



PURE

Whole-Food & Plant-Based Support

Module 4

The Kitchen, Fun, and Something New

Disclaimer

This program cannot be construed as a recommendation of medical treatment or medication. It is not professed to be physical or medical treatment nor is any such claim made.

There are no medical recommendations or claims for the PURE program or for any of the vitamin or mineral regimens described in this program.

No individual should undertake the PURE program or any of its regimens without first consulting and obtaining the informed approval of a licensed medical practitioner. The author makes no warranties or representation as to the effectiveness of the PURE program.

Module 4 Guide

Kitchen Tips

- Juicing and Blending
- Salads
- Soaking and Dehydrating

Fun

- Value of Laughter
- Funny Movies
- Happy Environments

Try Something New

- Rebounding
- Dance
- Group Activities

Kitchen Tips – Juicing and Blending

Blenders retain everything from the food. They take the fiber and pulp and blend it all together. Juicers separate the pulp from the juice and we drink the juice only.

When you first start adding juices into your diet, juicing is a lot easier on your body. Whether you are juicing to treat a health condition or just to stay healthy, you will experience a lot of detoxification if you are not used to all that fiber. The juice will still give you loads of energy. When you get used to the juice, and if you enjoy the texture, go ahead and try smoothies.

When we juice green vegetables, we liberate the chlorophyll, and our bodies immediately absorb it. Chlorophyll is a detoxifier, deodorant and is an incredible healer of inner and topical inflammation and wounds. The chlorophyll remakes our blood. It is centered on magnesium and our blood is centered on iron.

Kitchen Tips – Juicing and Blending

You need to be careful to use simple juices if you are on a lot of medication. If you are very sick, you will probably release toxins very quickly. This will happen in the form of bowel movements.

Sometimes your liver dumps a lot of toxins. Chlorophyll is a neutralizer of toxins and can deal with anything you have. It is good for kidney, heart and liver conditions.

Green juice is an amazing detoxifier – but take it easy at the beginning; there is no hurry, and you can save yourself a lot of discomfort by starting slowly.

Kitchen Tips – Salads

Building a salad can be an adventure. Start with at least one type of greens and add fruits, nuts, herbs and other vegetables. Don't be afraid to experiment. Salads can have themes, international and cultural flair, can be an addition to a meal, or an entire meal. The more you play with salads, the better you will tell what combinations work for you.

Experiment with different kinds of greens, iceberg lettuce is just one kind, there are many beautiful greens including arugula, romaine, collards and kale. They all add different flavors.

Add fruit such as strawberries, dried apricots, oranges, peaches, pears, blueberries and apples. Throw in a nuts or seeds such as cashews, walnuts, pecans, pine nuts and sunflower seeds. Vegetables like broccoli, peppers, celery, onions and corn add flavor and color to a salad.

Throw in sea vegetables too! A handful of kelp will add crispness with 0 calories.

Kitchen Tips – Salads

Little things make a big difference too...salt and pepper, herbs and garlic liven up a salad in big ways.

A salad can be a work of art, full of flavor and luscious nutrition.

Choose the items from your shopping list that you love the most and make a giant salad and enjoy!

Soaking and Dehydrating - Why

Soaking and dehydrating food is not as mysterious or difficult as it seems when you've never done it before. It's quite easy, and it doesn't need to take a lot of your time.

Nuts, grains, beans and seeds are especially good to soak and dehydrate, not only for flavor, but for health as well. Nuts and seeds contain nutritional inhibitors and toxic substances. When we soak the seeds and nuts, are reduced and it encourages the production of useful enzymes.

While soaking, gluten and other proteins that are more difficult to digest are broken down and they are easier to absorb.

Sprouting takes soaking, as well as health benefits up a few notches. You can leave seeds in water for a week and watch them sprout. Studies show that fiber content increases when sprouted.

Sprouting grains helps to reduce allergens. The anti-nutrients found in unsprouted foods may cause leaky gut and trigger some autoimmune response.

Soaking and Dehydrating

Dehydration retains alkalinity of fresh produce and prevents bacterial growth in addition to keeping almost all the nutritional value of the food. In addition, it enhances the flavor of food.

Dehydration simply removes the moisture in a food product. By removing the water, your food won't spoil as quick, retains nutrients and it has a resistance to some bacteria.

