



Ultimate Diet Secrets

For

Graves' Disease

And

Hyperthyroidism

Svetla Bankova

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OK, this should be the END.

This is not the way you start a book, right?

I tried to finish this book many times and I couldn't. The book was written on 3 continents and it had a long journey. I started the first chapters in North America; it went to South America and ended up in Europe. I wrote the book in my homes in USA and Europe, in hotel rooms and airports, sometimes in my car, between meetings and sessions with clients, between emails, reports and articles, between cooking, PTA meetings and tango.

I may wake up during the night, many nights for that matter, writing notes and sticking them everywhere around the house- on my refrigerator, in the bathroom, on the wall, in my bedroom. Things that I wanted to include the next morning in the book you are about to read now. But that's how I am, and that's how I write my books. Every time when I closed the computer, thinking that the book is over, I'll say to myself: "This is it!"

But- no, I'll remember another thing, and one more, and I'll go back and add it to the book. I found that I have too many things to say, too many things to share, too many things to mention. It's a never ending process. And you are reading the third revision of that Graves' Disease and Hyperthyroidism diet book. It's been more than 10 years since I was first diagnosed with Graves' Disease and Hyperthyroidism and consequently declared euthyroid by the doctors. I learned a lot, I researched a lot and I tried many herbs, recipes and diets.

I am sure I missed a lot of things. I am asking to be forgiven. There are many things about dieting and food, especially for people suffering Hyperthyroidism and Graves' Disease that may be I don't know. But I tried to do my best.

May be a lot of questions will come to your mind as well. May be you'll have recipes or things, or diet secrets that I don't know. Please, share your experience with me; send me an email to mythyroid@gravesdiseasecure.com. I'll also make sure that they reach many other people. When you try recipes, or suggestions- let me know if they worked for you as well, I want to know.

I'll leave this book open for you. Be my editor and contributor for the next book on Dieting for Hyperthyroidism and Graves' Disease. The process is not over. The book is not over. The food research on Graves' Disease and hyperthyroidism is just about to begin.

The food and the diet battle. Is this your battle too?

Everyone makes about 250 food decisions every day: should I have a coffee? Should I put milk in it? Whole or skim? Sugar? Splenda? The choices become even more difficult, if you have an autoimmune disease, for example Hyperthyroidism or Graves' disease.

I have been asked thousands of times- what to eat, or drink when I have Graves' Disease or hyperthyroidism? Many people believe that it all comes from their diet and once the diet is fixed, the disease will be fixed as well. This is true, and really not true.

I have tried to answer the diet questions to the best I can many times. I don't know if it was good enough for any of my clients. This wasn't a topic, in which I am an expert. Honestly, I am not really a "diet person" and never been obsessed with any diet. I also never was on a serious diet, at any time of my life. I refused to write about things that I don't know about.

Until now- I believe that I have to share what I have learned these 10 years since I am Graves' disease free (and I still am!). I learned a lot from all my clients, some of them sharing their experience and information with me, some of them just asking questions which I had to research. And I did research for them, and I read tons of information. That's how I learned about the hyperthyroidism diet. The information I gathered in all these years I'll share with you today in this book.

I really hope that it will help you, one or another way. **Use your own judgment though, every person is different.** Try, try, try...That's all I have to say. Graves' Disease and Hyperthyroidism diet counts for about 25% of your healing process, and in certain cases even more. The rest, equally, goes to life

style changes, vitamins and supplements, herbs, appropriate exercise and stress management.

The hyperthyroidism diet, or recipes may not completely cure your Graves' disease or Hyperthyroidism, but it will cure your mindless eating just with a little bit attention. It will definitely help your healing process.

For a very long time food for me was simply the fuel to make me function every day. Food was never considered sort of a pleasure, or I ever paid special attention to it. It wasn't important what I eat, as long as I wasn't hungry. Wrong attitude, I understood years ago and I changed that attitude completely.

Today I believe that we become what we eat. What we eat will become a part of our healing process, and not only what we eat, but how we do it. My "personal diet" hasn't changed much through the years, but today I watch what I eat more than ever. My "personal diet" habits, if I can call them that way, could be a little shock for you initially, but that's the purpose of that book: to tell you that there is not one diet that will fit each and every personality, character and body shape.

