. For example, the chlorophyll in these juices acts as a natural chelator, removing toxic heavy metals from the body, while the sulfur compounds found in cabbage juice help guard against cancer. If you don't mind the taste of garlic, push a few cloves through your juicer to create a potent antiviral, antibacterial blend. To help stimulate healing in the gastrointestinal system and stomach, add a teaspoon of probiotic powder along with 1000 mg of buffered vitamin C and 2 oz. of aloe vera juice. You can also mix in different supplements like green tea extract, curcumin or astragalus to further enhance its functional food healing value. One day a week, it's a good idea to add a scoop of non-GMO brown rice, pea or hemp protein powder into your juices and use that as your fasting day. By restricting calories in this way, you are detoxifying the body and contributing to the health of your cells.



For many years I've incorporated juicing in my protocols for health. In my new book, *Reverse Arthritis & Pain Naturally*, we document the dramatic progress realized by dozens of arthritis patients who followed a lifestyle modification protocol that featured juicing as a key component. The extraordinary healing power of juicing is discussed in great detail in my latest edition of *The Joy of Juicing* (Avery, 2013).

1, 2 & 3-Day Diet Cleanses for Arthritis, Pain and Inflammation Flare-ups

On occasion you will find yourself sick, low on energy, or feeling the effects of an inflammatory diet and lifestyle, which occurs frequently around the holidays when we may not be as wise in our choices. When this happens, the absolute best thing to do is to give your body a break by consuming alkalizing fresh juices, smoothies with greens and protein powders, and some of the lighter soups (*Cucumber Mint Soup* (p. 127), *Curried Lentil Soup* (p. 128), *Miso Tofu Soup* (p. 146), or *Onion Soup* (p. 149), along with plenty of purified water and as much rest as you can get, for one to three days. You will notice a remarkable difference in a very short amount of time.

The Anti-arthritiis, Anti-inflammation Pantry

Herbs & Spices

allspice
almond extract
basil
bay leaf
black pepper
Cajun seasoning
cardamom
cayenne pepper

chili powder
cinnamon
cloves
coriander
cumin
curry
dill
dry mustard

garlic
ginger
marjoram
nutmeg
oregano
paprika
parsley
red pepper flakes

rosemary
sage
sea salt
tarragon
thyme
turmeric
vanilla extract

Pantry Basics

Beans & Legumes

- aduki, dried and/or canned black beans, dried and/or canned
- Chickpeas, dried and/or canned
- kidney beans, dried and/or canned
- lentils, red and green, dried and/or canned
- pinto beans, dried and/or canned
- white beans, (Northern, Navy or Cannellini) dried and/or canned

Condiments

- apple cider vinegar
- balsamic vinegar
- tamari or Nama Shoyu (raw version)

Grains & Flours

- barley
- bulgur wheat
- couscous
- millet
- gluten-free oat flour
- pasta, rice and buckwheat
- quinoa
- quinoa flour
- rice, brown & brown basmati
- steel cut oats
- wheat flour

Nuts

- almonds
- coconut flakes, unsweetened
- pecans
- pistachio
- walnuts

Oils

- extra virgin olive
- sesame
- walnut

Seeds

- caraway
- chia
- fennel
- flax
- pumpkin
- sesame, black & white
- sunflower

Sweets

- coconut milk (canned)
- date sugar
- dried fruits (currants, cherries, cranberries, goji berries, dates, raisins, apricots, mangoes, peaches, sultanas)
- maple syrup, Grade B

Miscellaneous

- almond butter
- artichoke hearts (jar)
- natural peanut butter
- non-dairy milk (almond, rice, soy), powdered or Tetra-pak sea vegetables of choice (arame, wakame, hijiki, dulse, nori, kombu)
- tahini (ground sesame paste)
- vegan bread crumbs
- vegan spaghetti sauce (jar)
- vegetable broth (powdered or Tetra-pak)

Pantry Specialty

Beans & Legumes

- fava bean, dried and/or canned
- mung bean, dried

Condiments

- Bragg's Liquid Aminos
- chili sauce
- gomasio
- Tabasco

Grains & Flours

- amaranth
- barley flour
- bran
- rice flour
- wheat germ

Nuts

- cashew
- hazelnuts
- macadamia
- pine nuts

Oils

- avocado
- hot chili oil
- pumpkin seed

Seeds (Additional for Sprouting)

