



What Happens When You Can't Trust Your Brain And what you can do about it



By [Dr. Dennis Maness](#)
HealthWalk™ [MindSoul Division](#)

It happens at all ages - from toddler to the most senior person: a slip of memory, a headache or a panic attack to name a few brain related issues... all for seemingly no reason. Something as simple as "Where did I put my keys?; Why did I walk in this Room?; Why did I turn here?" They used to call these "senior moments" but too many of our children are experiencing the same problems.

Soon we apply labels like ADD, ADHD, stress, tension, bad memory etc. and without correction the problem only get worse. Labels are not solutions; labels are classifications and excuses that most often can be addressed. Most often we find or are given a label, we relax. We now know it is "old age" or something we can throw pill at, then we go on with life satisfied that we can now name it. All we have done is name the issue and temporarily find relief. Isn't it time we fixed it instead?

A headache is a warning light that tells us that something is out of balance, not operating properly and needs to be addressed. Most people negate/numb the pain with a temporary solution such as a pill, a nap or eating and never address the root of the problem. Remember the brilliant person who would get so upset because of those annoying "warning" lights on control panel of his car kept turning on? He found that by placing a piece of thick tape over them they "went away". He addressed the symptom and allowed the larger problem to destroy his automobile. We can mask a symptom and all too soon we become mollified with a temporary solution to the determinant of our long term health.

Masking creates a lack of trust.

We have a problem, we assign a label then we mask the root of the problem by treating the symptom. Now we have a "blind trust", as in the case above, the trust is in a piece of tape covering the warning light, but the actual problem doesn't go away. The nervous tension

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continues, the headaches continue, the problems with sleep or the gut continue. Owning a membership to the gym doesn't get you back in shape.

When children (and adults for that matter) don't know how to manage their brain they will display certain behaviors such as; attention problems, impulsivity, acting out or being the class clown. Telling these people to snap out of it is like telling one to produce more insulin. They don't know how to deal with the feelings inside. The inner tension is great and increases which causes worry, stress and an imbalance in the brain. This imbalance affects our ability to process and the inability only adds more fuel to the fire inside causing a lack of trust in our own brain. It's human nature; if you don't trust someone or something, be it a person, a tool or device, you stop using it or use it in some reduced capacity. But in this case, when you are dealing with your brain; it is time to address the root of the cause as to why you are experiencing mental and physical challenges.

Brain Management

How do we learn to trust? Learning to manage your brain is your first step in turning negative issues into positive. Brain management means you have to look beyond the labels and identify the solutions. Work with health care professionals to help you understand why your memory does not behave or why you have tremors or why there is nervous tension and headaches. What are the triggers?

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Mark Hinds
 Founder and CEO,
 HealthWalk™

Founder's Message

Dear HealthWalk Family and Friends,

March is more than half over already, where did February go? The good news is that Spring is almost here. For us in S. California, the trees are bursting to life already; revitalized after the dormant rest time of the winter season. The sweet scent of orange and lemon blooms perfume the air in the evening when I return home. Spring! What an invigorating time of cleaning out, renewal, and increased activity.

In recognition of the shedding of the heaviness and cocooning of winter, HealthWalk is celebrating March, National Nutrition Month with an Anti-Aging, Detoxing and Revitalizing theme. We offer you the analysis, consultation and supplementation support to be the most vital and vibrant that you can be to deal with the opportunities and challenges of each day.

According to researchers, approximately 60 to 80 percent of cancers are the result of chemicals and other pollutants that are in the air we breathe, the water we drink, and the food that we eat. These toxins are known to cause such health problems as digestive disorders, premature aging, low immune system, obesity, body odor, cancer, and more health issues.

A free [Anti-Aging, Detoxing and Revitalizing Workshop](#) is planned at our clinic for **Wednesday, March 25th at 6:00pm**. A healthy dinner sponsored by [Cooking 4 Life](#) will be served too. You will learn how toxins in your body can make you look and feel old and tired. Come and learn how to eliminate the junk in your food and body from a naturopathic, nutritional and non-invasive perspective. Please call us at 877 255 4703 or email us at marketing@healthwalk.com to register for the workshop as we anticipate it will be filled quickly.

We have some special promotions in March to help you clean out your

system and provide you with the support for a healthy mind and body.

