

Grocery Store Tour Transcript

Root vegetables are incredibly healthy for you. Root vegetables will help you to heal and balance your pancreas so you don't crave that much sugar. These are beets. Have you guys ever cooked beets? I love them medicinally. Food is medicine, because they help to clean out the blood, and they also help to cleanse the colon and the gall bladder. If any of you guys have gall bladder problems, I always have my clients have about a cup of raw shredded beets three times a week. It will help to clear the gall bladder out. But just in general, beets are a really healthy food. You can boil them; you have to boil them for about 45 minutes. You can roast them, or like I said, you can peel them and shave them, grate them raw into a salad. Beets are a really healthy food to get into your diet, one way or another. We have a ton of recipes in our cookbook for different things that you can do with beets. There's the red ones and the golden ones, whichever ones sounds better to you are fine.

Do you know what this is? Have you seen this before? It's a parsnip. It looks like a carrot, but it tastes a lot like a white potato, except it's lower in sugar, it's lower on the glycemic index. I like to put these in my root vegetables when I'm roasting them. You just shave them and you roast them in the oven, 375 degrees, 40 minutes, a little salt and paper, a little grape seed oil. Super simple. Or a great idea for kids or if you wanted to make almost like a chip out of them, you would shave them and then just fry them in a little bit of coconut oil, and then pat them dry and they can get really nice like a chip.

Ginger roots over here. Love ginger. You guys are going to be making some turmeric ginger tea, doing a lot with ginger. I love ginger, because it's alkalizing, but it also helps the body to produce hydrochloric acid. Every year, over age 50, we produce less and less HCl which helps us detoxify and helps us digest our food. So, if you ever get a stomachache after eating, or you ate too much, you can peel ginger root and just put a three-inch strip in a glass of hot water. For 10 to 15 minutes let it steep, and drink that hot water with ginger. Eight out of ten times it's going to take away your stomachache. It's also great for nausea and a whole bunch of other things, plus it tastes great. So, what I do with ginger, because you're not really making it a ton, is I would peel it when I get home from the grocery store and I put it right in the freezer. That way you can pull it right from the freezer and you can grate it into the last couple of minutes if you want anything to taste Asian, and then you're not wasting it, because we don't use a ton of ginger all the time. I highly recommend getting this into your diet.

Moving on. What is this crazy looking thing? Any guesses? It's called burdock root. And burdock root is very supportive for cleansing the blood. If you do any nutritional cleanses, if we were to head over to that section, you'd see that burdock root is in a lot of different cleanses. Here is the caveat though [chuckles]. It tastes like it looks. It's very earthy, it looks a little like tree bark. You're not going to be eating this because it's delicious, you're going to be eating this medicinally. It's earthy, it's not terrible. You're going to peel it, and then you'll slice it, and you can put it in with root vegetables, or we have a simple carrot strengthener recipe that you can use with this. The idea of using food as medicine is, at the change of the seasons, or when you're feeling run down, this is a great thing to get in. There's a tea that I love, called Essiac tea, that is very helpful and supportive when you're undergoing cancer treatment or looking for cancer prevention, and one of the main ingredients in that tea is burdock root.

We're going to move on now to leafy greens, this my favorite section of the produce store. I feel like I talk about kale all the time, because it is the king of all leafy greens. Kale is so nutrient dense; it is the easiest form of calcium for your body to absorb. You've already read through the dairy product information, and you know I'm not a fan of pasteurized dairy. We're not even getting the calcium from pasteurized dairy. Leafy greens are an amazing way to get your calcium. All different kinds of kale here. You can see we have the curly kale, we have the red kale, and over here is the Lacinato kale, or they call it Dino kale. This one, if you've never tried Kale before, is the one you probably want to start with-- is the Dino Kale, because it's less fibrous and people seem to like that when they're starting with it. Curried kale with caramelized shallot recipe. We've got kale recipes all over the place - a raw kale salad, kale chips. So I really want you guys to work kale in your diet one way or the other, whether it's cooked or whether it's raw. The only time you wouldn't eat it raw is if you have a thyroid problem. If you have Hashimoto's or Graves' then you wouldn't want to eat kale raw or a lot of the greens raw, because they have a property in them called goitrogens, which will block thyroid function. That's the only exception to kale and the leafy greens.

