

## Dr. Gloria's Chopped Salad

**"Go crazy in the produce section"**

*It's a whole new world out there*

|  |  |                       |
|--|--|-----------------------|
| Endive   | Romaine                                  | Boston                |
| Basil  | Spinach                                  | arugula               |
| Radish & leaves  | beet & leaves                            | lettuce of any type   |
| red leaf lettuce   | parsley                                  | turnips               |
| Dandelions   | wheatgrass                               | radish & leaves       |
| Avocado  | garlic (fresh)                           | onion (red) or any    |
| Red cabbage  | yellow squash                            | broccoli, cauliflower |
| Mushrooms  | bell pepper-red, yellow (yummy) or green |                       |
| Raspberries  | Blackberries                             | blueberries           |
| Tomatoes   | cucumbers                                | pears & apples        |
| Cranberries  | strawberries(leaves stay on)             | celery & carrots      |
| Peanuts (no salt on nuts), walnuts(the healthy fats), almonds, hazelnuts (filberts have fiber) Brazil nuts (protein) |  |                       |

***Losing weight could never be so much FUN!!!!***

***Homemade Dressing: 1.) LEMONS, Lemon, Lemons ♥ ...and more..... Lemons squeeze juice ON and dice into tiny pieces (Mmm chewy and helps the liver to cleanse/ also kills any parasites on lettuce or in tummy) Lemon PEELS are just plain tasty 2.)***

***OILS: olive, extra virgin olive, sesame oil, flaxseed oil (so heart healthy), grape seed oil, hazelnut oil, almond oil (also a good massage oil absorbed trans-derma-ly).***

***\* iodized sea salt only and black pepper \* particular oils are the good fats***

***NO PASTA NO SOUPS - until weight is off then only limited amounts of whole grain p.***

***No More Fried Foods! This is a Lifestyle Change. No more Misconduct! Bye Bye Crisco, Vegetable oil, Canola oil. For emergencies try Safflower or coconut oil.***

***Don't forget to buy GRAPEFRUITS, CANTALOUPEs AND WATERMELON FOR BREAKFAST Oh and CHERRIES and GRAPES IN SEASON-THE SKY'S THE LIMIT!!!***

**NO MEATS** They putrefy in the gut and clog the kidneys- ICKY- can't eat any thing with a face on it, no salmon, no shrimp (there bottom feeders pollutant chemicals and mercury poison).....speaking of poison **McDonald's is trying to Kill You!!! So is Burger King and White Castle (Skull and crossbones establishments)**

**Poison Warning Poison** Bad fats cause Obesity. White bread hinders digestion. Big Corporations and Pharmaceutical companies don't necessarily want you to be healthy.

**NO DAIRY PRODUCTS** "It's Over!" ...[as "Doc Mike" would say]..."It's Over!" You are on your way to wellness.. The casein in milk is mucous forming. It clogs the lymphatic system. There is plenty of calcium in fresh fruits and vegetables which prevent

***The above is a vegan diet of raw foods; Copyright registered. The health important ENZYMES are killed from the cooking process(any temp over 127F). "LIVE" ENZYMES are high nutrient cellular fuel. The antioxidants (vitamin & min.) fight free radicals (smoking, drinking, stress etc.). The body detoxifies. Works best with regular massage and trigger point therapy sessions with "Doc Mike". Relax.***

osteoporosis. Diabetes, heart disease and hypertension are not diseases as much as they are a lifestyle of bad eating habits. So, no canned foods which are high in salt, no dairy, no cheese, and no yogurt. Never T.V. dinners!

The "Doc" Mike's Weight Loss Program eating guidelines: \*THE SKY'S THE LIMIT\* also prevents disease. Your food is "medicinal"- as your metabolism normalizes.

Boiled eggs or raw eggs in your smoothies are allowed. Dr. Gloria boils the eggs only about six (6) minutes simmer, peels about two dozen and puts them in a bowl in the refrigerator. Eggs are a complete and perfect protein (with all the essential amino acids).

## Smoothies

### "This is juicing using a blender"

*This is what whole families drink as their meals; sort of like living out of a blender.*

#### **THERMO-DYNAMIC DRINK:** *Designed to Change Metabolism*

1 stalk of celery

1 carrot

1/3 bell pepper (yellow, red or green)

1 leaf Romaine lettuce

1/2 apple

1/2 orange

#### **SMOOTHIE COMBINATIONS:** *Any Combination of Above or Below Ingredients*

Banana, pears, strawberries, any ingredient(s) from the chopped salad list on page 1, etc. *use your imagination, any combo of fruits and/or veggies and/or nuts. \*THE SKY'S THE LIMIT\** Use all peel hull husk etc. except orange peel (discard). Save and put watermelon and cantaloupe peel into blender.

**TIPS:** add fresh ginger root that has been sliced for serving size and placed in freezer  
add fresh turmeric root that has been sliced for serving size and placed in freezer  
(both are anti-inflammatory preventing arthritis and disease in the body)

Line up one to six cups at any given time. Put in a handful to be hydrated overnight:

Beans, almonds, chick peas, buckwheat, bulgur ..... dump the raw ingredient with water into smoothie next day

**BEVERAGE:** 1.) Molasses in bottled water *daily frequent drink with B vitamins*

2.) Tablespoon of Apple Cider Vinegar in glass of water changes your PH

Grapefruit and **Avocado** meals are allowed. Add diced onion, tomato, garlic, even mushroom to the avocado and add one of the oils. This is a good way to get the proper **fats (oils)** that are so necessary to a healthy diet- to healthy eating-to a healthy lifestyle.

**GOOD LUCK!!!!**

(general rule of thumb - don't eat anything with a face on it. Sardines packed in water are ok. Nitrates in meat are carcinogenic) To rid addiction cravings add pineapple with peel to Smoothie and ingest activated charcoal capsules.

Questions? Call "Doc" Mike at (630) 627-8880 or email Dr. Gloria at IL.citizens@gmail.com

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