- alfalfa, dried
- clover, dried
- fenugreek, dried

Sweets

- brown rice syrup
- molasses
- organic apple juice (Tetra-pak)

Miscellaneous

- anise powder
- arrowroot powder
- capers
- kelp flakes (for sprinkling on salads)
- kelp powder (optional for adding to sauces & dressings)
- vegan egg replacer

The Anti-arthritis, Anti-inflammation Refrigerator

Fresh Foods

dark leafy greens (kale, collards, Swiss chard, dandelion, etc.)
flaxseed meal (ground flaxseeds)
flaxseed oil
fresh ginger
fresh herbs (variety)
juices (freshly squeezed, or bottled (no sugar added))
lettuces (variety: consider arugula, romaine, radicchio, red and green leaf, baby lettuces, spring mix)
miso, brown or golden
non-dairy milk (almond, rice, and soy)
olives, black and green (pitted and un-pitted)
prepared mustard
soy yogurt, plain
tofu or tempeh
vegan cheese
vegetables (variety of the rainbow)

Frozen Foods

corn
edamame
fruits (variety)

Equipment for the Vegetarian Lifestyle

There are a few pieces of kitchen equipment worth singling out that will be helpful for you on your journey of healthy living.

Food Processor – A food processor allows you to do everything from gently combining and mixing foods to puréeing them. There are numerous sizes available; however, a medium-sized 11-cup processor is sufficient for most vegetarian kitchens.

Juicer – With the increase in popularity of juicing, there are numerous juicers on the market today. There are typically three key types of juicers – centrifugal juicers, auger juicers, and juice presses. Centrifugal juicers spin the produce through a blade to extract the juice, and are almost always faster than single or double auger juicers, and definitely faster than juice presses. Juice presses (Norwalk, for example) are slow, and very expensive but result in the highest, most nutritious yields – all other things being equal. Faster is not always better, however, as heat tends to destroy the delicate enzymes, and faster processing can leave a good amount of juice behind in the pulp. A good middle ground in terms of price and speed is a single or double auger type (Check out Green Power, Green Star, Omega, Sampson, Super Angel); but if time is of the essence, then centrifugal is fine (try the Breville in this case).

Good Quality Blender – Not all blenders are alike! There are several stand-out blenders (Vita Mix, Blendtec's K-Tec), which are kitchen workhorses and actually do far more than blend; they can make fruit smoothies in seconds, and convert dried grain into flour. These are not cheap machines, but if you spend a lot of time in the kitchen, they may be worth the investment. Others (KitchenAid, Breville and Cuisinart) have less horsepower, are less expensive, and perfectly adequate for what you will encounter in this recipe book.

Equipment for the Vegetarian Lifestyle cont.

Vegetable Spiralizer – This fun, little, inexpensive manual machine makes raw “spaghetti” and “noodles” in minutes with your favorite vegetables (zucchini, squash, beets, etc.). Topped with one of my delicious raw or cooked sauces and you have a power-packed, highly conversational meal! There are a few brands to choose from (Saladacco, Benriner, World Cuisine, Spirooli); just look online.

Sprout Bags – Sprouting is an easy, fun and extremely cost effective way to achieve highly nutritious foods. Most people are unaware that sprouts are some of the most nutritious foods on the planet, packed with easily digestible vitamins, minerals and phytonutrients. You can sprout beans, seeds and legumes in a matter of 1-3 days and add to soups, salads, or use on your favorite veggie wrap. Sprout bags are readily available at your local health food store, and most stores offer classes for beginners.

Food Savers – Foods savers, which extract air from and seal heavy duty plastic bags are wonderful for freezing foods, and storing them for longer periods of time. While it’s ideal to consume foods when they are as fresh as possible, saving food properly can also save you lots of time. Consider doubling your batches of granola (p. 70), nut brittle (p. 385) and other easily storable snacks, or freezing individual sizes of your favorite entrées for quick and easy meals.

Most Important Equipment Consideration

Get Rid of Your Microwave! We advise never using a microwave oven for the heating and cooking of foods. Among other hazards, microwaves alter the chemical and molecular structure of your food, and zap the nutrition right out of them.