And you have to de-stem it. Here's the stem. You have to pull the leaf off the stem, otherwise it'll taste really bitter. For years my dad said, "I don't like kale. It's so bitter." And I said, "Did you de-stem it?" He didn't, so he didn't like it. All these years and now he's eating it, so that's great. Let me tell you a little bit about Swiss chard. While I'm a huge fan of leafy greens, Swiss chards should be cooked, as should spinach, and beet greens if you're going to eat the tops of beet greens. Those should all be cooked because they have a component in them called oxalic acid, and that would actually take calcium away from the body. Beet greens, Swiss chard, and spinach. If you have those cooked, or with enough fat. If you have enough oil in a salad dressing, then it's okay to eat

them raw, then you'll impede that process of the oxalic acid taking calcium away. Swiss chard is a nice light green to get in your diet.

And then you've got to love these guys - collard greens. I love to use collard greens as wraps. Instead of using a tortilla or something bread, I use a collard green as a wrap. And it's a really mild tasting green, it's not that bitter. Any ideas? If you guys don't know what to do with the green, simply de-stem it, wash it, and cook it in either coconut oil, grape seed oil, or ghee with some garlic, or some onions. That will make any green taste good.

Now, you know you're getting two servings of leafy greens in every single day, right? That's the goal, that's the overcrowding theory, that's what's going to keep your biochemistry nice and balanced. Greens flush the liver and the liver works so hard. It's processing so many different chemicals, and pharmaceuticals, and all of these different things all the time to keep us healthy. So the more bitter it tastes, the better it is for your liver, keep that in my mind.

Dandelion greens. This is about as bitter of a green as you're ever going to find, so you're not going to really chomp on a whole dandelion green salad. But what I would do is buy these guys, wash them, chop them up finely, and mix them in with the other parts of a salad. Or you can cook with them, that's fine too. We have some great recipes for that. And in all liver cleanses, you'll see that dandelion is a big part of that. I want you to try new things that you have never tried before, because now you know what they look like, and now you know where to find them.

Then we have a family of vegetables called fat emulsifiers, which include leeks, green onions, red radishes, and then daikon radishes - which I wish that they had here now. A daikon radish looks like a white carrot - it's a little bit translucent. So that's a family of vegetables called fat emulsifiers. What they do is they'll help to eat up plaque along the artery wall, they'll help to get mucus out of the body. They're weight-loss supporting vegetables - it's just good to keep the flow of the body. So I want you guys to get in one of these at least, this time around, whether it's leeks, green onions, red radishes, or daikon radish. What do you do with a leek? You only use this part of the leek and you use it wherever you'd use an onion. Lots of times you can make soups and different things like that. They're really good tasting; they have a little bit of a sweetness to them. If you use chives, I prefer not to cook with them. Just dice them up fine, add them to the tail end of the stir fry, add them to a salad.

And then red radishes, you can roast them, you don't have to eat them raw. You can put them in a salad. If a red radish is too pungent for you, then you're going to look for the daikon radish because that's a lot less spicy; it's a lot less pungent, a lot more mild. You've probably had it when you've been out for sushi. It's like the white stuff they decorate the plate with that makes it look like snow. So, definitely pick that up.

Medicinally if you're congested and you have mucus, I would have you shave the daikon radish and put about a 3-inch strip - maybe 3 or 4 slices - in hot water, steep it for 10 to 15 minutes and drink it like a tea. That will help mobilize mucus out of the body. Food is medicine.

All right. I have to tell you about turmeric. This is turmeric. It looks like ginger, but you see how it's like that bright orange color? If you can find turmeric in your grocery store, buy it. Always, always buy it, because it's not in season all the time and it can be hard to find. Turmeric is the best dietary antioxidant and anti-inflammatory that you will find. This is a way to love your liver, it's a way to cut the inflammation process, and an incredible way to get super, super, super healthy. Again, turmeric ginger lemonade - I would love for you guys to make that. You can peel the ginger root, you can blend it up with some coconut milk, maybe some spices, and then you have a beautiful sauce that you can make. Or you make it as a tea, or again, just like ginger, you would peel it and then grate it the last couple of minutes in a stir fry to get that turmeric taste. But be careful because it does stain and your hands will turn orange.

I want to point this out here. Jerusalem Artichokes, or sunchokes, because nobody really knows what these are and they don't know what to do with them. Sunchokes are fantastic for cleansing. They're also incredibly high in calcium. And so what I love to do with these guys is to just wash them, scrub them a little bit, and then boil them and make a mash potato out of them. It tastes amazing. So you can mash them with a ricer or fork, put some almond milk in there, some coconut milk, some raw milk, some ghee or grass fed butter, and sea salt and you have an amazing, pretty quick, mashed potatoes that are incredibly healthy for you, low in sugar, very high in calcium. Sunchokes.