You may also believe that the food you eat provides you with the energy you need to go throughout the day. In fact, a molecule named adenosine triphosphate (ATP) is responsible for your energy levels. We derive ATP from glucose through complicated chemical processes, which require the participation of thyroid hormones. This is how your diet is connected with your thyroid levels. If our cells have too much or too less thyroid hormone, the energy found in the glucose will improperly convert into ATP, providing too much (hyper) or too less (hypo) energy. If you run your body on the "high energy" level for too long time, this will

lead to a burn out, fatigue and exhaustion of your system very soon. Accordingly, your body may collapse and will be attacked by various diseases.

This book will not be only about remedies or automatic obedience to monotonous procedures of diet ought-to's. That just doesn't work, at least not for a long time. No one wants to follow tiresome repetitions and tedious diets, regardless how useful they are claimed to be.

The intent of this book is different. It is to explore what your habits of eating are because these habits will determine the attitude towards yourself. That self is always there to see and sense, but most of the time you may be too busy to see it. We eat with friends; we walk from our offices to our cars, snacking something, we eat in the cars on our way home, but we are always busy with the destructions of the life. With this book, I hope, you'll look with full attention at how and what you eat.

There are few things in this book that you should know, before you move to the next section.

Initially, this book was planned to talk about diet and exercise because they usually work together. When I started to write the book, however, I found that there is too much information on food only, which I wanted to share with you. There was no time or place for anything else. Speaking of which, this book is purely dedicated to what I think people suffering from Graves' disease, hyperthyroidism or thyrotoxicosis (inflammation of the thyroid gland) should eat, should not eat or drink. This book expresses my personal opinion and experience, which has proven through the years in many cases to be right, thanks to the feedback of all the people who wrote back to me. The opinions on the diet subject are contradictory. I have read in many publications on Internet that goitrogenic

foods and cruciferous vegetables are not good for hyperthyroidism patients. This is not true, according to my experience and research. They are the best foods for us.

Please, do not consider the diet suggestions mandatory because I share only my own expertise on the subject. I also present in this book the pure medical approach, which means that you'll read about what is usually recommended by endocrinologist and all other doctors. I have to do that and I consider that as an obligation. With some of the things I agree and with some of them I don't. Since I tried most of the diet recommendations, I found that not all of them work for me. So you'll hear my personal opinion on the subject as well. It's again your choice to follow either one, or the other suggestion. I don't know what will work for you, and what won't.

I have to ask you for a favor. **Do not trust me!** Really, follow only what seems right to you. If at any doubt, at any point, consult your doctor or dietitian. Happy eating and dieting!

Thyrotoxicosis and Hyperthyroidism- What do you need to know and doctors don't have time to tell you?

Thyrotoxicosis and hyperthyroidism are clinical conditions caused by an excess of circulating free thyroxine and free triiodothyronine, (FT3 and FT4), or both. Both are common disorders affecting today about 5% of women and 0.2% of men, roughly speaking, but these numbers have increased dramatically in the past few years.

Causes of Thyrotoxicosis and Hyperthyroidism

Common causes

Of the causes of thyrotoxicosis, Graves' disease is the most common (70-80% of the cases); toxic thyroid adenoma, toxic multi-nodular goiter, and sub-acute thyroiditis account for most of the remainder. That's why it is important to include in your diet foods that naturally inhibit the excessive thyroxine and free triiodothyronine. This is the full list of causes, known today:

1. Graves' disease
2. Toxic multi-nodular goiter (enlargement of the thyroid gland)
3. Solitary toxic nodule
4. Thyroiditis (inflammation of the thyroid gland)
5. Sub-acute postpartum silent thyroiditis
6. Factitious hyperthyroidism (direct administration of thyroxine or triiodothyronine)

Not so typical causes of hyperthyroidism

1. Exogenous iodide (Jod-Basedow disease)
2. Radiographic contrast agents (used in surgeries or testing procedures)
3. Health food preparations

4. Drugs (for example, amiodarone)
5. Ionization programs
6. Neonatal hyperthyroidism
7. Excess secretion of thyroid stimulating hormone
8. Pituitary adenoma
9. Thyroid cancer

Clinical features of Hyperthyroidism

Hyperthyroidism usually develops gradually, and most patients have had symptoms for at least 3-6 months before the actual manifestation of the disease. Almost every system in the body is affected, and patients may initially seek help from various medical specialists, trying to find out what's wrong with them. For example, they may see a cardiologist because of their palpitations or irregular heartbeat, or may consult a gynecologist, because of irregular menstruation. They may even go to a psychiatrist for a doubt of panic attacks, generalized anxiety disorder or other mental condition.

