

Healing *Gourmet*[®]
Your Recipe for Health™

Your Plate, Your Fate





Your Plate, Your Fate™

A Quick-Start Guide

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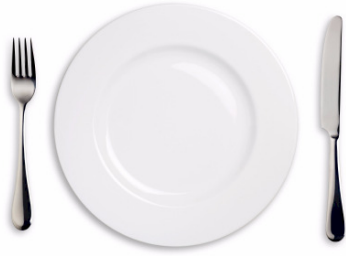
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On the Menu: Navigating the Series

-  **Your Plate, Your Fate—A Quick Start Guide:** Use this quick start guide to familiarize yourself with the content of the series and quickly locate information by specific health condition or topic.
-  **Organics: Beyond Green:** *Better taste and more nutrients too? You bet!* In this book, you'll discover how foods grown in accord with Mother Nature protect you from health-harming contaminants and pack more age-defying, disease-fighting nutrition into every bite.
-  **Smart Cooks Age Better:** *Did you know that many of the ill-effects of our diet can be blamed on our cooking?* In this book, you'll learn the best ways to prepare your food to maximize nutrients and avoid cancer-causing compounds, and the only cookware and containers you should be using to stay free from cell-damaging and endocrine-disrupting chemicals.
-  **Your Guide to Antioxidant Superfoods:** *Each strand of your DNA is attacked or damaged every 8.4 seconds!* In this book, you'll learn how to guard your precious cells with delicious, antioxidant-rich foods... and how to get your body to make more of its own internal antioxidant artillery.
-  **Your Guide to Living a Low-Glycemic Lifestyle:** *Your blood sugar is one of the best measure of your health.* In this book you'll learn why it's so important and how you can keep it under control enjoying sumptuous low-glycemic impact foods (including decadent desserts!).
-  **Fats That Heal, Fats That Harm:** *Did you know that the fats you eat are metabolic messengers?* They can tell your body to make hormones, turn on genes that guard against (or promote) cancer and even store or shed fat. Make sure your body gets the memos *you* want! Learn about the fats you need to stay healthy and slim... and the right ratios to get them in.
-  **Your Body's Ecosystem:** *Tummy troubles?* That's not good! Your digestive health influences every other system in your body... as well as your risk for nearly every chronic disease. In this book, you'll learn how to avoid the most common digestive threats and how to power up your digestion for better immunity, more nutrient absorption and better detoxification.



Master of Your Plate, Captain of Your Fate

These days, it's tough to open a newspaper, turn on a TV or browse the Internet without hearing about a new discovery that proves how the healthy foods we eat can prevent disease and slow aging.

But you don't have to look much further to find the dark side of the story – the rates of diet-related illnesses and obesity skyrocketing to epidemic proportions.

What's more, these illnesses – which were once *incorrectly* associated with age – are affecting people younger and younger.

In fact, diabetes has become so prevalent in children that the medical term of "adult-onset diabetes" has been changed to "type II diabetes" to accommodate for this tragedy.

And it's the poison on our plate that's to blame.

Chances are, you or someone you love suffers from a chronic health condition. But that doesn't have to mean a death sentence. It's just your body sending you a wake-up call to make some healing changes.

You see, your body is an amazing, dynamic machine. *50,000 of the cells in your body have died and been replaced with new cells, all while you have been reading this one sentence.* Every three days your stomach gets a new lining. Your liver performs over 500 functions. In a year, your heart beats 40,000,000 times. And in seven years your body has replaced every cell in it.

Your body is constantly being renewed. And the choices you make today shape the healthy body you'll have tomorrow.

Regardless of your age or the "dis-eases" you have, you will learn how to regain your health using the power of your plate.

That's because food is not just calories. It is information, cellular fuel, immune support, free-radical defense, detoxification, hormonal balance, and glowing, supple skin.... all wrapped up in a delicious, disease-fighting package.










That is, if you're eating the right foods.

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In this series, we'll show you how to get the most disease-fighting, age-defying "bang" per bite. And we'll also show you how to keep the poison off of your plate.

Don't forget to visit us online for:

-  **Hundreds of Articles** on how foods and nutrients protect against disease, including features from world-renowned doctors
-  **1,000+ Healing Recipes** in 29 different categories—from Appetizers to Wild Salmon, all with nutrition information for 22 key nutrients
-  A **Healing Foods Encyclopedia of 700+ Foods** and their unique health benefits
-  **Phytonutrients, Vitamins & Minerals Encyclopedias** with valuable information of 1000+ nutrients and the best food sources
-  **15 Wellness Centers** from Anti-Aging to Weight Loss to help you find the tailored information you need
-  **22 Encyclopedias** for quick reference on everything from the dangerous additives in foods to the best organic wines
-  A **Personalized Recipe Search** that allows you to find recipes suited to your calorie needs, taste preferences, nutrient levels and more
-  A **Healthiest Food Search** to help you find individual foods highest in the nutrients you need
-  A **Best Brands** feature that spotlights hundreds of Healing Gourmet® approved packaged foods

...and MUCH, MUCH MORE! All 100% FREE and created to help you protect your health... *deliciously!*

Cheers to your healthy fate!

Kelley Herring

C.E.O. & Editor-in-Chief

Healing Gourmet®



**When it comes to eating right and exercising,
there is no "I'll start tomorrow." Tomorrow is
disease.**

-V.L. Allineare



Obey These "8" To Protect Your Fate

Through the *Your Plate, Your Fate* series, you'll find we make some pretty big commitments to you. We vow to protect you from harmful compounds... while packing more nutrition into every bite.

But preserving your health is only one part of the Healing Gourmet® story. In our mission to promote human health, we're also making a commitment to preserve Mother Earth. You can't have one without the other.

Often, doing the right thing isn't the easy thing. But guided by our eight principles, you'll find the right thing isn't just easy... it tastes really good too.