Substitutions and Variations

While the recipes that follow contain specific recommendations for nuts, seeds, yogurts, non-dairy milks, veggies, fruits, beans, greens and grains, feel free, when you are out of the specific type recommended in the recipe, to substitute something similar. Substitutions out of necessity can lead to some of the most wonderful culinary surprises!

Almost all beans can be substituted for one another, as can grains and dark leafy greens. When substituting vegetables consider type, where grown (above or below ground), and predominant taste (sweet, sour, bitter or salty) and substitute within the same general family, e.g. pumpkin for squash, bok choy for Chinese cabbage. Nuts are very different in their fat content, with almonds containing the least amount of fat; it is best, therefore, to minimize swapping these out for higher fat-content nuts like cashew or Macadamia nuts. There are three primary categories for fruits (acid, sub-acid and sweet), and it is recommended to substitute within the same category or an adjoining category. (Consult a food-combining chart (available at most health food stores) for more information on this.) In the case of non-dairy milks and yogurts, these typically have foundations in one of the following: soy, rice, almond or coconut milk. While there are different consistencies and tastes in these offerings (especially in the case of coconut milk, which is extremely rich and dense), they are generally suitable as exchanges for one another. Note that Greek-style yogurt tends to be lower in sugar than others.

Substituting dried herbs for fresh

While fresh are always more flavorful and ideal, substituting dried herbs for fresh is perfectly acceptable. When the need arises, use this general rule of thumb:

1 teaspoon of the dried herb = 1 tablespoon of the fresh.

However, it is best to go by taste, so allow the dried herbs to settle into the mix and reconstitute for a minimum of five minutes before tasting.



Suggestions for Meal Planning & Transitioning to the Vegetarian Lifestyle

There are some keys to being successful at a vegetarian lifestyle; below are some tips to help with your success. If you are transitioning – especially from the Standard American Diet – remember that the key is to focus on *adding...* more healthy meals, juices, snacks, and green salads while reducing your intake and portions of unhelpful foods. As you do this, your palate will change and become more open to the vegetarian lifestyle. In terms of elimination, start with the mind to substitute healthier options for the high fat, high calorie items that you may be currently consuming, e.g. granola with yogurt for donuts, cookies and muffins; nut brittle for candy bars; rice crackers and baked corn chips for potato chips, etc. This, combined with increasing your intake of pure water will aid in automatically reducing your inflammation.

Note: if you are currently facing a serious debilitating illness, it is recommended that you move immediately to the healthy, anti-inflammatory protocol outlined in my book *Reverse Arthritis & Pain Naturally* after consulting with a naturopathic physician. Life-threatening challenges require immediate mobilization and reinforcement to assist with recovery.

- Eat as much of the rainbow as possible in a given week. There are vegetables and fruits across the spectrum of color with different and wonderful nutritional profiles. Nature intended it this way, and you will feel more vibrant when you eat a wide variety of fruits and vegetables.
- Consider how to incorporate more raw foods in your diet.



Suggestions for Meal Planning & Transitioning to the Vegetarian Lifestyle cont.

- Consume at least one good-sized salad per day. You can prepare a large base salad one day in the week and store in air-tight containers for easy consumption throughout the week. Simply add different toppings to create variety.
- Consider eating more calories at lunch time, when our digestive powers are the highest, and eating lighter fare, including salads, for dinner.
- Plan your meals for the week in advance if possible, and create a shopping list to simplify your efforts.
- When juicing, make extra, and store in stainless-steel containers for ongoing consumption. (While it's ideal to consume juices within ½ hour, if you top off a container and then screw on the lid so some juice overflows, you are minimizing the amount of oxygen in the container and the juice will stay fresher.)
- Have at least one healthy dip on hand regularly, and cut up raw veggies and store in an air-tight container for easy snacking. Consider unusual veggies for variety (all raw): fennel, rutabaga, jicama, sweet potato, purple cabbage, snow peas, snap peas, green beans, okra, and bok choy stems (very crispy and delicious).
- Have fun! The vegetarian world is full of delicious surprises: talk to people, visit your local health food store and look around – you will find some amazing things to help you on your journey to wellness.