Specials for National Nutrition Month:

Functional Nutritional Consultation 20% off (\$120, regularly \$150) - using data from the [Comprehensive Wellness Profile, CWP](#), which looks at almost 100 different biomarkers to obtain a unique and comprehensive perspective of the endocrine system and how it is functioning. This is important for many aspects of health including, but not limited to gut health, mental functioning, immune system functioning, chronic issues, weight, energy, disease management, sleep, and much more.

We will work with you to co-ordinate a visit to your local lab to have your blood drawn for analysis of the specific profile of data we require. The data is then inputted into our proprietary software to produce a complete picture of your metabolic processes, digestive systems, and waste elimination systems. By understanding how each organ, metabolic and biochemical process of your particular body make-up is functioning together, our nutritionist will work with you to provide individual health and nutritional solutions for your needs. 20% off Supplements to support your elimination of parasites and to promote proper absorption of nutrients:

ReVoxil™ (\$15.99 regularly \$19.99)

The Center for Disease Control estimated that the average American has 8-10 pounds of parasites in their bodies. [ReVoxil](#) is a complete broad spectrum anti parasitic which can address this common yet little known cause of digestive issues, excess weight, migraines, eczema, upper respiratory problems, and more. The majority of the population has parasites without knowing about it. [ReVoxil](#) is the strongest natural parasite cleansing product available to support your return to vibrant health. [ReVoxil](#) is a combination of natural ingredients that have been used for centuries throughout the world as anti-parasitics.

BioNue™ (\$15.99 regularly \$19.99)

Almost every diet today is deficient in the friendly bacteria necessary for proper function of digestive processes and the immune system. [BioNue](#) is a broad based blend of beneficial bacteria for re-establishing a healthy digestive system and to reversing digestive disorders. [BioNue](#) contains billions of the various helpful bacteria (probiotics) in optimal proportions to support the bodily processes to function properly. This combination of super probiotics allows the body to normalize its digestive and absorption processes and to counteract the pathogenic bacteria which may be ingested via food and environmental contamination. [BioNue](#) reintroduces needed friendly bacteria that modern diets, lifestyles and antibiotics take out of our bodies. It is very helpful for Digestive Issues, Acid-Reflux, Frequent Infections, Candida and other gastro-intestinal issues.


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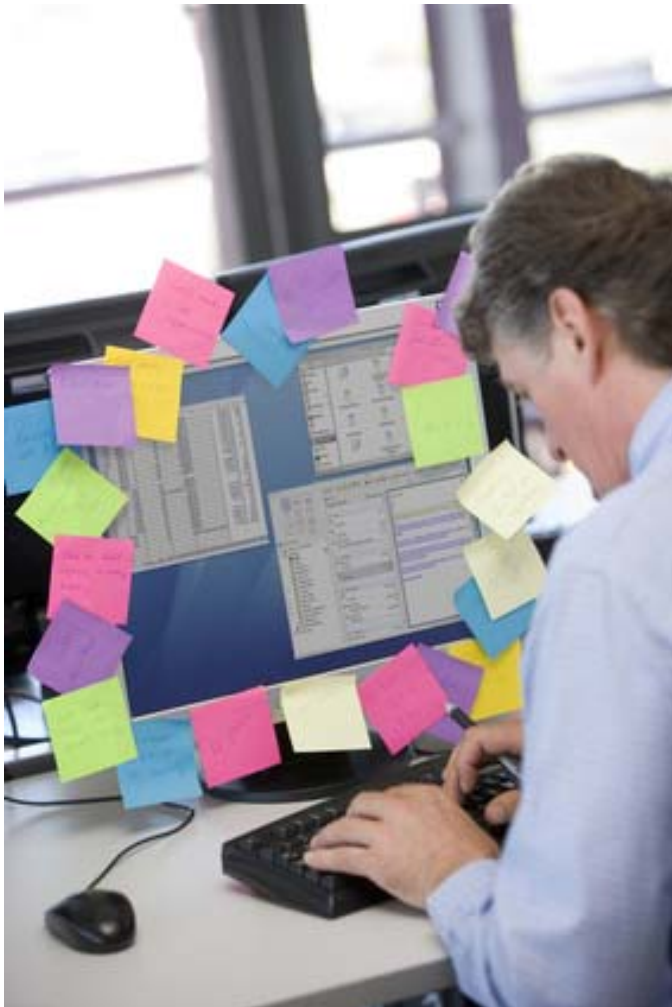
Spring is a time of new beginnings; please take this opportunity to examine and unload the aspects of your life which no longer you well. For many of us this could prompt a closer look at our physical, mental and emotional health. At **HealthWalk** we have the modalities, supplements and products to help you achieve your health goals. We look forward to hearing from you and seeing you soon.