#1: We Prefer Nature's Packaging: We promote whole foods in Mother Nature's perfect packaging for health. This ensures you get the most nutrient 'bang per bite', while keeping devoid calories off your plate.



#2: We Pass on the Pesticides: This helps to reduce your exposure to estrogen-mimics, increases the antioxidants you get from your foods and also promotes biodiversity here on earth.



#3: We Go Wild for Fish: We promote the consumption of wild, sustainable fish to help limit your exposure to mercury, PCBs and also to protect our oceans and marine life.



#4: We Prefer Pastures to Pens: We promote humanely-raised, grass-fed meats, pastured poultry, pork and eggs to reduce your exposure to growth hormones and increase the beneficial omega-3's and linolenic acid (CLA) in your diet.



#5: We Keep Chemicals Out: No additives, preservatives, artificial sweeteners, flavors, colors or "man-made" foods to wreak havoc on your health.



#6: We Forgo Fake Fats: No trans fats or olestra here. The fats you'll enjoy in our recipes and menus are healthy fats... in the right ratios.



#7: We Cook for Balance: Blood sugar balance, that is. You'll notice all of our recipes are low glycemic and as such, help to reduce your risk of diabetes, heart disease, metabolic syndrome and cancer.



#8: We Have Refined Taste...Not Refined Foods: Stripped, extruded, refined grains and sugars contribute to diabetes, obesity, cancer, heart disease and every other "disease of Westernization". Nothing refined here but our taste.



Deep Six The “Big Five”

What if I told you that you can prevent Alzheimer’s disease, diabetes, metabolic syndrome, heart attacks, strokes, breast cancer, colon cancer, prostate cancer, weight gain, premature aging, cataracts and macular degeneration, infertility and IBS... *all in one meal?*

Does it seem too good to be true? Well, it’s not.

That’s because most chronic diseases – though they may look very different on the surface – are really just physical variations of the same underlying causes of disease.

Chances are, you may be unfamiliar with this perspective. And likely so is your doctor. That’s because allopathic medicine – or Western medicine – treats the symptoms of disease while ignoring the root of the problem.

You don’t just wake up one day with diabetes. You don’t catch cancer. Your memory isn’t here one day and gone the next. All of these chronic illnesses take years, or even decades, of the same internal destructive processes before the diagnosis occurs.

We call these destructive internal processes “The Big Five”.

Here they are:

- Inflammation
- Glycation
- Oxidation
- Depletion
- Toxification

While the *Your Plate, Your Fate* series may appear to be six individual books with very specific topics, you’ll find they are interconnected by “The Big Five”.

In this introductory book, we’ll introduce these principles and point you to the locations in the other books in the series to learn more.

#1: Inflammation: The Quiet Killer

Inflammation plays an important role in the body. Without it, we couldn't defend against harmful invaders (like microbes) or repair damage caused by injuries.

But chronic inflammation is different. Unlike the redness, pain and swelling that tells us loud and clear that our body is in repair mode, chronic inflammation is a silent process that slips "under the radar".

This quiet killer is the cornerstone of degenerative disease and physical aging.

The good news is that the primary causes of chronic inflammation are *completely* within our control. They include:

- Having high blood sugar levels
- Eating the wrong kinds of dietary fats
- Carrying excess body fat (especially around the middle)

In this series, you'll learn dozens of ways to stop inflammation... and therefore your risk for chronic diseases.

Here's a taste of the inflammation-fighting tips you'll discover:

- The essential fat that dramatically reduces inflammation. But close to 90% of us don't get enough. Learn what it is and how much you need every day in ***Fats That Heal, Fats That Harm***, p. 14) and the test you should take to find out if your oil is low (***20 Tests Your Doctor Hasn't Performed, And Should!*** p. 13)
- The specific types of fats that promote inflammation. This is really important because these bad fats make up an astounding 80% of American's fat intake! (see ***Fats That Heal, Fats That Harm***, p. 12)
- The signaling compounds found in these fats that tell your body to turn your inflammation processes "on" (see ***Fats That Heal, Fats That Harm***, p. 13)
- The slimming fat that fights three key markers of inflammation. But you'll only find it in animals eating this special diet (see p. 36 of ***Fats That Heal, Fats That Harm***)
- The fat that increases blood levels of a dangerous inflammatory factor called c-reactive protein by 73% (see p. 38 of ***Fats That Heal, Fats That Harm***)

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- The fish you think may be healthy that actually contains 400% more inflammatory-promoting fats than their wild counterparts (p. 23 **Organics: Beyond Green**)
- The three key nutrients that reduce *homocysteine* – a harmful inflammatory compound – and the best foods to get them in (p. 10 of **Smart Cooks Age Better**)
- Eating foods higher in these compounds promotes inflammation and speeds aging. Learn how to avoid them on p. 21 of **Smart Cooks Age Better**.
- These bacteria inside of your gut create natural anti-inflammatory substance. But you have to feed them the right fuel. Learn what they eat on p. 18 of **Your Body's Ecosystem**.
- If you use this over the counter drug, you have a 65% chance of developing intestinal inflammation. What's more, because this common (yet dangerous!) drug blocks your body's natural inflammation-fighting and repair substances, your damaged intestine can't heal. Learn more on p. 28 of **Your Body's Ecosystem**.
- The National Health and Nutrition Examination Survey evaluated almost 4,000 people and found the more of *this* people ate, the lower their level of inflammation. See p. 6 of **20 Tests Your Doctor Hasn't Performed (And Should!)** to learn more.
- Do you store fat around your middle? If so, your levels of *C-reactive protein* (an important marker of inflammation and predictor of disease risk) are up to 53% higher. Learn more about C-reactive protein and how you can reduce it on p. 6 of **20 Tests Your Doctor Hasn't Performed (And Should!)**.



