

Time to Say Good Night

How Sleep Affects your Life and Health and What You Can do About it



Dr. Anna Walden
ND, DNM, MH, CBT, HealthWalk™
[Vital Hematology](#) Department

Right alongside "Good Food" in the list of bare essentials for the human organism is this strange occurrence called "Sleep." For many hours a day, we lie down in the most vulnerable position and proceed to lose conscious awareness of all around us. It must be a very important non-activity of ours to command such a surrender of the faculties which keep us safe and functioning through the day.

For nearly 2/3rds of the population, this human basic is a source of frustration as sleep eludes them in the quest for proper rest. At night, we are literally "closed for repairs." So much happens in the sleep cycle that we have to be "knocked out" for the body and psyche to accomplish it all. Research studies over the years have demonstrated that inadequate sleep is a contributing player in everything from cardiovascular disease, endocrine disorders, obesity, and neurological problems.

As for how much sleep is required, there are many studies and opinions. But one thing that we do know from the American Hospital Association is that we need five continuous hours of sleep each night in order to make the requisite amount of adrenalin. This means that if you are waking to go to the bathroom every 2-3 hours, you are making about 10-30% of the normal amount of adrenalin your body needs. Adrenalin holds magnesium in the body so if you do not have enough adrenalin, you are excreting magnesium. [HealthWalk's ReGenesys™](#) can help replenish and balance your body's supply of magnesium and other minerals needed for proper sleep.

Many desperate people turn to narcotics which do not give the satisfying rejuvenating sleep we need. If there is trouble getting to

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sleep, there is a possibility of problems with the Gall Bladder. In these cases, it is necessary to clean the bile veins and the liver. As always, the establishment of the proper pH is necessary in order to for there to be proper bile production and flow.

If a person has trouble staying asleep there are various reasons. From 1-3:00am, parasites in the body are particularly active and they go on a feeding frenzy inside the body. Another reason for not staying asleep is improper digestion. Toxic compounds from the food arrive at the liver and then the residue goes into the bloodstream. The body then has to awaken to deal with this situation.

If a person sleeps but is still tired in the morning, then very likely, there has been little or no REM sleep. The neurotransmitters have not behaved properly. Reasons for this may be disturbances from electro-magnetic fields (EMF), drugs and lifestyle choices. Artificial light coming in from another room or from outside can also prevent REM sleep. Room darkening can very much improve sleep. The reduction or modification of the amount of EMF, drugs, recreational or prescriptive, and lifestyle choices that would add stress one's life, can help significantly.

Restless legs syndrome can also disturb sleep. This can indicate a Magnesium and/or a Calcium deficiency. Another contributor to leg problems at night is toenail polish. Chemicals in the polish itself and the remover can seep into the nail bed and block the flow of bio-

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[Mark Hinds](#)
Founder and CEO,
HealthWalk™

Founder's Message

Dear HealthWalk Family and Friends,

Happy May! May is filled with important celebrations that start with "M", Mental Health Month, Mother's Day and Memorial Day. The unifying theme in these seemingly diverse events is that they all honor people - for each person's (including ourselves) mental health, our mothers who gave us life and the valiant men and women who served us and our country.

To honor each person we have to support their wellbeing, and mental health is a primary aspect of overall health; mental health impacts physical health. Today's fast paced and stressful world can easily exact a mental and physical toll on our mind and body and those of our loved ones. One of the symptoms of stress and suboptimal mental health is sleeping disorders. Up to 100 million Americans suffer from sleep disorders and insomnia. Lack of sleep can increase the risk of death, stroke, heart attack, high blood pressure, diabetes, moods swings and cancer. Inadequate sleep also increases the risk of weight gain and obesity.

In support of National Mental Health Month, HealthWalk is offering several promotions in May: A free workshop on "[Insomnia & Sleep Disorders: Can I Ever Get To Sleep, Stay There and Feel Refreshed When I Wake?](#)" on Wednesday, May 27th 2009 6pm (a

healthy dinner sponsored by [Cooking 4 Life](#) will be served).

Come and learn about the underlying causes of insomnia and sleep disorders and how to address these issues from a neuro-biology, naturopathic, nutritional and non-invasive approach.