Happy Spring to you and yours and
To your vibrant health,

[Mark Hinds](#)

Founder and Co-Visioneer, **HealthWalk** 

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Self Examination:

1. What is it that causes you to mistrust your brain? Is it Memory loss, Pain, Stress, Depression etc.?
2. What are the symptoms?
 - a. Some examples of these may be: Attention problems, Impulsivity, Acting out, Headache, Muscle tension, Eye strain, Gut issues, Sleeplessness etc.
3. Where in your body did it you first notice the symptoms?

- a. The Gut / Stomach, the Head, the Chest?
4. What was the trigger that brought it about?
 - a. Room lighting, Fear, Self esteem, Confidence?


With an understanding of the triggers and underlying causes of the symptoms, work with your health care professionals to find resolution.

HealthWalk's [MindSoul Brain Technologies](#) is designed to help you identify and address the root causes of these issues. We start with a brain map of balance and frequencies of the brain. This is non-invasive and tracks the processing of the brain. Is there a major imbalance that can cause the behavior and/or symptoms you are experiencing? We look to see if these behavior and/or symptoms may be due to a chemical imbalance, neural misfiring, physical or mental trauma, a lack of amino acids, dietary imbalance or mental fatigue. Using that information we work with you via sound stimulation, frequencies, biofeedback-, and natural supplementation. We also teach you how to manage your own brain when these symptoms arise.

With **HealthWalk's [Vital Hematology live blood analysis](#)** we look at the blood to see if there may be metals, parasites or other microorganisms in the blood impacting the mind and body's wellbeing. Could it be a lack of necessary nutrients or a lack of vitamin B's and other important vitamins, minerals and nutrients? Appropriate recommendations of detoxing, cleansing and supplements are developed based on your particular needs.

HealthWalk's [Functional Nutritionist](#) reviews your food intake and lifestyle and with the data from our [Comprehensive Wellness Profile blood test](#) which evaluates close to 100 biomarkers, helps you create the optimal diet and nutritional program for your needs.

At **HealthWalk**, we are a team that can help you return to your path to vibrant health. Once you are back on that pathway it is easy to trust your brain and move forward.

Get to know the signs. Get to know your body. Get to know
HealthWalk. 

Spring Cleaning Your Body

By [Carolyn Schropp](#) BS, NC,

Functional Nutritional Consultant and Educator at [HealthWalk](#)



It happens every spring. We fling open the windows, put away our winter coats, and suddenly get the urge to clean the house. But do we ever think about “spring cleaning” the toxins from our body?

Detoxifying in the spring is an important part of the traditional ayurvedic medicine seasonal routine. Spring is the kapha season; because the wet and cool weather reflects the moist, cool, heavy qualities in the body that ayurveda believes predominate during this time of the year.

Biologically, nature supports cleansing of the body in the spring. In winter the digestive fire is high, and people eat more sweet, rich and heavy foods. Mostly we are unable to assimilate these hard to digest foods so the undigested wastes and toxins accumulate in our bodies. If you don't assist these toxins in moving out of your body, you can become prone to flu, colds, cough or allergies. You might feel unusually fatigued, sluggish or drowsy after a meal. Your skin can be less radiant, heavier, and oilier. If the toxins are allowed to keep accumulating in the body, even more serious illnesses can result. Spring is the best season for detoxification; nature is already trying to clear out the toxins. It's the time of year to help the body efficiently detoxify. How do you help the body with its own spring cleaning?

Here at [HealthWalk](#) we have several modalities to support you in this process and we will work with you to tailor a program for your personal needs. [Vital Hematology live blood analysis](#) can show the condition of your blood, which circulates throughout the body once every 70 minutes- an accurate picture of the body's overall health can be revealed - from parasites, microorganisms, heavy metals, stress and vitamin deficiencies can be seen among other stressors.