"The longer I live the less confidence I have in drugs and the greater is my confidence in the regulation and administration of diet and regimen."

-John Redman Coxe, 1800



#2: Glycation: The Sticky Destructor

Your mom probably told you as a kid to lay off the sweets. But her concern of a trip to the dentist is the least of sugar's ill effects.

In fact, sugar promotes *every* chronic disease including diabetes, heart disease, metabolic syndrome, some cancers, Alzheimer's and many more.

That's a pretty scary fact, given the recent statistic that Americans eat 158 lbs of this "white devil" per year!

One of the ways this not-so-sweet compound sours your health is through a process called *glycation*.

Quite simply, glycation is the process of sugars attaching to proteins. It may sound innocuous, but like inflammation, it causes a slow, but sure deterioration of your health.

Here's how.

When you eat a sugary dessert, drink a soda or *any* carb-rich food, your blood sugar rises. The sugar in your blood then binds to red blood cells (as well as other proteins and fats) and creates disease-promoting compounds called *advanced glycation endproducts (AGEs)*.

AGEs are "sticky". They float along until they bind to a vascular wall or tissue—gumming up your pipes and hampering the integrity of tissues and organs too.

As the glycated globs grab on, it wreaks havoc on your cells (creating *oxidation*, which you'll learn about next section).

Your body – always vigilant and prepared to defend itself – rushes to the rescue to clean up the damage and repair the destruction. And of course, it calls in *inflammation* to do this.

Three of the "Big Five" disease processes, simultaneously, all cascading from one killer ingredient: *sugar*.

The good news is that you can guard yourself against AGEs by keeping your blood sugar under control and by choosing foods that low in AGEs.

In the series you'll learn how important your blood sugar really is and the tasty ways to protect yourself including:

- The foods and ingredients you can eat that reduce your body's blood sugar response. One of them is wine (see ***Your Guide to Living a Low Glycemic Lifestyle*** p. 21)

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- How insulin levels increase a dangerous protein called c-peptide which can triple your risk for colon cancer and why you should get tested (**20 Tests Your Doctor Hasn't Performed, And Should!** p. 7)
- How high glycemic index foods damage the small blood vessels in the eyes and lead to cataracts and peripheral blindness (**Your Guide to Living a Low Glycemic Lifestyle**, p. 11)
- How high glycemic carbs flip the switch to your hunger hormones "on" – promoting weight gain— and how to turn them off (see **Your Guide to Living a Low Glycemic Lifestyle**, p. 12)
- The foods found to reduce the need for diabetes medications in 95% of patients after 24 weeks in a Duke University study (see **Your Guide to Living a Low Glycemic Lifestyle**, p. 14)
- The health-harming compounds that form when you eat sugar and attach themselves to your tissues and organs contributing to disease (p. 20 of **Smart Cooks Age Better**)
- Why sugar is the real culprit in heart disease (see **Your Guide to Living a Low Glycemic Lifestyle**, p. 16)
- A test that is far better at determining heart health and predicting your risk of heart disease than the standard cholesterol test. And it's covered by insurance! (see **Your Guide to Living a Low Glycemic Lifestyle** p. 17 and **20 Tests Your Doctor Hasn't Performed, And Should!** on p. 6)
- The lipid-soluble version of this B-vitamin that has been found to act as potent inhibitors of advanced glycation endproducts (AGEs) and how much you need everyday (p. 22 of **Smart Cooks Age Better**)
- The simple cooking techniques that prevent AGEs from forming (p. 22 **Smart Cooks Age Better**)
- The safe sweeteners you can use that don't cause a blood sugar spike... or cause AGEs to form (p. 22 of **Smart Cooks Age Better**)



Don't Give Glycation a Chance! Reducing the sugar in your diet is the #1 way to fight glycation. And unlike other so-called "healthy" cooking sites (ahem... *Cooking Light* and *Prevention*) here at Healing Gourmet® all of our recipes are low glycemic. Plus, you can track every gram of sugar (plus 20 more nutrients) in each recipe, menu, and packaged food we showcase. What's more, our preparation methods protect you from the woes of glycation.

#3: Oxidation: The Radical Robber

Each day, every cell in your body is attacked by more than 10,000 free radicals.

Odd as it may sound, this process – called oxidation – is perfectly natural. In fact, up to 5% of the oxygen that cells use is converted into free radicals.

But our normal metabolic processes aren't the only way these damaging compounds are formed. We also get free radicals from pollution, smoking, medications, alcohol... and eating the wrong foods.

So what do free radicals do?

These rogue molecules are highly reactive with other molecules in the body. They're missing an electron, so they spend their time robbing electrons from healthy cells. The result: *a cascading series of cellular damage.*

Here are some of the ways free radicals rob you of your health:

- Damage cholesterol and make it more likely to stick to the lining of your arteries, increasing risk for a heart attack or stroke
- Wreak havoc on the DNA inside of your cells, causing cell mutations that can lead to cancer
- Attack the delicate structures of the eyes, promoting cataracts and macular degeneration
- Pillage your neurons – the nerve cells in your brain – and contribute to Alzheimer's
- Weaken collagen and elastin – the two structural proteins in your skin – contributing to wrinkles and the other visible signs of aging

The good news is that our amazing bodies have mechanisms to neutralize these molecules and repair their damage.

Eating foods high in antioxidants – including carotenoids, vitamin C, vitamin E, selenium, and a colorful array of phytonutrients – is one way to lighten your body's free radical load.

But research shows that the antioxidants manufactured *inside* of our body are much more effective. And there are a handful of foods that serve as the fuel for your own antioxidant artillery you should be eating every day.

There are also foods that are free-radical factories...that you should avoid at all cost.