The key to dehydrating is to use the right temperature. A good dehydrator will include an instruction manual with foods and time/temperature needed. Your dehydrated foods should be 95% dehydrated and crunchy. If it's soft, turn it back on and add some time.

- Wash or soak foods
- Steam low acid vegetables for 10 minutes
- Pat dry and place in a food dehydrator

Soaking and Dehydrating

Allow your dehydrated food to cool at room temperature. Keep your dehydrated food in a vacuum sealed container in a cool, dark, and dry space. It can last for a very long time.

Fun

"Laughter is the best medicine."

We are drawn to laughter much in the way that we are drawn to sugar. It makes us feel good. Laughter affects stress hormones, the immune system and the disease process. Laughter has actual therapeutic properties.

A study at Johns Hopkins shows that laughter, when used with teaching, improves memory, learning and test scores. When the left brain hears a joke, the right brain is activated when they "get" the joke and then the whole brain activity creates optimal mental and emotional well-being.

Humor isn't always appropriate or healthy. Laughter at the expense of another person's feelings, racial, religious, gender or sexist humor is not a healthy outlet.

Make a list of movies, people and situations that make you laugh. Now, incorporate laughter and fun daily.

Fun

Laughter:

- Relaxes the effect on the nervous system, controlling things like heart rhythm, blood pressure, breathing and mental tension.
- Shifts perspective, allowing us to see situations in a less threatening way.
- Relaxes the whole body.
- Rejuvenates the body by lowering cortisol levels, adrenaline and producing natural pain blockers and human growth hormone.
- Helps boost the immune system
- Dissolves negative emotions.
- Brings people together and passes on the good feelings.

Fun

Joy is a beautiful feeling of goodness that makes life bright. You can take certain actions that bring you joy.

Here are a few:

1. Be grateful and focus on your blessings.
2. Play with children.
3. Play like a child.
4. Spend time in nature.
5. Help someone (this is a magnification of joy).
6. Travel someplace that you've always wanted to experience.
7. Spend time with your loved ones (the ones who bring joy).
8. Spend time with your pets.
9. Learn – always.
10. Sing and dance wildly.
11. Listen to music that you love.
12. Get some exercise.
13. Watch one movie that you love (no binge watching)
14. De-clutter.
15. Be artistic.
16. Pay someone a compliment.
17. Visit someone who is lonely.
18. Give something to someone who needs a lift.

Try Something New

A rebounder is a mini-trampoline that is fun, and great exercise.

Gentle jumping on the mini trampoline (your feet do not have to leave the trampoline):

- Releases endorphins and other hormones
- Stimulates and exercises EVERY cell in the body at the same time
- Stimulates muscle tone and strength
- Increases flexibility
- Oxygenates the blood
- Improves circulation
- Helps to release toxins
- Stimulates the lymphatic system

It isn't beautiful, but you want it someplace where it's easy to use. Turn on the music and bounce. Get one with a safety bar to help keep your balance. They don't have to be terribly expensive, just good quality.

Try Something New

Turn on the music and dance.

You can use dance videos, go out to a dance, or just stay at home and move to the rhythm of the music. Dance is a great form of exercise because you sweat, and it burns energy. Sometimes as much as a run or biking. If you plan it right, it can even offer HIIT workout because you speed up and slow down, so it allows for high points. This burns your calories more efficiently.

Exercise releases endorphins so it naturally makes you feel better. Dancing has these same happy results. Studies show that dancing reduces anxiety.

Dance by yourself or with someone else. It's versatile, doesn't require new equipment and can be a lot of fun in addition to the physical and psychological benefits.

Try Something New

Group workouts add social value to your exercise routine. The competition, accountability, and team spirit gives a whole new dimension to your exercise routine.

- Zumba
- Running
- Body-Pump
- Bootcamps
- Aerobics
- Step
- Spin Classes
- Yoga
- Pilates
- Barre
- Circuit
- Hikes
- Kayak
- Dog Walking
- Walking

Assessment

Five positive changes this week?

- 1.
- 2.
- 3.
- 4.
- 5.

What can you do in the next week to bring you closer to your goals?

What are your main concerns?

How did you feel?

Assessment

	Weight	Sleep	Constipation/ Diarrhea	Energy	Mood
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					