[Functional Nutritional Counseling](#), [Adrenal and Hormonal Analysis](#) and [Biomarkers Analysis](#) can show you how the various crucial adrenal, hormonal and bio-markers balances in your body are operating. Together the [HealthWalk](#) team will then work with you to regain and maintain the optimal equilibrium to sustain your health through supplementation, nutrition and lifestyle adjustments.

Eating organic might be more expensive but well worth it. Committing to eating only foods that haven't been sprayed with pesticides is an immediate way to dramatically cut your exposure to toxins. On an average those of us who eat conventional fruits and vegetables consume over a gallon of neurotoxins per year from pesticides on the food. Another great benefit of eating organic produce is that they are packed full of more nutrients and anti-oxidants than its chemically showered alternative.

The liver is the second largest organ in the body. This organ's job is to process and filter the toxins in the body. Because of the many chemicals, additives and pollutants it deals with every single day, our livers are chronically over worked. The problem with this is that the overworked liver can let toxic chemicals, heavy metals, excess sugars and hormones out into the blood stream and body, contributing to and/ or causing health problems such as PMS, skin rashes, fatigue, obesity and cancer and more. Treat your liver well and it will do its job. Here at [HealthWalk](#) our nutritionist will work with you on how to detoxify the body through proper nutrition and supplementation.

You are what you eat. One of the best ways of detoxing your body is to eat good, nutritious and detoxifying foods. [HealthWalk's](#) nutritionist will help take the guesswork out of what foods to eat to properly detoxify. Sticking to whole foods and cutting out processed foods can really help. Processed foods are full of additives and the plastic and tin cans that processed food comes in can leach dioxins and metals like aluminum into your body as well as produce/deposit pseudo-estrogens in men and women which mimic the hormone estrogen, creating hormonal imbalances which can lead to cancer among other diseases. At [HealthWalk](#) we can analyze and support the rebalancing of your hormones based on [saliva hormone testing \(Hormone/Adrenal Analysis\)](#). World Health Organization has found that 100% of the population has hormonal imbalances and that a good percentage of our illnesses are due to this factor. It is now apparent

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that resolving hormone imbalances is one of the keys to good health and wellness.

A client came into [HealthWalk](#) complaining about all of the medications his physician has him taking. He has developed several health problems from some of the medications including night sweats, fatigue and extra weight gain. He worked with our [Vital Hematologist](#) and [Functional Nutritionist](#) to analyze his overall health so that there is a comprehensive plan to support his wellbeing. They put him on a natural detoxification program, suggested a few natural supplements and recommended some dietary changes to account for the effects of his medications. He has now lost weight, gained his energy back and his night sweats were gone.

Detoxifying your body is a wonderful gift to give yourself this spring. You will rid yourself of the winter sluggishness, lose weight and feel more vibrant. Come to [HealthWalk](#) we can help you detoxify and help you feel healthier and happier too! 🌱

Toxic Cocktail Hour

How toxins in your body can harm your mental and physical health and how to rid yourself of them

By [Dr. Anna Walden](#), ND, DNM, MH, CBT,

[HealthWalk™ Vital Hematology](#) Department



In 1999, the Center for Disease Control began an ongoing study to determine what synthetic chemicals are being carried in the blood, fat, and organs of a test group of Americans. The results was astonishing and alarming, each and every person in the 10,000+ members study was seen to be harboring several hundred kinds of synthetic chemicals. Our bodies do not recognize these chemicals and so our internal systems attempt to deal with them in some way. The liver is the main filtering organ for incoming toxins, but as all filters can, it can get clogged. When the body cannot get the toxins out, then the body has to find a place to store them. We harbor

collections of toxins in our fat tissues, our bones, our cell membranes, in our organs and anywhere else in our bodies where we can stash this biological toxic trash.

But more than being just “trash,” the chemicals are an unwanted addition and hindrance to the natural biochemical reactions in the body. Consequently, we have an increased incidence and risk of disease. Consider the endocrine system which makes and modulates the hormones of the body. The endocrine system is particularly chemically sensitive. With a toxic burden on the thyroid, for example, we can have a greater incidence of thyroid dysfunction resulting in an array of symptoms which include fatigue and the inability to gain or lose weight. The overload can also cause reproductive problems, fertility, low libido, and even depression.