You'll learn about all of the free-radical fighters (and food foes!) and the many ways you can boost your defenses against oxidation including:

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- How heating *these* cooking oils creates DNA-damaging compounds and the safe oils to choose (see p. 15 of **Smart Cooks Age Better**)
- The type of fats that contain a bevy of freeloading free radicals from the way they were processed and promote oxidation... even if they never hit a pan (see **Fats That Heal, Fats That Harm**, p. 26)
- The two key words on the label of culinary oils that tell you it was processed in a way that doesn't generate free radicals in the bottle...or in your body (see **Fats That Heal, Fats That Harm**, p. 26)
- The safe temperature zones that prevent the formation of free radicals for 20 different cooking oils (see p. 16 of **Smart Cooks Age Better**)
- The reason why *these* foods are naturally higher in antioxidants (see **Organics: Beyond Green**, p. 9)
- The types of ketchup that pack 56% more antioxidant lycopene (see **Organics: Beyond Green** p. 9)
- The berries that pack 19% more antioxidants than their supermarket counterparts (see p. 9 of **Organics: Beyond Green**)
- The easy cooking method that boosts antioxidants in your foods by up to 467% (see p. 12 of **Smart Cooks Age Better**)
- The chart-topping antioxidant herbs and how you can boost their free-radical fighting ability tenfold (see p. 13 of **Smart Cooks Age Better**)
- The three minerals and top 28 foods your body needs to produce superoxide dismutase (SOD) – a potent antioxidant whose job is to neutralize superoxide, the #1 free radical in the your body (see p. 7 of **Your Guide to Antioxidant Superfoods**)
- If you forget about your “forgotten organ”, your body can't effectively absorb antioxidants, and they go to waste. Learn how to get a tune up on p. 10 of **Your Guide to Antioxidant Superfoods**.
- This group of 13 veggies is one of the most potent when it comes to boosting your body's antioxidant artillery. Find out which ones provide the most “bang per bite” on p. 13 of **Your Guide to Antioxidant Superfoods**.
- The 8 foods highest in this nutrient that helps protect your cholesterol from oxidation – the real cause of heart disease. See p. 14 of **Your Guide to Antioxidant Superfoods**.
- Digesting meat causes harmful free radicals called lipid hydroperoxides (LOOH). But drinking this with your meat reduces their formation. See p. 19 of **Your Body's Ecosystem**.

#4: Depletion: The Silent Sapper

Dr. Linus Pauling, winner of 2 Nobel prizes, said:

"You can trace every sickness, disease or ailment in the human body to a trace element deficiency."

It was true then. And it's even truer today.

In fact, the average vegetable found in today's supermarket is anywhere from 5% to 40% lower in minerals (including magnesium, iron, calcium and zinc) than those harvested just 50 years ago. Our foods are nutritionally bankrupt!

Why? Our soil isn't what it used to be. Industrial farming has depleted it, and in doing so has depleted our food.

But it's not just the soil. Farming chemicals reduce the amount of beneficial nutrients plants naturally produce.

What's more, conventionally-raised livestock eating grain (not grass and other foods native in their diet like clover) provide fewer nutrients too.

Finally, most of us suffer from an unhealthy digestive system that doesn't absorb nutrients and we take drugs that sap our nutrients too.

Add it all up and you have a recipe for depletion... and therefore disease.

But not to worry. In this series, you'll learn how to feast on the most nutrient-dense foods and tips for better absorption including:

- A protein that may be killing your villi – the specialized structures in your small intestine that increase the surface area of your intestine by a factor of 600 to help absorb nutrients. But when this protein damages your villi, you can't absorb the health-promoting substances you need (p. 6 of ***Your Body's Ecosystem***)
- The best way to cook specific foods to maximize their nutrients (see ***Smart Cooks Age Better***, p. 4)
- The missing nutrients in conventionally-raised beef that your body needs to stay slim and fight cancer (see ***Organics: Beyond Green***, p. 26)
- Four life-essential minerals that are critically lacking in our diet, how to know if you're deficient and how to get more (***20 Tests Your Doctor Hasn't Performed, And Should!***, p. 9-12)

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- The mineral you're missing that may be cause of your "Restless Leg Syndrome (p. 11 of **20 Tests Your Doctor Hasn't Performed, And Should!**)
- The cancer-fighting, thyroid supporting micronutrient that has dropped 50% in the last two decades and the food you only need one ounce of to get 767% of the daily value! (**20 Tests Your Doctor Hasn't Performed, And Should!** p. 12)
- The specific over the counter and prescription drugs that deplete your nutrients (see **Are You Depleted by Drugs?**)
- How to get 60% more flavonoids- powerful antioxidant phytonutrients that fight inflammation and guard against disease (see **Organics: Beyond Green**, p. 9)
- How you can get 25% more nutrients from your food, just by making this one easy choice (see **Organics: Beyond Green**, p 10)
- The simple ways to boost 27 key nutrients in your food by the way you cook and combine with other foods (p. 11 of **Smart Cooks Age Better**)
- If you drink bottled or filtered water, you may be missing out on important minerals including magnesium. Learn more about why you need this important mineral and how a deficiency is a silent cause of disease on p. 9 of **20 Lifesaving Tests Your Doctor Hasn't Performed (And Should!)**.
- Using a microwave reduces this important B vitamin by more than 50%. This is really important because this nutrient is involved with DNA manufacture and helps to reduce of *homocysteine*—an amino acid which increases the risk for heart disease and stroke (p. 28, **Smart Cooks Age Better**)
- The antioxidant imposters you may be duped into thinking are healthy which actually promote free-radicals, inflammation and endocrine problems (see p. 16 of **Your Guide to Antioxidant Superfoods**)
- The two spices that are 50 time higher in antioxidants than blueberries and taste great! See p. 17 of **Your Guide to Antioxidant Superfoods**.
- Your digestive system may be lacking this important ingredients needed to effectively break down food. Learn what it is and the 9 easy ways to boost it on p. 9 of **Your Body's Ecosystem**.
- The fiber you can stir into beverages, yogurt, soups and sauces that benefits gut health and boosts calcium and absorption by up to 20% (see p. 18, **Your Body's Ecosystem**).