We are also offering a 20% discount on natural products to support your health:

HealthWalk's [Subrex](#)™ Amino Acid Stack (\$13.59 regularly \$16.99)

is optimized to help improve and balance mental health, hormones, tissue growth and repair, enhance memory and immunity, control stress, improve sleep patterns and to increase serotonin levels in the brain. [Subrex](#) is a potent broad based stack of 18 essential and less available amino acids. [Subrex](#) may also help reduce atherosclerosis and improve muscle mass, wound healing, support heart and circulatory processes, combat fatigue and calm anxiety.

[MindSoul Emotional Imprint Resolution](#)™

Single CD: \$31.20 (Regularly \$39.00)

Double CD: \$47.20 (Regularly \$59.00)


[EIR CD](#)'s can help reduce stress, relieve anxiety, depression and prevent toxic buildup of tension. [EIR CD](#)'s works with the subconscious mind to make positive transformation in all aspects of life which can also improve sleep patterns. [EIR CD](#)'s address the whole range of mental health issues, stress reduction, goal fulfillment, weight loss, depression, smoking cessation, addiction resolution and other modern day stressors.

So in the month of "M"s, we honor and thank you our HealthWalk family and friends with products, services and information to support your mental and physical health.

And as always-

To your vibrant health,

[Mark Hinds](#)

Founder and Co-Visioneer, HealthWalk 

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energetic circulation. Even though this influence may be there during the day as well, this may be more noticeable at night when the body is still. [ReGenesys™](#) can offer the proper supplementation of the magnesium and calcium balance the body needs.



If a person has trouble staying asleep, consider if prescription drugs are a factor. Drugs for blood pressure control, asthma, weight-loss, anti-depressants and sedatives may interfere with staying asleep. A major suspect is lack of proper digestion. A helpful habit is to eat the bulk of one's food in the earlier part of the day. A hearty breakfast, a substantial lunch, and a light dinner are ideal. It is good to keep food 3-4 hours away from sleep. If a person is not hungry until midday, it can indicate liver toxicity or malfunction.

Consistent bedtime can greatly enhance your sleep. The US Air Force Academy found that by ordering the cadets' day so that they rose and slept at the same time each day and ate at the same time each day within a 30 minutes variation, that the quality of sleep was increased and the amount of sleep required decreased.


Another factor for proper sleep is the bedroom itself. Considering the amount of out-gassing from synthetics, it would be highly preferable to have natural fabrics on the bed and in the room. Not only do the fabrics play a part but things like magazines and newspapers, plastic storage bins, and inked papers also add to the toxicity level of the space.

Electro-magnetic fields (EMF) from computers, digital clocks and from nearby cellular towers affect your sleeping environment. Log onto www.antennaesearch.com to see how many towers surround your home. Keeping digital alarms at least 10 feet from the head is recommended.

One effective way to deal with several of the above sleep challenges is to take supplements to help to rebalance the minerals and nutrients needed for proper sleep and metabolic functioning. [HealthWalk's Subrexi™](#) is optimized to help improve and balance

mental health, hormones, tissue growth and repair, enhance memory and immunity, control stress, improve sleep patterns and to increase serotonin levels in the brain. [ReGenesys™](#) can help replenish and balance your body's supply of magnesium and other minerals needed for proper sleep.

Another way to deal with the stress, mental and emotional aspects of sleep issues is to listen to [HealthWalk's Emotional Imprint Resolution CD's](#), particularly "[Eliminating Anxiety](#)", "[Foundations for Life](#)" and "[Creating Health](#)" CD's.

And come see us at [HealthWalk](#). Our leading edge technology and holistic modalities and evaluation can show the sources of stress so that we can work with you to remedy your sleep deficiencies. 

The Brain Body Connection Managing Mental and Physical Pain by working with your Brain Frequencies

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

At any given time, you have a variety frequencies operating throughout your brain at the same time. Various frequencies have different roles. From time to time, the wrong frequency can become dominant which can manifest in physical pain in varying locations in the body. Incorrect/unbalanced frequencies can be caused by diet, substance abuse, illness, our refusal to slow down and take better care of ourselves, stress, and a variety of other health issues.

The fluid structure of the brain is just as important as the solid structure. The fluids of our brain are composed of proteins, glucose and oxygen. Just where does this fluid come from? It starts with our diet and our supplements regimen. Your brain doesn't magically conjure up the amino acids, enzymes and other nutrients required to run your brain and body. Your life building blocks start with a proper diet and supplements regimen.