When thyrotoxicosis is suspected, the diagnosis should be confirmed by measurement of thyroid stimulating hormone (TSH) and free thyroxine and free triiodothyronine in the serum (FT3 and FT4), which are usually present in low and high concentrations respectively. Other medical tests and procedures are also available to confirm the diagnosis as in many cases the thyroid blood test results may be within the normal ranges.

The concentration of thyroid stimulating hormone (TSH) may, however, also be normal or increased if the cause of thyrotoxicosis is either a pituitary adenoma, or goiter.

In some cases the patient could be considered clinically euthyroid. Estimation of total thyroxine concentration is not always a very useful indicator and may be misleading as various factors, including pregnancy, cirrhosis of the

liver, and narcotic drugs can affect the binding of thyroxine to thyroxine binding globulin. I will explain why this may happen. Many patients may exhibit symptoms, while their thyroid test results are showing normal results. Thus, further tests should be performed by clinicians to determine the correct cause of the hyperthyroid condition.

Normal thyroid blood tests, but persisting symptoms

In order to explain how this may happen, and is happening very often recently, we have to go deeper regarding which of the thyroid hormones are most important and how they represent themselves in blood tests.

The most important thyroid hormones are thyroxine (T4) and triiodothyronine (T3) and the only difference between them is the number of iodine atoms that they have. Thyroxine consists of 4 iodine atoms and triiodothyronine has 3 iodine atoms, as you can see from their formulas. Your thyroid gland produces thyroglobuline and the iodine atoms attach to this protein in order to produce thyroid hormone. It may seem that the two hormones are almost identical; however, the thyroid gland produces different quantities of both: 93% of the production is for T4 and the remaining 7% goes to T3. Here is the catch though- even in bigger quantity, T4 is the inactive hormone, the active one is T3 and the last one is responsible for producing the energy in our cells. Part of the inactive T4 is converted to T3 with the help of an enzyme, called "deiodinase" and that conversion takes place not only in a cell level, but also in the stomach and liver. This is where the diet takes place. If your intestines or liver are not healthy (due to numerous reasons) that conversion will not take place, or will be inadequate. People with hyperthyroidism usually have elevated levels of T4 and T3 and low TSH (we will explain that later). When there is too much thyroid hormone in your system it is like running the engine of your car constantly at high speed and pressing the gas, even when a low speed is required by the conditions and circumstances. That's why hyperthyroid people feel that enormous levels of energy

which keeps them on the go all day long, unable to rest or sleep enough hours, which finally leads to a complete exhaustion.

It is not unusual for people with hyperthyroidism, when starting to take anti-thyroid medication, to see T4 levels getting into the normal ranges and this is a good sign, however, T3 may stay still elevated and the optimal ratio is still not achieved to guarantee a normal thyroid function.

Normal levels of thyroid hormones (as per the American Thyroid Association)

TSH = 0.3-3.0 mIU/L (mU/L)

FT3 = 230-420 pg/d

FT4 = 0.8-1.5 ng/dl

T3= 70-180 ng/dL

T4 = 5.6-13.7 ug/dL

(That numbers may fluctuate a little depending on the laboratory and the country you live in).

In all cases, your thyroid gland does not function on its own. It is connected with 3 other body organs that play equal part in the whole process: hypothalamus, pituitary gland and the adrenal glands. The hypothalamus and pituitary gland are located in your brain. The hypothalamus is monitoring and responding to the processes in your body and some external factors like heat, cold and stress. It registers what's going on and sends signals (in the form of thyrotropin- releasing hormone (TRH) to the pituitary gland, telling it to release less or more thyroid hormone (TSH), depending on the body needs at that particular moment. It is an ever-changing situation depending on what you at that moment, what's the

outside temperature etc., thus the TSH measurement may not be a reliable indicator of your thyroid condition. Accordingly, even when the TSH is measured as “normal” you may still experience the hyperthyroidism symptoms. Not to mention the fact that thyroid hormones blood tests should be performed in the early morning, no food, or coffee before that to alter the results. Now, you tell me how many physicians comply with this?