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- If you eat this unhealthy fat, your body can't absorb a group of disease-fighting, antioxidant nutrients called carotenoids. Learn what it is and where it's found on p. 17 of ***Your Kitchen Cleanse***.
- This common sweetener has received lots of press for encouraging weight gain. But its ill-effects don't end there. It also interferes with the heart's use of key minerals including magnesium, copper and chromium. Learn more on p. 13 of ***Your Kitchen Cleanse***.
- More than 50% of us are deficient in a vitamin that many health experts are calling a "cure all". A deficiency in this important nutrient is associated with an increased risk of diabetes, cancer, heart disease, Alzheimer's disease, depression and even autism. But our food supply provides almost none. Learn about this amazing vitamin, how much you need and how best to get it on p. 10 of ***20 Lifesaving Tests Your Doctor Hasn't Performed (And Should!)***.



"Diseases are but symptoms of nutritional deficiencies combined with retained toxins. These are caused by poor soil resulting in nutritionally deficient plants and fruit and other foodstuff...We must change our nutritional habits to consume at least 75% living and unprocessed foods - those that grow in the ground or fall from a tree. Everything else is hardly worth eating. If we do this we can stop using drugs and even supplements because our food has become our medicine."

-Dr. Juergen Buche, N.D.



#5: Toxicification: The Body Burdened

While the nutrients in our foods are *decreasing*, our exposure to harmful toxins is *increasing*.

And without the proper nutritional forces, our body's detoxification efforts fall short. Our liver is on overload, and our health pays the heavy price.

While toxins are present in the air we breathe and the water we bathe in, most make their way into our bodies by way of our plate or by the chemical products we use (like lotions, shampoos and other personal care products; household items, etc).

These toxins damage our cells and affect our endocrine system, producing have a wide range of toxic effects.

Some encourage our body to store fat... others impair the function of our thyroid... some alter the effects of our reproductive hormones... and many promote cancer and even damage our brain.

The good news is that your body has a natural pollution solution. And with good choices, you can keep the poison off your plate, lighten your liver's load and put your detox machinery in high gear.

You'll learn:

- The foods that crank up your body's detoxification efforts (see ***Antioxidant Superfoods***, p 5)
- The power protein that boosts your "master antioxidant and detoxifier" and the only two brands you should be buying. See p. 5 of ***Antioxidant Superfoods***.
- The plastics, containers and other cooking tools that leach harmful compounds into your food (see p. 24 of ***Smart Cooks Age Better***)
- The fruits and vegetables that contribute to 90% of your pesticide exposure that you always want to buy organic (see p. 7 of ***Organics: Beyond Green***)
- The two green foods you can use to help detoxify from heavy metals (see ***Organics: Beyond Green***, p. 22)
- How to know if you have dangerous levels of mercury, lead, PCBs and other environmental toxins in your body (see ***20 Tests Your Doctor Hasn't Performed, And Should!*** p. 15-18)

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- The “Toxic Twelve” additives, preservatives and chemicals manufacturers use in foods, why your health depends on avoiding them and how to spot them (see p. 7 of **Your Kitchen Cleanse**)
- How your pans may be promoting tumors (see **Smart Cooks Age Better**, p. 25) and the safe alternatives to choose (p. 33).
- The petroleum-based color “enhancer” that’s added to 90% of salmon and how to avoid it (p 23 **Organics: Beyond Green**)
- This “hidden ingredient” found in carb-rich foods reduces your body’s production of glutathione – “your master antioxidant and detoxifier”. Learn where its found and how to avoid it on p. 18 of **Smart Cooks Age Better**.
- If you drink water from bottles labeled with these numbers, you’re being exposed to a dangerous cancer-causing compound called bisphenol-a (BPA). Learn the safe types of bottles to use on p. 29 of **Smart Cooks Age Better**
- Do you eat canned food? If so you’re being exposed to a dangerous cancer-causing compound called bisphenol-a (BPA) due to the can liner. But two companies make BPA-free can liners. Learn the brands you should choose to stay away from BPA! (p. 29 of **Smart Cooks Age Better**)
- While the safe limits for lead have been set at 60 mcg/dL of blood by the U.S. government, research shows that any level over 2 mcg/dL significantly increases the risk for heart attack, stroke and death. More worrisome still is that 40% of Americans have those levels of lead! Learn more about getting the lead out on p. 16 of **20 Lifesaving Tests Your Doctor Hasn’t Performed (And Should!)**
- The one energy-efficient, time-saving, must-have kitchen tool that reduces your risk of ingesting four major cancer-causers. And it costs about \$100. (see p. 38 of **Smart Cooks Age Better**)
- The old-fashioned cooking method your grandmother used that can help reduce the risk of four dangerous culinary byproducts. While many types of cookware can be used to cook this way, this handy-dandy is cheap and time-saving too (p. 39 of **Smart Cooks Age Better**).
- The exotic spice that kicks up your antioxidant production by turning on specific genes (p. 6 **Your Guide to Antioxidant Superfoods**).