I make this statement as often as I can whenever I speak to people who are concerned about their cognitive functions. "You are only as good as the fuel you place inside your body. Most of us treat our cars with greater care and concern than we do our own bodies. The saturated fats, the oils, the sugars, the fast foods, the sodas, the pesticides, the tobacco, the chemicals we ingest, absorb, what some will shoot up, snort, smoke, sniff, dissolve, swallow . . . then we wonder . . . why . . . we . . . can . . . not . . . talk . . . in . . . more . . . than . . . single . . . syllable . . . words . . . , we wonder why our memory doesn't work like it did when we were getting rest, managing our stress, our weight, our time and making time for those we love, including ourselves."

Have you noticed when you are under pressure, your mind becomes

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distracted, detached or feeling as if it has shut down? When you worry, you start a chain reaction that can affect your

- Focus,
- Adrenals,
- Attention,
- Nervous Stomach,
- Stomach Pain
- Back Pain
- Immune System
- Ability to make sound decisions
- Capability for productivity and achievement

Fortunately for many people, these conditions can be corrected in a very short period of time with HealthWalk's modalities. I often tell my [MindSoul Brain Technologies](#) clients, "it is not the load that breaks you down, it is the way you carry it."



A client at visited us at HealthWalk recently and complained about back and stomach pain. When I looked at her brain map ([MindSoul Brain Technologies](#)), I mentioned to her that her stress levels seemed to parallel the pain in her abdomen and lower back. She was quick to let me know there was no stress in her life. I didn't argue with her; instead, I created a protocol for her stress levels at three major communication locations within her brain. Within the hour, she described how the pain in her back was gone. The black under her eyes and the stress lines in her forehead and around her eyes was also gone.

Today, I received a telephone call from another client who said that she had the best night of sleep she has had in months after using our services. She continued to tell me how the stress lines around her eyes and forehead diminished to the extent she had to put on her glasses to make sure. Remember, if it affects the brain, it very often affects the body.

There are a few things you can do at home to supplement what we do to support you at HealthWalk. They are:

Deep Breathing

Deep Breathing is a simple but effective method in increasing your energy and alertness. You can do this while sitting at your desk at the office, classroom and home. Start with an exhale to empty your lungs. Now inhale slowly and deeply for the count of five; hold the breath for the count of five then slowly release for the count of five. And repeat four additional times. Increase the time of each cycle from a five count to six count to seven. The feel good neuro chemicals and oxygen originate more from the gut than the brain and the deep breathing helps to activate them.

Three Minute Mental Vacation:

I often ask my clients to review their happiest memories then take a few minutes to relive them. Take a few minutes to find that happy place; a place where your memories come alive. Feel the breeze, notice the ambiance, feel the moment, imagine yourself there. As you are in this state of mind, notice the feelings of calm, peace and invigoration. Enjoy the moment. Research has shown the benefits of visualization exercises for relaxation and energy.

Muscular Exercise:

Most any type of muscular exercise will increase your alertness, focus and attention. A brisk walk or a trip up and down the stairs can invigorate and stimulate your energy. Stretching can also stimulate mental alertness and increase mental energy

Standing in the sunlight

Sunlight on our skin activates the production of serotonin and vitamin D, essential components to feeling more positive and happy. Spending at least 15 minutes a day in the sun with some skin exposed will trigger the body to produce more of these compounds which help improve our moods and reduce depression and Seasonal Affective Disorder (SAD).

Aside from working with our HealthWalk clients to rebalance their brain frequencies with [MindSoul Brain Technologies](#), I also teach them several mental exercises to help them stimulate their brain's balancing and positive mental energy which they can harness themselves. Your visit to HealthWalk will help you find solutions to your individual health needs. I look forward to seeing you soon. 🌱

Sleep Is Essential For Your Health!

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

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

In our quest to live a full life many of us have nonchalantly brushed aside “sleeping time” as being less essential. An adequate amount of sleep is just as important as the right amount of exercise and the proper diet. We are not slacking off when we sleep, we are recharging! You could be leading a low stress life, working out to keep fit and have the best diet for you, but if you aren’t getting enough sleep you won’t be optimally healthy.

