

# SUBSTITUTIONS

We have found that the best way to “eat healthfully” is to substitute rather than remove familiar favorite items; that way, there is rarely a sense of deprivation. Here is a gathering of substitution ideas you may find helpful.

☞ First of all, substitute organic produce for standard grown whether fresh, frozen or canned (yes!); usually you will find it far better tasting and you’ll be doing your health a favor by avoiding numerous noxious toxins.

☞ Of course best is growing your own as much as you can substituting **DYNAMITE Prescription Treatment** and **HumiZyme** for standard fertilizers.

☞ Instead of house plants, substitute herbs; instead of ficus trees, try dwarf lemon trees; instead of barrels of decorative shrubs on your patio, try tomatoes, peppers, cucumbers, eggplants, etc.; and in your landscaping, instead of annuals, put in edible flowers like nasturtiums and violets and edible greens of all sorts—kale can be *gorgeous*!

☞ Next, substitute free-range animal products whether meat, poultry, eggs or dairy for standard supermarket items, even if organic. Aside from avoiding toxins, antibiotics and hormones, you’ll also be getting traditional (before grain feeding became so popular) healthy Omega 3 fats which are actually good for your cardiac health, essential for brain and hormone functions, essential for the utilization of all fat soluble vitamins and the utilization of many minerals, and which in proper amounts can actually alkalize normally acidic fractionated (without fat) proteins.

☞ Substitute whole fats for “skimmed”, “low”, “light” or “non” fat items as per above; these so-called diet items are in fact dangerous to your health and actually cause an increase in the very obesity and heart disease they are supposed to combat.

☞ While soy products are popularly accepted as

being better than animal products, it is best to substitute range-free animal products for all soy except traditionally fermented items (*miso*, *tempeh* and fermented *soy* or *hoisin* sauce); all others have been proven both indigestible and harmful to the body, especially for children; and even vegans should stick strictly to *tempeh*.

☞ Substitute home-made almond milk for purchased almond or rice milk which contain questionable ingredients; almonds are the only nut that is alkaline in nature although they should be added to, rather than instead of, at least some animal foods if only organic free-range raw dairy or organic free-range raw egg yolks, neither of which involve direct killing of animals.

☞ For your main fluid intake, substitute only purified (reverse osmosis is great especially if it has a UV element to it) water for all drinking and cooking water. And drink enough water daily: approximately 1 qt per 50# body weight!

☞ Even better, substitute our “Magic Water” for your main beverage; it consists of purified water, **Elixir** (whatever amount is right for you), and **Catalyst Water** (made according to label directions). In this day and age when liter water bottles and their holsters have become a virtual fashion accessory, this is very easy to do!

☞ Do be aware, however, that if you cannot use a safe glass bottle, to use only a HDPE (high-density polyethelene) Nalgene bottle; anything lesser can leach dangerous chemicals into your water.

☞ If you are substituting for pop, add 1-2 herbal tea bags to your Magic Water—just leave them in there and they’ll brew right in the room temperature water giving more color and taste.

☞ For even more color and taste plus added electrolytes, especially important for athletes instead of those fake, sugared or fake-sugared, electrolyte drinks, add 1-2T **DYNAMITE Dyna-**

U  
B  
T  
I  
T  
U  
T  
I  
O  
N  
S

**Spark** to your water bottle; tastes great (even though it is marketed for animal use only) and many former “popaholics” now greatly prefer it to their former chemical cocktails.

☞ Another option is to pour vegetable juice (home made or purchased fresh as possible from your health food store—not canned which is devoid of all goodness) into old-fashioned ice cube trays, freeze and pop 1-2 veg-juice cubes into your water bottle.

☞ These suggestions work equally well for “javaholics” who can also pour a bit of **Dyna-Spark**, or even a bit of fermented soy/hoisin sauce, into a mug filled with hot water to make a “look-alike” dark, steaming liquid that will do no harm and probably some good.

☞ Another option is to bring herbal tea bags to work, make your own miso to drink, or drink consommé, broth or bouillon of any kind.

☞ Also for both, try 1/2 tsp of **DYNAMITE DMG** (approved solely for animals) in your cool drink to help boost oxygenation and spare your adrenals a bit; use only if you are taking the **DYNAMITE Regular** or **Plus** for a good “B” base or even an extra B-complex such as what SolaRay offers.

☞ As for snacks, instead of “flavored yogurts” buy full fat organic plain yogurt with active yeast cultures, add a tiny bit of Really Raw Honey, a few drops of organic Vanilla Extract, and organic fresh fruit. Far more healthful and satisfying.

☞ For those who need to take their yogurt with them for food on the road or at work, simply put the yogurt into a plastic container along with **frozen fruit** of your choice, and voila, flavored yogurt without nasty syrups and even without need for refrigeration since the frozen fruits keep the yogurt cold until eaten.