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- The mineral that's needed to make glutathione -your body's "master antioxidant and detoxifier". But the problem is it that this mineral has dropped by 50% in our food supply in the last 20 years. Learn the five foods that will keep your body cranking out this important substance (p. 6 **Your Guide to Antioxidant Superfoods**).
- The one supplement that is so powerful at boosting your glutathione levels, it is used in hospitals for acetaminophen (Tylenol) overdose to detoxify the liver... and save lives (p. 6 **Your Guide to Antioxidant Superfoods**).
- The dangerous toxins that are being produced inside your body if you have *this* problem that not only taxes your liver, but damages your brain too. See p. 8 **Your Body's Ecosystem** for what they are and learn how to stop them on p. 28.
- Are you sick all the time? Don't blame the bugs outside...blame the bugs inside and the toxins they create. Learn how you can get the detoxifying, immune-enhancing bacteria in your gut to take over and work for your health (see p. 18 **Your Body's Ecosystem**).
- If you're eating too many foods that fall on the high side of *this* chart, your body's detoxification mechanisms become compromised. See p 24 **Your Body's Ecosystem** for more.
- If you add *this* acid to your water it will improve oxygen delivery to your cells, boost detoxification and even help protect against kidney stones (see p. 28 **Your Body's Ecosystem**).
- Eating 1.5 cups of any of these three foods can turn on your body's powerful detox machinery for 4 hours after you eat them (see p. 22 **Your Body's Ecosystem**)
- If this nasty pathogen has rooted itself in your gut, food particles, toxins and bacteria can move out of your intestine... and into your bloodstream. While it might not sound harmful, this is actually the "root" cause of allergies, chronic fatigue and 20 more common conditions. Learn how to stop this health-harmer from taking over your gut on p. 27 **Your Body's Ecosystem**.
- These two foods contain dangerous *mycotoxins* – or fungal toxins – that can harm your gut and hamper your immunity. And one of them is a powerful cancer-promoter too. Learn how to protect against them and a specific brand to choose that is certified fungus-free p. 35 **Your Body's Ecosystem**.
- This dangerous, yet common artificial sweetener turns into formaldehyde in your body. Formaldehyde is best known for its use as embalming fluid. And in smaller doses causes neurological, immune and genetic damage. See p. 10 of **Your Kitchen Cleanse**.

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- This common food additive is one of the best known *excitoxins* – substance that literally stimulate the neurons to death, causing brain damage of varying degrees. And manufacturers try to hide it from consumers by calling it 15 other sneaky names! Learn what they are so you can avoid brain drain. See p. 14 **Your Kitchen Cleanse**.
- Nearly 40% of Americans have levels of *this* contaminant high enough to increase the risk for heart attack by 151% and the risk of stroke by 89%. Learn the simple-lifesaving test you can take to determine your levels and the therapies to rid your body of this killer (see p. 16 of **20 Tests Your Doctor Hasn't Performed, And Should!**).
- If you've been eating farmed fish, you may have high levels of cancer-causing compounds called PCBs. What's more, the PCBs you ate in your farmed fish today will stay in your body until 2025! But there's a simple detoxification procedure found to reduce PCBs in the body by 46%. Learn more about testing your levels, detox methods and how to steer clear of PCBs on p. 17 of **20 Tests Your Doctor Hasn't Performed, And Should!**



Detoxify & Prevent Endocrine Disruption...Deliciously!

At Healing Gourmet®, you never have to worry that your food is toxifying your body or disrupting your delicate hormonal balance.

We can't say the same for our competition who recommend toxic ingredients, employ harmful cooking techniques, and advise you to use conventionally-raised, hormone-pumped meats and pesticide-laden produce. Yuck!

Don't be fooled by imitations. Healing Gourmet® is the only place you can go where the food is clean....and your conscience can be too!



"So many people spend their health gaining wealth, and then have to spend their wealth to regain their health."

-AJ Reb Materi





Fight Disease... With a Fork!

If you're looking for natural ways to heal a specific condition or concern, you're in the right place.

We address the woes of Westernization in this series and on our website too.

This section is designed to help you quickly locate the information you need on the health topics that are most important to you.

The main concerns we address include:

- Beat Diabetes
- Fight Cancer
- Boost Brain Health
- Guard Your Heart
- Protect Your Vision
- Healthy Reproduction
- Ease Digestive Disorders



"Let food be thy medicine, and medicine be thy food."

-Hippocrates



Beat Diabetes

- After 6 months on a diet rich in *this* fat, participants on average reduced fasting glucose by 3%, insulin by 9.4% and insulin resistance by 12.1% (see p. 29 of ***Fats That Heal, Fats That Harm***).
- After 6 weeks, people with diabetes who added *this* fat to their diet had lower body mass and blood sugar levels. They also had lower levels of leptin – a hormone that regulates body fat. Learn more on p. 37 of ***Fats That Heal, Fats That Harm***.
- A study published in *Diabetes Care* found that people with the highest exposure to *these* chemicals were 38 times more likely to develop diabetes than those with the lowest exposure (see p. 20 ***Organics: Beyond Green***).
- In people with diabetes, eliminating *these* specific foods reduced the risk of vascular complications by up to 37% (see p. 17 ***Your Guide to Living a Low-Glycemic Lifestyle***).
- When this delicious protein was added to a drink of pure glucose, it reduced the associated blood sugar spike by 56% and made insulin 60% more effective. Learn about this powerful protein and the only brand you should buy on p. 21 of ***Your Guide to Living a Low-Glycemic Lifestyle***.
- Adding just a tablespoon or two of this condiment to a high-glycemic meal reduced post-meal blood sugar levels by 25-35% and increased the feeling of fullness two-fold! See p. 21 of ***Your Guide to Living a Low-Glycemic Lifestyle***.
- Adding these tasty ingredients to a carb-rich meal can reduce the body's glycemic response by 30-50%! They also reduce the production of free radicals that happened just from digesting the meal. See p. 21 ***Your Guide to Living a Low-Glycemic Lifestyle***.
- Drinking a little of *this* before your meal will reduce your blood sugar and insulin levels after the meal. Hint: You'll need a corkscrew. See p. 21 of ***Your Guide to Living a Low-Glycemic Lifestyle***.
- This artificial sweetener is in hundreds of products made for weight loss and is touted as "diabetic-safe". But it actually promotes weight gain and worsens diabetes! Clear your cupboard of this harmful substance (see p. 17 of ***Your Kitchen Cleanse***) and learn the safe and healthy alternatives.
- Getting your A1C checked? If you've been eating *this* artificial sweetener don't be surprised if it's higher than at your last checkup. Researchers found diabetics using it had significant increases in this important marker of glycemic control. See p. 18 of ***Your Kitchen Cleanse***.