Insufficient sleep can disrupt your metabolism and hormone production in a way that mimics the effects of aging. Chronic sleep deprivation may quicken the onset or worsen the symptoms of age-related conditions such as type 2 diabetes, high blood pressure, obesity and memory loss. Research shows that just a week of sleep deprivation wreaks havoc on hormone levels and hinders the capacity to metabolize carbohydrates. When your body becomes stressed due to lack of sleep, it produces hormones that cause your heart rate and blood pressure to increase. In addition, your muscles tense up, your digestive processes are disrupted and certain brain centers are sparked, which changes your brain chemistry negatively. This type of health response can ultimately result in headaches, indigestion, insomnia, increased anxiety, depression and high blood pressure among other health problems. Usually, one sleep issue (insomnia or sleep apnea) starts a domino effect of other related sleep challenges. If you want to improve the quantity and quality of your sleep, whether you have difficulty falling asleep, keep waking up at night, or don’t feel rested when you wake up in the morning, you must consistently practice the following techniques.



Don’t change your bedtime. You should go to bed and wake up the same time each day even on weekends. This will help your body get into a sleep rhythm and make it easier to fall asleep and get up in the morning. 7 hours of sleep is the minimum amount of sleep one

should get.

Establish a bedtime routine. This could include meditation, deep breathing, using aromatherapy or essential oils or indulging in a massage from your partner. The key is to find something that makes you feel relaxed, then repeat it each night to help release the day’s tensions.

Have a hot shower or bath before bed. We tend to fall asleep as our body temperature falls.

Go to the bathroom before bed. This will reduce the chances that you’ll wake up in the middle of the night.

If you are menopausal or peri-menopausal, get your hormones checked. The hormonal changes at this time may cause sleep and mood problems if not properly addressed. At [HealthWalk](#) we can analyze and offer solutions to your hormonal and adrenal imbalances ([Hormone and Adrenal Analysis](#)) to help you regain balance.

Step away from work at least one hour before bed. This will give your mind a chance to unwind so you can go to sleep feeling calm, not anxious about tomorrow’s deadlines.

Listen to relaxation CD’s. An excellent relaxation/meditation option to listen to before bed are [HealthWalk’s Mind Soul CD’s](#) (I especially enjoy the “[Eliminating Anxiety](#)”, “[Foundations for Life](#)” and “[Creating Health](#)” CD’s before I go to sleep).

Sleep in complete darkness or as close to darkness as possible. If there is the tiniest bit of light in the room it can disrupt your circadian rhythm and your pineal gland’s production of melatonin and serotonin. This includes the light being emitted by electronic gadgets in your bedroom like your electric alarm clock or audiovisual devices - cover them or move them out of your bedroom.

At [HealthWalk](#) we can analyze your sugar imbalance, immune system function, thyroid function, digestive function, adrenal stress and more with the Comprehensive Wellness Panel (blood chemistry panel). With this information we work with you to develop a healthy and simple nutrition plan to strengthen your body and put it back into balance.

The baby boomer generation has taken “overachievement” to a different level. They began to think of sleep as a hindrance rather than as time to regroup and recharge. Times are changing however, and we now know how important sleep is for our bodies. Contrary to what some overachievers say- “sleep is a waste of time” - Sleep actually makes you healthier, smarter, and a better leader!

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You can find out more at www.healthwalk.com where there is an extensive array of articles, recipes, natural supplements, nutrition counseling and more. HealthWalk, we are here to support you on your path to vibrant health. Please contact us at HealthWalk, we look forward to seeing you and helping you to becoming healthier, happier and more vibrant soon. 🌱

Sustainable Coffee A Superior Choice for Java Enthusiasts

By Julie Gengo
HealthWalk™ Marketing Coordinator

Ah, that aromatic smell of brewing coffee has opened the eyes of many people around the world. Whether it is that first morning cup, mid-day brew or after dinner drink, coffee's flavors and uses have had an impact on the health of its drinkers as well as the well-being of the planet.

The health benefits of consuming coffee have been controversial and perhaps difficult to determine. A recent [study](#) conducted by Autonoma University in Madrid highlighted the possibility of reducing the risks of developing heart disease, especially for women, when drinking up to six cups of coffee per day. Coffee also contains large amounts of anti-oxidants, which are known to prevent disease.

The many more commonly known adverse affects of drinking coffee may include its contributions to blocked arteries, adrenal stress and acid and [toxic buildup](#) in the liver. Equally important to remember is that coffee should not be used as a consistent substitution for sleep deprivation as insufficient sleep is linked to numerous health issues. can pose a serious hindrance in achieving optimal health.