☞ In fact for summer “popsicles”, substitute “fruitsicles” or plain frozen real fruit chunks.

☞ In addition to being delicious snacks or desserts, frozen fruits, packed in “snack” size zip-lock baggies, can keep your home-made roll-up or salad cold without refrigeration until lunch time.

☞ Rather than investing in costly single serving soups and (shudder) Ramen-style soups, invest in a wide-mouth thermos in which to pour your own healthful, home-made and delicious soups/stews.

☞ Instead of standard bleached salt, use only **DYNAMITE Natural Trace Mineral Salt**. Rather than causing your cells to hold water (edema), this unprocessed, pre-pollution sea salt is actually helpful for maintaining proper fluid balance - and it tastes good, too! It’s important enough that for you on-the-go individuals, buy those little pop-top travel salt shakers and take your **NTM Salt** with you to work and even restaurants; you’re already carrying your own water so why not your own salt, too?

☞ While you are weaning yourself from most sweets and especially white sugar addiction, rather than chemical replacements, substitute Rapidura which is organically grown and truly natural although it can still affect a sensitive pancreas and so should be utilized only minimally; Sucanat used to be similar but not since it changed hands and “brown” sugar is simply white sugar with molasses added.

☞ Even better, use only Truly Raw Honey (if your honey is clear and liquid, regardless of what it claims on the label, it is NOT unrefined!) which still has all its healthful elements, such as enzymes and nutrients, ready to eat.

☞ Or try organic only Grade B (more nutrients) Maple syrup/sugar. For a different treat, get some amber Agave syrup made from wild cactus.

☞ The only sweetening that Diana Schwarzbein, M.D. says is OK for diabetics (because it does not affect the pancreas) is the herb Stevia.

☞ Speaking of sugar cravings, did you know that certain foods can actually help to break sugar cravings? Broccoli, cheese, dried beans, calf liver and chicken are all high in chromium, a known metabolic-insulin stabilizer; fresh whole fruits (NOT juices!) contain carbon which also acts as a toxin purifier; chicken, beef, liver, poultry, fish, eggs, dairy, nuts and legumes are all high in phosphorus; onions, cranberries, horseradish and cruciferous vegetables all contain sulfur; and cheese,

liver, lamb and spinach all contain *tryptophan*. If your sweet craving leans more toward chocolate, look to the magnesium-containing foods such as raw nuts, seeds, legumes and fruits.

🌀 In your pantry, instead of regular ‘blah’ canned tomatoe products, try stocking only the organic Muir Glen Roast Tomatoes or Amy’s Tomato Bisque. What a difference in taste!

🌀 Substitute only real fermented vegetables for standard pickles and olives; this usually means buying only imported ones or making your own, but the difference in both taste and health can be well worth it.

🌀 As for grains—breads, bagels, pretzels, pastries, pastas, flour, cake mixes, corn (which is also all too frequently genetically modified), etc.—substitute a very small amount of alternative-type grains such as amaranth, millet, teff, quinoa, spelt, kamut, etc. and grind them fresh.

🌀 For any thickening needs, rather than flour, corn starch or other options, use *Arrowroot* powder. It is the odorless, tasteless, powdered rhizome of a plant, *Maranta arundinaceae*, and, as such, has an alkaline ash. It thickens clear at lower temperatures than corn starch, is easily digested by all, and it makes a nourishing addition for convalescents and babies. Use 1T per pint of fluid; make a paste first if adding to hot liquids. In recipes, substitute 2tsp Arrowroot for 1T cornstarch or 1tsp for 1 T flour. It can even prevent ice crystals from forming in homemade ice cream plus it contains appreciable amounts of beta-carotene, niacin, riboflavin, and thiamin.

🌀 Traditionally, all grains were soaked (this neutralizes the mineral-binding *phytates*), dried and then either ground fresh, sprouted or fermented; we need to follow suit. Modern grain eating is proving to be one of the major underlying causes (along with sugar!) of many of our digestive problems which then of course, equals ill-health under the guise of allergies, sinus problems, Chrohn’s disease and even general fatigue and weakness and so much else.

🌀 Instead of regular corn or tortilla chips, buy only organically grown, lime-soaked (for digesti-

bility) corn tortillas, brush with a tiny bit of olive, coconut oil or butter, sprinkle with a touch of **NTM Salt**, cut into 6th’s and bake until crisp. Or pop them whole into your toaster and butter them afterwards or use your favorite *Spread*.

🌀 Rather than standard white or whole wheat flour tortillas, purchase (or make your own!) Food For Life Ezekial 4:9<sup>®</sup> sprouted grain/seed tortillas instead. Toast very lightly before using to bring out the flavor or, as above, crisp in the oven or toaster for home-made crackers or crisp-bread.