Fight Cancer

- A study published in the *American Journal of Epidemiology* found that people eating the most of this food had a 41% reduced risk of colon cancer (see p. 23 of ***Fats That Heal, Fats That Harm***).
- The Physicians Health Study evaluated the diets of 20,167 men. Researchers found that the men eating this food 5 times per week had a 48% lower risk of fatal prostate cancer than the men who rarely ate it (see p. 23 of ***Fats That Heal, Fats That Harm***).
- The “hidden” ingredient in more than 80% of fish sold that is a known cancer promoter. What’s more, a recent study found that 7 out of 10 pieces of fish at grocery stores were so contaminated with these carcinogens that they exceeded the “safe” levels set by US health agencies 100 times over (see p. 24 of ***Fats That Heal, Fats That Harm*** and p. 23 of ***Organics: Beyond Green***).
- A cancer-fighting fat that blocks all three stages of cancer – initiation, promotion and metastasis. In fact, as little as half a gram was found to reduce tumors by 50% in one study. But this fat is only found in animals eating a special diet. Learn more on p. 36 of ***Fats That Heal, Fats That Harm***.
- Women getting the most type of this fat in their diet had 60% less risk of breast cancer than women with the lowest levels. See p. 36 of ***Fats That Heal, Fats That Harm***.
- The European Prospective Investigation into Cancer and Nutrition reported that eating this fat may raise the risk of breast cancer by up to 75%. See p. 38 of ***Fats That Heal, Fats That Harm***.
- Girls exposed to this toxic chemical (which the US exported 96 tons of in 1991) are 5 times more likely to develop breast cancer later in life than women with lower exposures. While the US no longer manufactures this poison here, it is found in imported foods (see p. 19 of ***Organics: Beyond Green***).
- People who eat their meat medium well or well-done were found to triple their risk of stomach cancer due to the formation of cancer-causing compound formed during cooking called heterocyclic amines (HCAs). But you can reduce these health harming compound by more than 80% just by making a marinade with *these* ingredients (see p. 17 of ***Smart Cooks Age Better***).
- A study of more than 12,000 people found that those getting the most of this cancer causer found in carb-rich foods had a 59% increase in kidney cancer. Learn how to avoid this harmful compound on p. 18 of ***Smart Cooks Age Better***.

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- Women who ate just one serving of this food daily had twice the risk of developing ovarian and endometrial cancer as women who ate less (see p. 18 **Smart Cooks Age Better**).
- The World Health Organization says this compound may be responsible for up to one-third of all cancers caused by diet. But the FDA encourages us to eat LOTS of these foods! See p. 19 **Smart Cooks Age Better** to learn how to protect yourself.
- The hidden carcinogen and endocrine disruptor found in 90% of cookware sold that leaches from the pan and gets into your meal (see p. 25 of **Smart Cooks Age Better**)
- *These* fats that “up regulate” (or turn on) cancer promoting genes while *these* fats that flip the switch to “off”. Make sure you’re eating the right fats to program your cells against cancer. See **Fats That Heal, Fats That Harm** p. 16.
- The ingredients added to oil to extend shelf life that mimic estrogen and turn on cancer genes (see p. 26 of **Fats That Heal, Fats That Harm**)
- The immune system is your first defense to prevent and fight cancer. But eating less than half a cup of *this* food decreases the activity of your white blood cells for at least 5 hours! (see p. 27 **Your Body’s Ecosystem**)
- This American staple is a lunchtime favorite (especially for kids). But if you’re not buying this brand, you’re being exposed to one of the most potent-cancer causers known to man: *afatoxin*. Learn the safe brand to buy on p. 35 of **Your Body’s Ecosystem**.
- An FDA toxicologist told Congress: “*without a shadow of a doubt, this artificial sweetener can cause brain tumors and brain cancer*”. Learn what it is on p. 11 of **Your Kitchen Cleanse**.
- Foods that are high in vitamin C and also contain *this* preservative undergo a chemical reaction that produces benzene – a known carcinogen. Although manufacturers know this scary fact, the harmful combination is in hundreds of foods (especially beverages). Learn what it is on p. 11 of **Your Kitchen Cleanse**.
- According to a study published in the *Journal of the American Medical Association*, people eating the most foods preserved with this additive had a 50% increased risk in colon cancer. See p. 16 **Your Kitchen Cleanse** for the name of the carcinogenic compound to watch out for on labels and the safe brands to buy.

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- Women who ate foods preserved with *this* during pregnancy had children with a two-to-threefold higher risk of brain tumor than women who ate none. See p. 16 **Your Kitchen Cleanse** to discover the brands you can enjoy without harming your unborn baby's brain.
- People who ate foods containing this preservative had a 68% higher risk of pancreatic cancer. See p. 16 **Your Kitchen Cleanse** to discover brands made without this preservative to avoid this deadly cancer.

Boost Brain Health

- A study published in the *Archives of Neurology* found that just one weekly serving of this food reduced the risk of Alzheimer's by 60% (see p. 20 of ***Fats That Heal, Fats That Harm***)
- This popular food considered "safe" by the FDA. But just four servings per month can put you over the safe mercury exposure level by 30% (***20 Tests Your Doctor Hasn't Performed, And Should!***, p. 15)
- The everyday foods that contain high levels of Alzheimer's-promoting aluminum and how to avoid it (see p. 26 of ***Smart Cooks Age Better***)
- A surprising anti-depressant found only in animal foods. Low levels of this important compound are linked to aggressive behavior, depression and suicide (see p. 34 of ***Fats That Heal, Fats That Harm***)
- Eating *this way* promotes the formation of amyloid plaque — a substance that's implicated in the development of Alzheimer's disease. Learn the healthier alternatives to protect your brain on p. 11 of ***Your Guide to Living a Low-Glycemic Lifestyle***.