There may be other hidden concerns of drinking coffee which include the use of vast amounts of pesticides used in large-scale coffee farms. Pesticides are poisons that pose dangerous long term risk to human health and the environment. Other issues include labor abuse/stress and habitat/biodiversity destruction.

With the first known cultivation dating back to the ninth century in the highlands of Ethiopia, coffee has since become a very lucrative global commodity. Big corporations have industrialized its production and in turn removed the natural habitat for cultivation and replaced it with large-scale factory coffee farms.

For java enthusiasts everywhere, you do have a choice: Organic, Fair Trade Certified™, shade-grown coffee provide a positive option for your health and the environment.



- [Organic Coffee](#): Does not use synthetic pesticides and fertilizers that pollute our bodies, watersheds, soil and air. Organic coffee has the reputed bonus of enhanced flavor and aroma and oftentimes, increased antioxidants. Organic coffee is also grown under shade trees, which retains and supports the natural eco-balance and positively impacts the environment.
- [Fair Trade Certified™ Coffee](#): Although all Fair Trade coffee is not certified organic, this practice does require strict environmental stewardship including prohibiting the use of [genetically modified organisms](#) (GMOs) and the most toxic [pesticides](#). It also sets labor and trade standards that ensures that small-farmers secure a guaranteed price above conventional market rates.
- [Shade Grown Coffee](#): Coffee grown under shade trees help maintain bio-diversity. The trees provide a rich habitat for birds that in turn provide a natural form of pesticide. Many shade birds flock to organic coffee farms, as their tropical habitats have been lost to deforestation. This helps prevent extinction of species. The fallen leaves from the trees also nourish and purify the soil preventing water contamination.

Another wonderful way to improve your garden and support sustainability is to compost your coffee grounds. High in nitrogen content, the grounds will break down into nutrient-dense soil that you can use for planting organic flowers, vegetables and plants.

So if you choose to have that cup of brew, make a choice that supports a healthy difference for you and the environment. 🌱

Chappy's On Eagle's Wings

Memorial Day!

By Ron Ringo

During this month we take time to reflect and give Honor to those who have gone before us. We give them a special day called "*Memorial Day*". Many of you have childhood memories, as I do, of going as a family to the cemetery each Memorial Day to visit the site where my great-grandparents were buried. It almost felt like Easter. We would all dress up in our nice clothes and take a picnic lunch. We kids would be told or reminded of who was buried there and how important they were to our life. Then, the parents would edge the overgrown grass around the markers and we would play up and down the hill.

We came to know that these people we had never met had played a vital role in our family. For some reason however, as we became teenagers and life got busier, our family would go only every few years and then stopped going all together. Why do we allow the worldly rat race to interfere with a family tradition and what is most important? Maybe this hasn't happened in your family yet. Great, maybe these few words will help you not allow it to.

A writing I came across, reminds us that all memories may not always have been especially good ones, but become special nonetheless. Maybe you have some thoughts similar to these in this story. (With all that is going on in the economy today, some of us may relate to this story even more...)

"I grew up in the fifties with a practical parent -- a mother, God love her, who washed aluminum foil after she cooked in it, then reused it. She was the original recycle queen, before they had a name for it... A father who was happier getting old shoes fixed than buying new ones. Their marriage was good, their dreams focused. Their best friends lived barely a wave away. I can see them now, Dad in trousers, tee shirt and a hat and Mom in a housedress, lawn mower in one hand, dishtowel in the other.

It was the time for fixing things -- a curtain rod, the kitchen radio, screen door, the oven door, and the hem in a dress. Things we keep. It was a way of life, and sometimes it made me crazy. All that re-fixing, reheating, renewing, I wanted just once to be wasteful. Waste meant affluence. Throwing things away meant you knew there'd always be more.

But then my mother died, and on that clear summer's night, in the warmth of the hospital room, I was struck with the pain of learning that sometimes there isn't any 'more.'

Sometimes, what we care about most gets all used up and goes away...never to return.



So...while we have it...it's best we love it...and care for it...and fix it when it's broken...and heal it when it's sick. This is true...for marriage...and old cars...and children with bad report cards...and dogs with bad hips...and aging parents...and grandparents.

We keep them because they are worth it, because we are worth it. Some things we keep. Like a best friend that moved away -- or -- a classmate we grew up with. There are just some things that make life important, like people we know who are special...and so, we keep them close!"