If the TSH is reported low (as it is the usual situation with hyperthyroidism patients), regardless how inadequate the test measurement could be, it is an indication that the pituitary gland is not responding adequately to your body needs. TSH is a pituitary gland hormone, it is not a thyroid gland hormone, but these two organs (pituitary gland and hypothalamus) are often completely overlooked. Everybody speaks about thyroid gland and nobody even mentions that the problem could be in the pituitary gland or hypothalamus. Thus, I don't believe that removing the thyroid gland (thyroidectomy) or destroying it with Radioactive Iodine (RAI) would resolve your thyroid problems; it will just remove a vital body organ and will create more health complications.

Since TSH is pretty unreliable indicator, I would suggest requesting a thyroid antibodies test which will show if Graves' disease, for example, is the reason for your troubles, or another condition that has to be examined. Specifically, you need your Thyroid peroxidase antibodies (TPOAB) and Thyroid stimulating hormone receptor antibody (TRAb) tested. If these antibodies are significantly elevated it means that the immune system is on strike and is attacking glands and organs which are not recognized as “own”, but as “foreign”. You are in trouble. But the question is why this is happening? I have to admit that I don't have one answer and I doubt anybody does. It could be environmental pollution, pesticides, inadequate nutrition, infection and yes, constant stress that damages your adrenal glands or a combination of all of them. It could be even a single traumatic event,

or prolonged stress that may trigger Graves' Disease. Nobody knows for sure and we can only guess.

Adrenal glands and their function

Adrenal glands are the other organ, very important for the proper function of the thyroid gland. The two adrenal glands, situated down there above your kidneys, are actually two endocrine glands combined in one: the inner medulla, responsible for handling the short term stress (like life threatening situations, accidents, emergencies, excitement, exercise, embarrassment, anger etc.) and the outer cortex which monitors and rules your response to long term stress (like stressful job, unhappy relationship with your husband/ wife, chronic health problems, financial difficulties, whining and problematic kids, taking care of sick parents etc.). The hormone of the medulla is well known as epinephrine (or adrenaline). I will not go in details what it does when released, but you can figure it on your own: increased pulse, palpitations and elevated blood pressure, to name a few. Cortisol, on the other hand, produced by the outer cortex, is the hormone responsible for long-term stressful situations and adaptation of your body to chronic stress. The main function of cortisol is gluconeogenesis, or the conversion of fats and proteins into glucose, but high levels of cortisol can be destructive for the whole body system. Low levels are not good either, as cortisol has important anti-inflammatory function (remember, it is used to address problems like asthma, allergies, skin problems and even for Thyroid eye disease). It must be in its optimal levels for the individual (which I believe is different for every person). If the adrenal glands are not functioning properly, or exhausted due to overuse that may lead to a hormonal imbalance and your immune system deteriorates, leading to vulnerability to all kinds of infections. I do believe that people with hyperthyroidism have too much cortisol in their system, and they have been under a lot of chronic stress, even though Graves' disease could be triggered by a single, very stressful event, as I already mentioned. High cortisol levels are connected

with different autoimmune disorders and Graves' disease is no exception from that case.

The remedy: There is not one remedy for exhausted adrenal glands, but folk medicine knows one or two.

Nettle for Adrenal Glands and thyroid hormones

Nettle. This is one of the most powerful herbs that I have ever used. It nourishes the adrenal glands and replenishes the endocrine hormones in general, as the famous herbalist Susan Weed writes in her book "Healing wise" (Weed, 1989). The stinging nettle is not very popular, but it has some undisputable properties: the iron phosphate in it is considered to be the best remedy for inflammation of all sorts, potassium phosphate nurtures the brain and nerves and potassium chloride is the best solvent of fibrin. Have in mind that all these substances are present in nettle leaves and roots. The best thing is that this herb is safe, has no contraindications (to the best I know), has very soft taste and you can drink it as a tea as many times as you want. I usually make a bottle of nettle tea in the morning and refrigerate it with some lemon. It tastes delicious and I drink it instead of water. Nettle is also relatively cheap; you can grow it on your own backyard or buy at any herbal store. No chances to go wrong with it.

How to make a Nettle tea:

1 or 2 table spoons (dried herb), steeped in boiling water. Never boil the herb itself. Remove the boiling water from the stove and just add the herb. Let it steep for 15-20 minutes, no need to drink it hot. I would even leave it to cool off completely (which in generally turns the tea into an infusion). Add honey or lemon for flavor, or even pieces of fresh ginger, if you would like.