All right. What's that? This is fennel. I love fennel. Growing up as 100% Italian, on Sundays we would literally be eating all day at the dinner table. And all these different types of food and improperly food combining. And so we used to have fennel in between each course. And now I can see that's why you never get a stomachache, because it's calming and cooling to the digestive system. So if you have any digestive issues, fennel is a great thing to add into your diet. I even use the tops and put it in salad dressing. You typically cut it right here and you would eat it like a celery. You can dip it with avocado,

guacamole, hummus, even salsa, pesto, anything like that. You can have it as a snack. It tastes a little like licorice. And if you cook with it, it gets really sweet and really caramelized. So if you're going to make our root vegetable recipe, then you could throw in sliced fennel, maybe at the last 10 or 15 minutes of cooking that, and it'll give it a whole different flavor. So definitely try to get this guy in.

Cilantro is a wonderful, wonderful herb. I actually use this medicinally in a pesto, because it will help to chelate, or get out, heavy metals. It'll help to chelate heavy metals from the body through the kidneys. Obviously, you have to have it in higher amounts, but it's a very healthy herb. You always want to get cilantro organic. You obviously know what you're doing with carrots, and we're moving down here to mushrooms.

I want to tell you about medicinal mushrooms, beech mushrooms, and right here are shiitake mushrooms. A lot of times you can also find maitake mushrooms. This is really true, true food as medicine. Not the white button mushrooms so much, or even the portobellos, but if you can get maitake and shiitake at your health food store, and get those in your diet a few times a week, you'll give your immune system a super charge. Think about it like nature's Airborne. What those do is they boost your natural killer cell function and count. And the natural killer cells, they're the front lines of your immune system. So it's expanding your army and loading their guns simply by getting these medicinal mushrooms in. So put them in a stir fry, make them in a soup, or some sort of a miso soup. Whenever I'm making rice I just chop them up, sauté them in some garlic and some oil, and then put them in the rice and make almost like a risotto out of it, or wild rice type of savory pilaf dish.

And here we have radicchio, which is a really good bitter vegetable. And then endives, which you can have cooked or raw. Endives are a wonderful diuretic, so they're really helpful to flush the kidneys. We have a couple of different ideas. We have a cooked and some raw recipes with endives, so go ahead and get those in. They make these nice little boats. A really quick easy appetizer is to get some goat cheese and walnuts, and mix it together. Put a few herbs and spices, and put just a teaspoon on here, and decorate it on a plate with a little bit of good quality olive oil over it. That's an amazing, fast appetizer pretty much everybody likes.

Bean sprouts. You know, if you make a paste out of these with a mortar and pestle, you can actually heal from food poisoning within a couple of hours, because these are so helpful and so detoxifying when you use them medicinally. I don't necessarily expect you to do that but bean shoots are great.

Throwing them in a stir fry or throwing them in a salad is very simple. You don't have to wash them. There's nothing that you actually have to do with them.

I have talked to you guys a lot about coconut water. I don't know if you'll be able to find the whole coconut with the juice in your health food store, but it's awesome if you can. They'll open it for you, and put a straw in it, and make it big enough to where you can get the meat out with a spoon. But coconut water, obviously if you're not going to get it fresh from the coconut, there's all these different brands out there and you know which ones that we like. This matches the exact mineral profile of your blood plasma. They actually used it for blood plasma transfusions in World War II, so this really is food as medicine. It will rehydrate you instantly, it will give you a ton of electrolytes. So getting coconut water in-- if you don't like it, of course, that's okay too, but if you do like it, then you're in business because it is so healthy for you.

Jicama. Maybe you'd walk by this because you'd think it was a potato or something. This is jicama; they mostly come from Mexico. It tastes a little bit like a cross between an apple and a potato, but you generally eat it raw. You peel it and slice it and have it like a crudité with anything - with hummus, with guacamole, all of those types of things. It's very high in vitamin C, so I would get this in. A little cayenne pepper is great to have on this. It will provide that sweet and spicy balance.