We can get so caught up with day-to-day life that we forget to "keep" those ties with family and old friends. Many is the mother who longs for a phone call from her son or daughter, be they 20 or 60--whose heart is lifted to the heavens when she hears them ask, "How are you doing, mom?" For those away from home and possibly somewhat estranged from loved ones, this could be a door opener to reestablishing the relationship that is obviously still somewhat on your mind. (Because you are thinking of that person now).

It may be a parent, a brother, or sister; it may that friend you hung out with during school. It just might be someone you want to check on and see how they are doing; a former teacher who made a difference in your life, a coach, or the old man you talked to on the graveyard shift at one of your first jobs. All who are growing older, as we are, and may wish to know if they helped create lasting memories or made a difference in your life. I think we all would want to know if we had.

If this hadn't been part of your family tradition maybe you might want to start one of honoring those who are a part of you and contributed to who you are. We are given this day of Memorial Day to jar our memories, but it can be any and all days. Start by keeping a record, a journal, a photo album, etc... Go to the family reunions, high school reunions and for those who go to war together, unit

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reunions. Maybe we are the ones who start them up. We can always start from where we are and appreciate what and who is in our life today. A poem, by an unknown author, sharing this message is called,

"The Old Family Album."

*The old family album, the pages are worn,
From turning and browsing they are tattered and torn,
For memories are sweet ones, we like to repeat ones,
We live them again in the old family album.
Now picture the family, we're all having fun,
We're in this together—parents, daughters, and sons,
For pictures are share times, those family affair times,
We live them again in the old family album.
The camera is snapping while the gifts we're unwrapping,
The lens is recording our group as we're boarding,
The shutter is clicking while baby is kicking,
And all to record in the old family album.
So stand all together, remember to smile,
We'll all be recorded in family group style,
The camera is ready now everyone steady,
And we'll be a page in the old family album.*

Memorial Day is a time to remember the joys of life. For most, it is the time spent with family and dear friends. *"Good friends are like stars... You don't always see them, but you know they are always there."* May we take and make the time to create those special moments that others and we can look back on with fondness, is my prayer this week. God Bless!!

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

Until next time, 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. 🍏

Arugula Salad with Citrus Dressing



Citrus Dressing

- ¼ cup each fresh organic lemon, orange, and grapefruit juice
 - 1 tablespoon Dijon mustard
 - ¼ cup red wine vinegar
 - 1 small organic shallot, minced
 - ½ cup extra virgin olive oil
 - Sea salt and cayenne pepper to taste
 - (Makes one cup)
-
- 3 large handfuls organic arugula leaves
 - 1 large handful organic herb salad mix
 - 2 tablespoons organic chopped almonds or pecans
1. Combine juices in a pan and simmer over medium heat until reduced to about ¼ cup.
 2. Pour into a bowl to cool.
 3. Add mustard, vinegar, and shallot to cooled juice whisk until blended.
 4. Add olive oil and season with salt and pepper.
 5. Place arugula in a large bowl.

6. Add herb salad mix.
7. Toss a few tablespoons of dressing with the greens.
8. Top with chopped nuts. 🌱

Golden Smoothie



- 2 organic kiwi fruits
- 1 organic banana
- ½ cup filtered (preferably [HydroMag™](#) treated) water
- ½ cup organic frozen mango chunks

1. Put all ingredients into [VitaMix blender](#) or food processor blend until smooth.
2. Serves 1-2. 🌱

Spinach Pesto with whole wheat pasta



- 2 bunches organic spinach (about one pound washed and trimmed)
- 10 ounces organic whole wheat tubular pasta
- 1/3 cup organic walnuts
- 2 cloves organic garlic
- 1 teaspoon organic grated lemon zest plus 2 tablespoons juice
- 1/2 cup olive oil
- 1 pint organic cherry tomatoes, halved

1. Bring a large pot of water to a boil.
2. Stir spinach into boiling water.
3. Cook until wilted.
4. Transfer spinach to a colander.
5. Reserve boiling water.
6. Cook pasta in boiling water until al dente.
7. Save ½ cup of pasta water, immediately drain pasta, and return to pot.
8. Place spinach, walnuts, garlic, and lemon zest and juice in food processor.
9. Process until a coarse paste forms.
10. Add olive oil process until smooth about 1 minute.
11. Add tomatoes and pesto to pasta. 🌱