Maria Treben, a famous herbalist, also suggest to drink up to half a gallon of nettle infusion or tea daily to relieve chronic headache, allergies, leukemia or stomach cancer. Nettle can also be used to treat skin conditions and different hair problems.

Nettle seeds are also used as a remedy for goiter and it nurtures the thyroid gland. I have not tried this, but in folk medicine it is recommended to take 13 nettle seeds 3 times daily for this particular problem (Cunn, 1859).

Other herbs known to help Adrenal Glands

Herbs like Astragalus, ashwaghandha and rhodiola are believed to support normal adrenal functions. Check with an herbalist first, before using them.

Astragalus (huang qi) helps the immune system and it is also often used for treatment of irregular heartbeat, arrhythmia, or so called palpitations. The tea recipe: 1 or 2 table spoons (dried herb), steeped in boiling water.

Aswaghandha (*Withania somnifera*). This herb is mostly known in Aurvedic medicine for treating impotence, but it is less known for supporting adrenal glands.

Rhodiola (*Rhodiola rosea*). Antioxidant, improves immune system function, and can increase sexual energy.

In all cases, have in mind that no matter what you drink if you don't take care of your stressors, nothing will help.

Aloe Vera for your Immune System

Aloe Vera: I have been using Aloe Vera gel for years and recently I read a very interesting book by Dr. Peter Atherton, called the "The essential Aloe Vera".

In this book Dr. Atherton explains why Aloe Vera gel is the best remedy for disoriented immune system, which is the case with Graves' Disease. As you probably know, weak immune system leads to disorders like cancer, overactive immune system leads to disorders like allergies and asthma, and disordered immune system (i.e. doesn't know what cells are dangerous to attack them and instead attacks other healthy, normal cells) leads to autoimmune disorders, like Graves' disease, Hashimoto's disease, arthritis, lupus, diabetes type 2 etc.



The most important for the immune system are cells called lymphocytes, which are made of B cells and T cells, found in lymphoid tissue and the blood. The other important cells are called phagocytes- some found in the tissue, others in white blood cells circulating in the blood. B lymphocytes produce antibodies, while T cells help B cells in this antibody production. They also find and destroy viruses; they control the level and quality of the immune responses. In general they tell your immune system what to do and when. Now, here comes the Aloe Vera gel in action. Aloe Vera contains a very important substance, called acemannan, found in its sugar part. It is a long chain polysaccaccaride and acts as an immune modulator, especially for the thyroid antibodies. Meaning that has the power and ability to slow down or enhance the immune system response. In our case- should be able to manage the immune system to recognize its own cells and not attack them. It acts however it is required by the immune system! Aloe Vera is also good for the stomach and intestines and later on in our book I'll explain why it should be used on a daily basis. The importance of acemannan is supported by the

research of Carrington Laboratories in the USA, and a drug was produced named "Carrisyn", licenses by FDA and given to AIDS patients. If it is assumed that it may help AIDS patients, I believe that drinking Aloe Vera gel can help Graves' Disease patients as well, and mostly- their thyroid antibodies! Not to mention the Aloe Vera anti-inflammatory effect on Thyroid eye disease, for example.

Am I drinking Aloe Vera gel? Yes, I am- at least for the last 3 years, every single day, between 30-60 ml, depending on how I feel. Not that I knew about its immune action, or the other positive effects on my health. I like it and find it very useful, I haven't been sick for a very long time. After reading the book I mentioned above I also believe that it can help Graves' disease by modulating the immune system to "take proper decisions" and anti- inflammatory for Thyroid eye disease as well.

You can buy Aloe Vera gel pretty much from everywhere, but to be sure in its healing properties, follow these suggestions:

- make sure it is certified by International Aloe Science Council (IASC), for Europe the "Kasher" organization.
- Contains at least 97% pure Aloe Vera gel.
- Comes from Aloe Barbadensis Miller type plants.