Sprouts are an amazing thing to get in your diet. My favorite sprouts are broccoli sprouts, because they contain an indirect antioxidant called Sulforaphane. An indirect antioxidant means it stimulates your body's own antioxidant activity, its own detoxification activity. It's amazing, and so I have clients get a package of this and they keep one at work-- do you see how it collects the moisture? So you should put a little piece of paper towel in sprouts when you buy it, or just take them out of here and put them in your own container with a piece of paper towel to cut down on moisture and potential bacteria. If you are getting a burrito for lunch, if you're having a sandwich, or having a salad, it's really simple just to grab a little handful and just stuff it in. And if you don't like sprouts - I'm not a huge sprouts fan personally - for taste, I chop them up fine and then I mix them in a salad. I like the taste much better that way. Get used to sprouts. Sunflower sprouts are great.

These micro-greens are great; you can see what they look like. Anything that's sprouted is just going to have so many live enzymes and it's going to be so nutrient dense. Especially for my vegans or for my vegetarians, getting sprouted stuff in - maybe not so much wheats - but getting the sprouted stuff in is going to be really helpful for you to get more protein in an easier way. I think you can find these in every grocery store in America, so no excuse not to get

your two servings of leafy greens in every single day, because you can buy it pre-washed, pre-packaged. Just whenever you do, I want you to open up the container again, and put a piece of paper towel in there so it doesn't collect this moisture. This moisture, not only will it gather bacteria, but it will also wilt the leaves. But if you put the paper towel in there, then the moisture will go into the towel. You keep changing it, and you get an extra three or five days out of your greens.

Butter lettuce is great. That's a really light, easy lettuce to get in. And again, you don't have to wash those, because most of the time they're hydroponically grown.

Asparagus. I love this vegetable. Hopefully you do too. It is the highest vegetable in folic acid. Folic acid helps prevent depression and birth defects. It's a great part of a prenatal plan, helps support the urinary tract. So when we're talking about using food as medicine, if you guys ever feel like you're getting the beginning of a UTI, I want you to steam an entire bunch of asparagus, eat the whole thing, and drink the water it was cooked in. If you catch it early enough, that might be enough to take care of it. Hopefully you guys know what to do with asparagus. You can steam it, you can grill it, you can bake it, roast it, all different kinds of things. And it just tastes good as it is. You really don't need to season it all that much.

You know not to be afraid of fat, right? Fat is awesome, and the unsaturated fat in avocados is wonderful. So don't be afraid to just cut open an avocado and have a half of one as a snack, maybe with some good Mary's crackers or brown rice crackers. Avocado is loaded with Vitamin E, which supports skin elasticity and a whole bunch of different functions. And Vitamin E is really important for the neurological system. So think about getting avocados in as much as you can - I would say half of one a day. If you're on any sort of prenatal plan, it's very supportive to the cervix and to creating cervical fluid. So if you're on a prenatal plan, one avocado a day is perfect for you.

Now we're going to talk about root vegetables, so let's come over here. I get the question a lot, "What's the difference between a sweet potato and a yam?" These dark ones here are garnet yams. Sweet potatoes are the lighter ones, and the middle guys are jewel yams. I would rather see you guys eating sweet potatoes than regular white potatoes, because they're loaded with beta-carotene and antioxidants that converts to Vitamin A, and they are low glycemic. If you crave sugar, throw a sweet potato in your lunch and see what happens to your sugar cravings. They'll likely go away. Put a little ghee or butter in there, some cinnamon, some sea salt, and it's just delightful. You can

make soups out of them. There are so many different things you can do with sweet potatoes, or yams, or other root vegetables.

Let's talk about the squashes. Your biggest challenge with a butternut squash is going to be having a knife that's sturdy enough to cut this guy. Peeling it is just such an onerous process. I never want to do that, and so what I do is I cut these, and I open them up. I scoop out the seeds, then rub the inside with coconut oil, and put them on a cookie sheet - or a pan that's been greased - face down so that the skin side is facing up. And then you can bake them for 30 to 40 minutes at around 375 and then it's done. Then you can pull it out really easily. You can cube it for a stir fry, you can make a soup out of it, or really do whatever you want. Sometimes just cutting them up and serving them like that with a little maple syrup, a little cinnamon, or you could do some garlic and some ginger - however you want to serve it. You do the same thing with this guy, acorn squash. It looks just like an acorn. You want to cut it down the middle, scoop out the seeds, bake it with the meat side down, and it turns out delicious. It's a warming, grounding, nourishing food that actually helps the pancreas create pancreatic enzymes. Your pancreas has to deal with a lot, because there is a lot of sugar that we are dealing with all the time. So giving it a nice warming food is going to help your digestion tremendously. I want you to get these foods in your diet, especially during fall and winter.