How to Use This Book

With the popularity of today's cooking shows, including those dedicated to competitions between chefs for the purposes of separating the wheat from the chaff so to speak, you may be thinking that it's nice to watch someone else make a gourmet meal, but that you probably would not do as well yourself. This would be especially true if you viewed television programs in the past featuring such famously sophisticated chefs as Julia Child or James Beard. Until recently, the emphasis in American cuisine has been placed on meat, fat, dairy, sugar, and flour: in effect, the most unhealthy, immune-suppressing, pro-inflammatory, disease-causing recipes imaginable. Even today, the vast majority of cookbooks on the market cater to the highly conditioned American appetite for salty and crunchy, sweet and soft foods that lead to inflammation, free radicals and disease. Even some of the vegetarian recipe books use ingredients that I would never select because they are heavily processed. For example, there are numerous popular vegan restaurants in the United States that serve dishes made with seitan, a highly processed gluten, which is often deep fried – a double negative.

I was inspired to write this book to offer something that is refreshingly different from the typical vegetarian cookbook. It is my belief that most people choose a cookbook because they want to be more creative with their cooking and have a greater variety of dishes in their diet. This book not only has some of the healthiest and most delicious anti-inflammatory recipes that I have used regularly over the years in my own home and health centers, but it is bursting with beautiful photographs that are intended to stir your inner “top chef,” and health nut (pun intended).

Next we bring you our dishes, each one created with the idea that it should contain nutrients that help the body heal, turn off inflammation, repair DNA, enhance detoxification and provide maximal nutritional benefits. We have selected foods that are known to be rich in phytonutrients, chlorophyll, and high quality diverse fibers in addition to being low glycemic and easy to digest. Many of the recipes are naturally gluten free and free from added sugar (except the desserts), and nearly all contain at least one ingredient touted for its anti-inflammatory properties. We have also noted recipes that contain at least one ingredient with recommended sources of omega-3 fats. We've chosen a unique way of marking each recipe with the following symbols to help you quickly understand the dense nutritional value of these meals. The recipes can be made even more interesting by changing them to meet your own preferences. For example, if we feature basil in a particular recipe but you prefer tarragon, then use tarragon, and if we suggest rice milk but you most enjoy almond milk, then by all means make the change. One of the key ingredients of a healthy life is enjoying what we are doing, and this means in the kitchen too! Have fun and experiment, and don't despair. If you really want to make one of these recipes and you are missing one or two ingredients, take a culinary risk by making a substitution or two – you may just end up with a gastronomic delight. As you will find, it is hard to go wrong with vegetables and fruits.

YOUR GUIDE TO HEALTHFUL SYMBOLS







Lastly, hundreds of studies in the peer-reviewed literature have shown the health benefits of eating more fresh fruits and vegetables, and realigning to a Mediterranean-style program. This means reducing caloric intake (which naturally occurs when you increase the percentage of fruits and vegetables in your diet), and including seeds, nuts, legumes and herbs that aren't normally in the Standard American Diet. We have provided a lengthy list of foods as well as superfoods and other health nutrients in the earlier sections of this book. Please refer to my *Reverse Arthritis & Pain Naturally* book for a complete list of foods accompanied by scientific literature in support of them. *Reverse Arthritis & Pain Naturally* provides a much more in-depth look at these healthful foods, and how to combine them in ways that benefit you even more. For example, if a smoothie recipe calls for strawberries, you will know how to enhance its benefits further by adding some superfoods such as acai, black currant, mangosteen, or noni berry. As you learn, you will grow in your ability to become your own best health advisor, while taking important steps to eradicate – and even prevent – the chronic illnesses that are plaguing most Americans today. You can do it; you can create unparalleled health in your life. Many people are, and they are reaping the rewards of a vital and fulfilling existence free from disease.

The Start of a Healing Journey

It's clear that our physical well-being is intimately linked to our dietary choices. By taking responsibility for what foods we eat and adopting a diet rich in anti-inflammatory foods, we set ourselves on the path to vibrant health and happiness. The recipes in this cookbook were designed to support and inspire you on your path to wellness. I invite you to come along on this joyful, exciting and absolutely delicious journey of healing. Now let's get cooking!

-Gary Null