In our 21st Century toxic cocktail hour, we have the added complication of “synergy” between the chemicals. Even if there was such a thing as a “safe” level of a chemical in the body, what happens when hundreds of chemicals come together in one organism? Can this be the reason for the epidemics of our modern era in conditions which used to be relatively rare?

We are only now beginning to evaluate these synergies and their effects. A university study, done in England in 2005, found that when MSG, aspartame and two food colorings were mixed together, the synergistic reaction between the chemicals produced neurological damage. To translate that in American diet terms - you can get that from eating a bag of Doritos and drinking a Diet Pepsi.

There are four major ways in which toxins get into the body. We eat them, absorb them, inhale them or have them splashed into our eyes. They are in our environment, in our clothes, in our furniture, and in virtually everything we come in contact with.

So what do we do?? First of all, practice avoidance to any degree you can. Buy organic products, buy non-toxic cleaners. Make your home, which is the place you have the most control over, as non-toxic a place as possible - read labels, purchase and use only non-toxic products for cleaning, laundry, bathing, and of course eat live, whole foods, organic and locally grown when possible. When you are in a non-toxic environment, your body begins to detoxify. This will lighten the load so that when you have to go out, you are stronger and can withstand the toxic onslaught better.

One of the best things to do for yourself is to do a liver detoxification program. When the liver is cleansed, a burden is lifted from the thyroid as well. The entire body is strengthened. Nutrients can enter your cells, nourish them and make necessary repair and foster re-growth. If you want to take years off your appearance and control your waistline, the liver cleanse can help you achieve rejuvenation.

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Establish a baseline of your current health condition and toxic burden. This will give you the information so that you can determine how to move forward to ensure that your health can be at the optimum level. HealthWalk's [Vital Hematology™](#) live blood analysis can reveal the presence of any heavy metals, microorganisms and many other imbalances in your body. Then we can work with you to develop the appropriate steps, detoxification program, supplementation and life style adjustments to bring your health back to full vitality.

Our [Comprehensive Wellness Profile blood analysis, CWP](#), analyzes close to 100 different biomarkers to obtain a comprehensive view of the endocrine system and how it is functioning. With this data we have another perspective into how to tailor your nutrition and detoxification to best serve your ongoing health needs.

At HealthWalk, we have the team, the technology and the products to analyze and provide you with the solutions and to guide you through the process of detoxification and revitalization. It is time to lighten your toxic burden and give yourself the gift of rejuvenation. We look forward to seeing you at HealthWalk's clinic or for you to contact us via our website, [www. HealthWalk.com](http://www.HealthWalk.com) so we can help you via our in clinic and remote programs and natural supplements.



Heavy Metal Detox Not the Kind You Sing To

By Julie Gengo
HealthWalk™ Marketing Coordinator



I didn't have to study chemistry to understand that metals are naturally occurring elements that are present everywhere in the environment. As part of the earth's crust, metals infiltrate the air we breathe, the food we eat and the water we drink. Some metals, such as zinc, copper and selenium, are required by the body in very small or "trace" amounts to maintain proper metabolism. However, not every metal is compatible or have a place within the human body as they can cause severe toxic effects.

According to the website: <http://www.food-info.net>: "Heavy metals

are dangerous because they tend to bio-accumulate. Bioaccumulation means an increase in the concentration of a chemical in a biological organism over time, compared to the chemical's concentration in the environment."

As an advocate of healthy living and natural medicine, I've always made a concerted effort to maintain balance. I find that the more I learn about natural healing, the more I came to understand what works for me. I can tell right away when something I ate doesn't agree with me. My energy level tells me if something is slowing me down. Cleansing and detoxing techniques have helped me clear out the "junk."

When I learned about heavy metal toxicity, I began to look a little deeper at the foods that I was eating, especially fish. Mercury is linked to a number of illnesses such as neurological problems, gastrointestinal problems, brain damage in children, Alzheimer's disease and chronic fatigue. According to Lenntech, a Dutch water treatment & air purification company, "Mercury is a toxic substance which has no known function in human biochemistry or physiology and does not occur naturally in living organisms." Our fish are not happy or healthy swimmers due to the amount of mercury in our oceans and rivers. If you eat fish, it is best to know which kinds have less potential of mercury contamination. The [Blue Ocean Institute](#) has published an [excellent pocket guide that tells you what fish are most contaminated and which are the safest to eat](#).