I personally buy it from Forever Living Products and I am happy with them- their products exceeded my expectations through the years (at least the ones I have tried). I am not endorsing the company, but if you want to sign as a distributor and save 15% (I do get some credit for that, not sure what though) you can use my personal distributor # **001 002 401 252**. My favorites are with peaches and berries. They just released a new product Aloe Vera Gel (100%) with Lime and Lemon flavor. Here is the link for your convenience:



<https://www.foreverliving.com>

Distributor ID# 001 002 401 252

Medical treatment of Hyperthyroidism

The most popular anti-thyroid drugs are Carbimazole, Methimazole and Propylthiouracil (PTU). These drugs inhibit the overproduction of iodide and its connection of iodothyronines, thus reducing production of triiodothyronine and thyroxine. Propylthiouracil (PTU) also affects the peripheral conversion of thyroxine to triiodothyronine. In addition to blocking thyroid hormone biosynthesis, it is believed that these drugs also lower the concentrations of thyroid stimulating hormone receptor antibodies and increase the activity of suppressor T cells. Accordingly, they have immunosuppressive effects. Carbimazole and Methimazole are given once daily, which makes them the drugs of first choice. Once the patients achieve normal TSH, FT3 and FT4 ranges, the thyroid hormones can be measured every 3 months.

The duration of anti-thyroid treatment has been studied and debated a lot, because of the side effects of the medications. The optimal duration of treatment is considered to be 18 months, but it very much depends on the overall condition and symptomatology of the patient.

Beta Blockers and what they are used for

Beta blockers are agents which affect some of the clinical features and symptoms of hyperthyroidism, such as tremor, palpitations, and anxiety. Propranolol (120-240 mg/day) is the most commonly used beta blocker, although others can be used as well. Once the euthyroid state (normal thyroid function) has been achieved, the beta blocker is discontinued. Some of herbs, listed later in this book have similar action. Make sure that your doctors know if you are taking any herbal mixtures together with your medication.

Summary of Thyrotoxicosis/ Hyperthyroidism features

- Graves' disease is the most probable cause of thyrotoxicosis/hyperthyroidism, with strong female/male dominance.
- It is an autoimmune disease; the thyrotoxicosis is caused by the presence of thyroid stimulating antibodies.
- All body systems are affected, including eyes and skin.
- The initial recommended treatment is with Carbimazole, Methimazole or Propylthiouracil, in conjunction with a beta blocker for the first 4-6 weeks in order to control the different symptoms. Other possible, but more invasive treatments are RAI and thyroidectomy, but they are not a subject of this book.
- If the patient is undergone either RAI treatment or thyroid surgery, the hyperthyroidism diet presented in this book may not be the most appropriate. The reason is that most patients who had undergone the above treatments are no longer hyperthyroid but hypothyroid and other diet approaches should be applied.

Eating- America's second favorite activity

Everyone in America is on a diet. Well, not only in America. You can count Europe too, or may be even South America as well (even though I didn't see too many people with weight problems over there). But that's not the point.

Dieting has become more popular sport than baseball, and it's played all year around. There are high-protein/low-fat diets; there are high-fat/low protein diets; then there are low-carbohydrate/moderate-fat/high-protein diets; and high-carbohydrate/moderate-protein/ low-fat diets, you name it. And if that's not good enough for you, there are all-protein-diets; all-carbohydrate-diets; all water diets; all starvation diets, and even all- you -can -eat diets...There are diets named after the people who invented them, popularized them, used them, became rich from them and even died from them.

We, and not only we, are obsessed about diets, one or another way. Now we'll have one more diet, where the foods will be regrouped all around **one disease- hyperthyroidism**. My ignorance on the subject of diets will not stay on the way of your healthy eating. Because that's my point: how to eat healthy, and stay healthy, with or without Graves' Disease and Hyperthyroidism.

Weight gain in hyperthyroidism

Diet is usually a word, used for and by people who are overweight. This is not the case here. People with Graves' disease and hyperthyroidism, or overactive thyroid, usually don't have these types of problems. Quite the opposite- one of the symptoms of hyperthyroidism (induced to whatever reason) is uncontrollable weight loss. People with hyperthyroidism are usually skinny, with high metabolism, increased appetite and overactive in general. Practically, they are almost always

hungry. However, many hyperthyroidism patients recently report exactly the opposite- gaining weight. It is logical to lose weight if you have hyperthyroidism, because the whole metabolism is accelerated and all the body processes speed up due to excessive release of thyroid hormone in the blood. Why then many people gain weight instead? The traditional medicine keeps silence on this question, as it cannot find any logical explanation. There are a few possible reasons for that phenomenon though:

1. The clinical picture of the hyperthyroidism condition has changed. Clinical picture pertains to the most typical symptoms, according which the medical authorities determine their diagnosis. For example, the classical clinical picture of coeliac disease, which includes persistent diarrhea, has changed recently. Graves' disease symptoms also can alternate; initially the patient can be diagnosed with certain symptoms that may change over time, become more or less severe, or new symptoms to be added and others to disappear.
2. It is well known that the appetite of hyperthyroid patients increase dramatically and they eat more than usual. The problem is with the content and quality of the consumed foods. If a decade ago the foods were not so genetically modified and very close to "natural" or "organic" they can be easily discharged from the body, due to the increased metabolism. But in the past years it is well known that we consume foods that have no nutrients and are genetically modified; they also contain a lot of processed sugars and artificial coloring. The body, unrecognizing these materials as food, may stock them, as it does with the aspartame. They are stored in the body, regardless of the increased metabolism. This may dramatically cloud the clinical picture of hyperthyroidism and many people may remain undiagnosed.
3. Medication: patients who are treated with medication (PTU or Methimazole), but still reported hyperthyroid, may be affected with this

symptom because pretty much any anti-thyroid medication slows down the metabolism and blocks the thyroid hormone production.

So, the diet in this book will have another purpose- how to eat HEALTHY, stay healthy and if possible along the way, to help symptomatology of hyperthyroidism or Grave's Disease. It's more an elimination diet, than anything else.

Accordingly, this book is structured in a different way.

1. Foods that have low iodine content.
2. Foods with high iodine content.
3. List of foods that are recommended and not recommended, if you have hyperthyroidism (generally speaking).
4. Iodine content in foods (at least the iodine content of foods that I know).
5. Daily recommended iodine allowances in healthy individuals.
6. Additional foods or substances that can help hyperthyroidism- like Flax seed oil and honey.
7. Additional foods or substances that can make hyperthyroidism situation even worse and should be avoided- aspartame for example.
8. Herbs and herbal teas, helpful for Graves' Disease and Hyperthyroidism
9. Goitrogenic foods and cruciferous vegetables, known to help Hyperthyroidism one or another way.
10. The optimum quantity of water that we should be drink every day and how this helps Hyperthyroidism and its symptoms
11. Here and there I have sprinkled different recipes (wherever I have found useful and applicable)
12. Separate section with different recipes. The recipes are listed either because of low- iodine content, or because they are simply "eatable" by people with Hyperthyroidism.

13. Finally, this diet should not be only about low iodine foods, but generally about healthy eating.

Low Iodine Diet Recommendations- Summary

Reference: The following information complies with the basic Guidelines of Thyroid Cancer Survivors Association. However, these Low Diet Recommendations have been customized for people suffering Hyperthyroidism and Graves' disease, according to my personal experience and research. "Ultimate Diet Secrets for Hyperthyroidism and Graves' Disease" may not be applicable for people scheduled for RAI treatment for thyroid cancer, or who have undergone RAI treatment and surgery. The last may refer to the Guidelines of the Thyroid Cancer Survivors Association (It's a free ebook included in my bonuses, as well as is available at their website www.thyca.org)

According recent researches 13 million Americans have a thyroid disorder and more than half of them are not aware of it. Twenty million people worldwide suffer from Hyperthyroidism and in 70% this is caused by Graves' Disease. The diet for people with Hyperthyroidism or Graves' Disease revolves around one thing: **to avoid foods that contain too much iodine.** This is also recommended by all medical practitioners (if they have any recommendations at all), to the best of my knowledge. There is a simple logical reason behind these recommendations: your thyroid already produces too much iodine, which circulates in the blood and you don't need any additional quantities, delivered by the food. It makes sense to me. However, I never avoided foods, just because they have high iodine content. I avoided foods due to other reasons that seemed more right to me. For example, my favorite food is seafood (all kinds of seafood). As we all know, and you'll see from a Table below, it has high iodine content. But since it was my favorite, I decided to leave this food in my diet no matter what. So far, regardless of this fact, I feel healthy and well. Again, use your own judgment.

The following data below includes the recommendations from different Thyroid Associations and Organizations, the American Thyroid association, Canadian,

European etc. It's my obligation to make this data available to you. Some of the recommendations are not applicable for Graves' Disease patients, for example to avoid chocolate or egg yolks, but this is again your choice.