Guard Your Heart

- Eating this food twice a week reduced the risk of stroke by 52% (see p. 20 of ***Fats that Heal, Fats that Harm***).
- Eating just 7 ounces of this food reduced the risk of fatal heart attack by 59% in a Chinese study of more than 18,000 people (see p. 19 of ***Fats That Heal, Fats That Harm***).
- Eating this favorite Mediterranean food was associated with 19% lower oxidized LDL levels – the dangerous cholesterol that sticks together and forms clots that can lead to heart attack and stroke (see p. 29 of ***Fats That Heal, Fats That Harm***).
- The 8 foods highest in this nutrient that helps protect your cholesterol from oxidation – the real cause of heart disease. See p. 14 of ***Your Guide to Antioxidant Superfoods***.
- Taking this healthy supplement can reduce your triglyceride levels after a meal by up to 40%. This is really important because triglycerides are an often overlooked factor in heart disease. See p. 21 of ***Your Guide to Living a Low-Glycemic Lifestyle***.

- This sweetener has been found to increase triglycerides and promote the creation of blood clots. See p. 13 of ***Your Kitchen Cleanse***.
- If your *homocysteine* levels are high, your risk for heart attack is doubled... and your risk for stroke is tripled! Learn the 3 vitamins that can help reduced this heart-harming factor and the test level you want for optimum health. See p. 7 of ***20 Tests Your Doctor Hasn't Performed, And Should!***
- Nearly 40% of Americans have levels of *this* contaminant high enough to increase the risk for heart attack by 151% and the risk of stroke by 89%. Learn the simple, lifesaving test you can take to determine your levels and the therapies to rid your body if this killer (see p. 16 of ***20 Tests Your Doctor Hasn't Performed, And Should!***)

Protection Your Vision

- In a study of 88,974 people, those getting the most of this fat in their diet reduced their risk of AMD by 38% (see p. 24 of ***Fats That Heal, Fats That Harm***)
- People getting the highest levels of *these* two nutrients in their diet had a 35% lower risk of age-related macular degeneration than those getting the least. Learn what the nutrients are in p. 18 of ***Your Guide to Living a Low-Glycemic Lifestyle***.
- People eating *this* type of diet had a 77% increase in cataract risk. See p 18 of ***Your Guide to Living a Low-Glycemic Lifestyle*** and learn about the right diet to save your sight.
- This healthy fat produces a compound called neuroprotectin D1 which protects your retinal cells from damage. See p. 18 of ***Your Guide to Living a Low-Glycemic Lifestyle***.

Healthy Reproduction

- A study published in the *American Journal of Clinical Nutrition* found that for each 2% increase in *this* fat in the diet was associated with a 73% greater risk of ovulatory infertility (see p. 39 of ***Fats That Heal, Fats That Harm***).
- Polycystic Ovarian Syndrome (PCOS) is the #1 cause of ovulatory infertility. And you can reduce your risk of PCOS by getting this one thing in balance (p. 11 of ***Your Guide to Living a Low-Glycemic Lifestyle***).
- Women who ate foods preserved with *this* during pregnancy had children with a two-to-threefold higher risk of brain tumor than women who ate none. See p. 16 ***Your Kitchen Cleanse*** to discover the brands you can enjoy without harming your unborn baby's brain.
- Women getting just under 3 grams of *this* fat daily reduced the risk of premature delivery by up to 33% (see p. 39 of ***Fats That Heal, Fats That Harm***).
- Children born to mothers who ate 2 grams of *this* fat everyday during pregnancy and lactation scored higher on mental processing tests at age 4 than children whose mothers didn't eat this fat. See p. 22 of ***Fats That Heal, Fats That Harm***.

Ease Digestive Disorders

- The processes done to *these* staple foods that destroys nutrients and enzymes your body needs for healthy digestion (see p. 27 ***Fats That Heal, Fats That Harm***).
- The important component of animal foods that helps to maintain the integrity of the intestinal wall and reduce the risk of leaky gut syndrome (see p. 33 of ***Fats That Heal, Fats That Harm***).
- If you use this over the counter drug, you have a 65% chance of developing intestinal inflammation. What's more, because this common (yet dangerous!) drug blocks your body's natural inflammation-fighting and repair substances, your damaged intestine can't heal. Learn more on p. 28 of ***Your Body's Ecosystem***.
- *This* favorite French ingredient does more than add delicious flavor to food. It is an important energy source for your gastrointestinal tract and helps to reduce inflammation. And you've probably been advised *against* eating it! See p. 34 of ***Your Body's Ecosystem***.
- This spice contains *eugenol* – a potent compound that kills off a gut bug responsible for a whole host of health problems ranging from bloating to sinus infections. See p. 33 of ***Your Body's Ecosystem*** for the spice and an easy, tasty way to get it.

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- The five salad oils that boost immunity and prevent the yeast in your gut from becoming invasive. See p. 33 of ***Your Body's Ecosystem***.
- *This* artificial sweetener reduces the amount of healthy bacteria in your gut by 50%. These bacteria are so important to your health they're often called the "forgotten organ". Preserve the good guys in your gut by kicking this out of your cupboard. See p. 18 of ***Your Kitchen Cleanse***).
- A protein that may be killing your villi – the specialized structures in your small intestine that increase the surface area of your intestine by a factor of 600 to help absorb nutrients. But when this protein damages your villi, you can't absorb the health-promoting substances you need (see p. 6 ***Your Body's Ecosystem***).