🌀 Food For Life also makes an Ezekial 4:9<sup>®</sup> Pita but it is not sprouted so therefore I cannot recommend it; and their Genesis 1:29<sup>®</sup> bread contains yeast rather than being fermented.

🌀 Buy only raw nuts, soak for 10-12 hrs to neutralize mineral-binding *phytates*, toxic tannins, & enzyme inhibitors; drain, sprinkle with a little **NTM Salt** and toast in a slow oven until golden.

🌀 Rather than buying sprouts, virtually anybody can sprout their own mung beans, lentils, sunflower seeds, etc. for the very freshest nutrients and flavor.

🌀 Instead of reaching for that box of artificially flavored, denatured white rice with all the chemicals in it under the guise of “Helper”, simply toss an organic bouillon cube or two into your rice cooking water or use purchased broth, homemade stock, or even vegetable juice for the cooking water. If you also toss in a few frozen minced onions/garlic/peppers and/or other fresh or frozen veggies, you have a super easy and quick meal in a pot. Do use a rice cooker (see Equipment section) to avoid cooking challenges and frustration from having to watch the rice carefully.

🌀 In fact, try using whole organic *Kalijira* rice at those hurried times; it’s small size cooks up in about 10 minutes which will probably be faster than your preparation of the salad or washing up and changing clothes!

🌀 If you must use noodles during your weaning-away-from-grains period, try the DeBolle’s Jerusalem Artichoke noodles; we have found them far superior to not only other whole grain pasta we

have tried except for buckwheat sorba noodles, but they have flavor which rice noodles do not have, and they actually hold together which corn pasta does not.

☞ Instead of sugar-laden and/or artificial fruit drinks, or any fruit juices at all, check out the ***Fruit Smoothies*** in the Sweets section.

☞ For acne-plagued teens (or adults), not only is pH balance essential, but so are those fatty acids found only in animal products; substitute Magic Water, ***Fruit Smoothies*** and ***Blended Soups*** for artificial drinks and add a raw egg yolk to help you get needed fats; you may be pleasantly surprised at new skin clarity!

☞ For those wishing to lose weight, follow pretty much the same thing: without fats, your body will crave both them and sweets which lead to binge eating. Substitute these healthful liquid foods for any and all chemicalized liquid meal replacers. And eat 3-6 small meals (soup is helpful here!) per day while you try to walk more or dance to your favorite music at home; even turn house cleaning into a dance with some great, blood heating music!

☞ For weight gain, increase calories safely by drinking down an extra ***Fruit Smoothie*** both mid-morning and mid-afternoon in addition to your normal meals. Enlarge your other portions but do not overeat carbohydrates, especially if you are a protein type (WWW.MERCOLA.COM), and continue to be careful of all grain consumption; much underweight is due to improper digestion which leads right back to grain/wheat/corn sensitivity.

☞ In fact, for anyone requiring liquid diets, substitute ***Blended Salads*** or ***Fruit Smoothies***—usually with a raw, free-range egg yolk added; or see some of the healing ***Vegetable Juice*** or blend up some of the delicious ***Soup*** options.

☞ Reduce grain consumption at breakfast by being adventurous and trying ***Fruit Smoothies***, ***Soups/Stews***, or even various ***Salads*** instead.

☞ If you have time to make pancakes, try making either savory (***Skillets***) or sweet (***Sweets***) ***Crepes*** instead with alternative grains—you'll

never miss those fluffy fat things again!

☞ When fresh herbs are available, chop them up, put into mini-ice cube trays by the tablespoonful, fill the trays with very hot water (this will blanch them a bit), and immediately freeze them. When frozen, pop the wee cubes into a zip-lock baggie marked with the name of the herb (especially great for cilantro!) and simply take out as many cubes as needed for your recipe; if it's a soup/stew/skillet, just pop it in cube and all but if it's for a salad, let the ice melt off into a paper towel.

☞ Do the same thing with ginger or garlic or anything you use only somewhat frequently and that can be a bit of a chore to prepare.

☞ Always freeze into portions, and label accurately, leftover ***Skillets***, ***Soups/Stews***; this way some will be available when you have absolutely no inclination or time to cook, or if company appears. If you did not take it out of the freezer before you left for work, run hot water over it just enough to separate it from its container, and heat slowly in a small skillet or saucepan over boiling water (ie: a make-your-own double boiler!).

☞ Instead of purchasing baby foods, blend up your own nutritious foods following our other suggestions; again, use those ice cube trays and freeze the resultant purée (yellow & green vegetables are super early foods, using a bit of stock for any necessary liquid), pulling out 1-2 cubes to defrost as necessary.

☞ By the way, most breast-fed babies should not be fed any other food (including raw egg yolks and NEVER grain) until they are 4-6 months old. For safe infant formula suggestions, see **NOURISHING TRADITIONS** or WWW.WESTONAPRICE.ORG ■