Another widespread source of mercury in food is in high fructose corn syrup (HFCS) which is refined with mercury grade caustic soda (lye). Since corn syrup is in almost all processed food and beverages (sodas, teas and juice drinks etc) this is a very dangerous and insidious source of mercury contamination in our diet. A study featured in January 2009's issue of Environmental Health tested 55 different processed foods/beverages bought at a supermarket with HFCS listed as an ingredient and found that nearly one out of three of these products had mercury above the detection level.

Mercury from silver amalgam fillings are another often overlooked culprit for the kind of cellular damage that creates imbalance within our bodies. As it turns out, it wasn't just the fish that I was eating that was problematic. I had a mouthful of amalgam fillings that were slowly leaking a steady stream of toxic, unwanted mercury into my body. I decided to take a crucial step towards my own good health by having the mercury fillings removed in a safe and holistic way. This one decision improved my health instantly as I felt a clearing immediately following the procedure. I also realized from consultation and evaluation from my doctor that the metal that was trapped in my body still needed to be released.

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Many people live with amalgam fillings their entire lives and don't even notice the effects of the mercury poisoning as these symptoms are hidden and show up gradually over time. The symptoms manifest in the very illnesses that I mentioned above, such as Alzheimer's, brain damage and chronic fatigue. So how do you detect mercury toxicity in your body before it turns into something that may not be reversible and how do you safely detoxify from the poisonous effects of this heavy metal?

Mercury can show up in a live blood cell analysis. At HealthWalk, we use a scientific modality called [Vital Hematology](#) that magnifies live blood cells up to 30,000 times. Our experienced practitioner can identify metals, microorganisms, stress, nutritional deficiencies and the overall condition of the blood.

Another effective diagnostic tool is HealthWalk's [Galvanic Skin Response](#), [GSR biofeedback testing](#) to indicate the stressors and the specific health condition of the body. [GSR](#) uses biofeedback to scan your body to determine specific imbalances and what the root causes are and then can be used to indicate the appropriate remedies to rebuild and enhance your health. This is also a great way to determine if mercury and other heavy metal are present in your body.

When I underwent this evaluation during a bout with a minor infection, all the indicators kept pointing to an overload of mercury in my system. I knew right away that my fillings had to be replaced in order for my organs to function and my cells to absorb nutrients properly.

A natural complete metal detox may take up to several months. There is a variety of oral supplementation regimes that can help to chelate the toxins out of your body. Specific foods like cilantro are also known to assist in this process. The best advice is to see a naturopathic practitioner through a reputable healthcare organization such as HealthWalk to help you safely keep the heavy metal on the radio only.

HealthWalk is offering a free workshop and a healthy dinner at 6pm on Wednesday, March 25th on [Anti-Aging, Detoxing and Revitalizing](#) at our clinic in Carlsbad. Please come as you will gain valuable information, meet new friends and connect with supporting partners to assist you through a custom detox program. You also will enjoy a delicious dinner to boot! 🌱

Picture Perfect

By Ron Ringo



Much like the beauty we can see in a dreary winter scene and know that it will convert into spring and a colorful bouquet of flowers and foliage, each new day is a golden moment in time, your life's time, to start afresh, to look anew, at what is ahead and paint life as you would like it to be.

Prior to returning to the military as a Chaplain, I had the unique opportunity of living in Stockbridge, Massachusetts. While living there I worked and walked on the streets where American Illustrator Norman Rockwell affectionately depicted American life.

In my home office hang many of his canvases depicting real people: family, friends, and neighbors living and experiencing true-to-life moments. It has been reported that in his 84 years, he painted over 300 covers for the *Saturday Evening Post*, and although critics didn't always appreciate his talent, most people instinctively are drawn to his work. It has helped me, and I think many, to remember the good things in life. Rockwell once said of his work: *"I paint life as I would like it to be."*

Like each of us, Rockwell could have looked at life, and then painted, *"life as it really IS"*. He could have concentrated on the difficulties of life, the hatred, suffering and pain. He could have filled his canvases with all the cruelty, war, and ugliness of real life. He had plenty of models to go with. He could have depicted some of the scenes as he lived through WWI, The Great Depression, and WWII.

Although Stockbridge is a fairly small town, it had plenty of hard and difficult times. Yet, despite all that he lived through, Rockwell decided to choose all the good, kind, simple and happy times he could find, to depict the joys and ironies of life he wanted to capture.

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Could you imagine what it would be like if we decided to paint, in our own mind's eye, our life, as we really want it to be? We might be surprised. We may see more of the good things: love, peace, contentment, friendship and forgiveness, simply because we are focused and looking for it. We might see and even realize the life we are looking for.

Yeah, I know, this sounds like it is too good to be true, looking through "rose colored" glasses and all. Most of us tend to see life from its ugly side. However, great and wonderful things do actually happen on rather ugly days. I know that my Marine son and many of our loved ones, who have been in Iraq or other areas of combat, actually saw and experienced some joy and beautiful things amidst the horrors of war.

Of Rockwell, one art critic stated: "He... *reassured people of their own essential goodness. And that is a very powerful thing*". In an article it said that this is so powerful that, "*for many of us, Rockwell's "life as he would like it to be" is somehow remembered as life as it really WAS: the "good old days" for which we long*".

If we can just grasp that those good old days never have to be over. We all have the power to take hold of our life and can "*Paint life as we'd like it to be*". The more we decide to look for the positives in life, you know what? We may actually find them. If we do this, we may find "*life as we would like it to be*" turning into our life as it really IS. I think that is what we really long for when we look at a Rockwell painting. I know I do.

Again, as we see with winter turning into spring... may your every new day, homecomings and reunions be as precious an original moment in time that Rockwell himself would envy to capture. Our Picture Perfect...

It is my hope that this message will help you this week to, "*mount up as on eagle's wings*", and renews a little of your strength to keep moving forward and find joy... (Isaiah 40:31)

Until next week, may God bless you and may God continue to bless our great nation... SEMPER FI



Chaplain Ringo, is the Command Chaplain at MCRD H&S BN, holds a Doctorate of Philosophy in Counseling, and is a Certified Trauma Specialist.

Chaplain Ringo is a good friend and supporter of HealthWalk's. We are grateful that he is working with us on our integrated total health approach to enhancing and restoring our veterans' resilience for

re-engagement and for their transition from the high operational tempo back to their families and civilian life. 🍏

Radiant Smoothie



- 1 large organic apple, quartered
- 1 organic orange peeled
- 2 medium organic carrots
- 1-inch piece organic fresh gingerroot peeled and sliced
- ½ - 1 cup filtered water (treated with [HydroMag™](#) is best) as needed

Put all ingredients into the [VitaMix blender](#) or food processor and process until smooth. Serves one or two. 🍏

Garlic Sesame Greens Salad



- 1 T olive oil
- 1 clove garlic, minced
- 1 lb. organic spinach or young Swiss chard thick stems removed, washed and cut
- Sea salt and cayenne pepper to taste
- 1 tsp. sesame seeds for garnish

1. Warm olive oil in large skillet over medium heat.
2. Add garlic and stir until lightly browned.
3. Add greens and toss until just wilted, 2 to 4 minutes.
4. Season to taste with salt and cayenne pepper.
5. Sprinkle with sesame seeds.
6. Serves 2 or 3. 🌱

Broccoli Soup



- 6 to 8 organic broccoli heads
- ½ organic avocado
- 1/3 organic red onion
- 1 organic celery stick
- Large handful of organic spinach
- Two to three cups filtered water (treated with [HydroMag™](#) is best)
- 1 inch organic root ginger
- 1 clove organic garlic
- Sea Salt to taste
- Cayenne pepper to taste (optional)

1. Lightly steam the broccoli for 5 to 6 minutes.
2. Add all other ingredients as well as the broccoli in the [VitaMix blender](#) or food processor and process until smooth, adding water to the preferred consistency. Note - if you are using a [VitaMix blender](#), you can skip steaming the broccoli as the processing speed of the [VitaMix](#) will heat/cook the broccoli.
3. Season with sea salt and cayenne pepper to taste.
4. Enjoy this gently warmed soup.
5. Serves two to four. 🌱