Foods and Ingredients that should be avoided, preferably, if you have Graves' Disease and Hyperthyroidism:

0. Iodized salt, sea salt and any foods containing iodized salt and sea salt.
1. Sea food and sea products (fish, shellfish, seaweed, seaweed tablets, agar-agar, alginate, nori and other sea based foods and ingredients).
2. Dairy products of any kind (milk, cheese, yogurt, butter, ice-cream). Dairy-free diets have helped many people, but I don't believe it is recommended for Grave's disease patients, unless you are allergic to these ingredients.
3. Bakery products containing iodine/iodate dough conditioners or high iodine ingredients. Low- iodine homemade and commercial goods are fine. Gluten-free diet is another option; there will be a separate section for this particular diet.
4. Some molasses (if sulfured, such as black strap molasses). Unsulfured molasses, which is more common, is ok. Sulfur is a term used on labels and does not relate to iodine.
5. Iodine- containing vitamins and food supplements. If you are taking medication containing iodine, check with your physician.
6. Aspartame and aspartame- containing products: sodas, coke, diet coke, or any artificial sweeteners (check below some case studies on the subject). I, by rule, don't drink any sodas, unless occasionally. Sodas in my diet are substituted with refrigerated herbal tea.
7. Coffee- or black tea- this is not mandatory, if you don't have palpitations. If you do, substitute with mild herbal teas. Caffeine free coffee or tea is ok.

8. Nuts, especially walnuts, because of the high iodine content. Peanuts and peanut butter are considered acceptable.
9. Canned food or over processed foods. This recommendation is not because they contain too much iodine, but because they are considered “death food”. There are no minerals, or vitamins left after processing. Microwave, to some extent, also kills the most useful nutrients.
10. Red Dye #3 (E127 in the UK). Red, orange or brown processed food, pills or capsules usually contains Red Dye #3 (E127 in the UK), but not necessarily, so check the labels.
11. Hot spices and herbs, because you are already “hot” and “overactive”, so don’t put more fire in your body.
12. Soybeans and soybean products such as tofu, soy milk, soy sauce. Even though they are considered goitrogenic foods, most of the products are genetically modified.

Allowed foods and Ingredients for Graves’ Disease and Hyperthyroidism:

0. All kinds of fruits
1. All kinds of vegetables, preferably raw or frozen. Green leafy vegetables are the best choice.
2. Grain and cereal products, if they have no high- iodine ingredients. Make sure that you are not allergic to gluten.
3. Pasta
4. Red kidney beans, lima beans, navy beans, pinto beans and cowpeas.
5. Sugar, jelly, jam, honey, maple syrup. However, I prefer to substitute them with honey.
6. Black pepper, fresh or dried herbs and spices.

7. Oils. Vegetable oil, sunflower oil, olive oil or coconut oil. I suggest avoiding corn oil, as we all know that almost all of the corn today is genetically modified.
8. Tea, moderate wine, beer, fruit juices. Fresh fruit juices are the best. Other alcoholic beverages are not recommended.
9. Dried fruits of all kind, dried vegetables as well.
10. Sprouts. These are my favorite as they support the immune system and are rich of vitamins and minerals.
11. Homemade low iodine bread or muffins. Bread is ok in all cases; avoid sweet bread, since it has a lot of artificial substances.
12. Grilled fresh meat- chicken, beef, pork, lamb, turkey, turkey breasts.
13. Rice. Basmati rice is considered the best.
14. Soups, pretty much of all kind, but seafood soup. Soups, in holistic medicine are considered "grounding", especially if you are hyperthyroid and overactive. The soups also will help you to slow down and they all have calming effect. I have found that soups can be very useful for any disease, not only hyperthyroidism.
15. Generally, blue and green foods are recommended for people suffering from Hyperthyroidism and Graves' Disease. These foods are calming for that particular condition and may reduce many of the symptoms.

The above information is intended for educational purposes only. It is not intended, nor should be interpreted as medical advice or directions of any kind. You are strongly advised to consult your own medical doctor/ endocrinologist for all matters involving your health and medical care.

Also, consider that as a temporary diet, these recommendations/ suggestions are not mandatory. Once your thyroid is under control and within the normal ranges, you can eat whatever you like.

This is also a “low-iodine” diet, not “no- iodine diet”, and not an “iodine-free” diet. A low iodine diet reduces the iodine content, in most cases, to below 50 micrograms (mcg) of iodine per day. (The recommended daily allowance of iodine is 150 mcg per day for adults. One teaspoon of iodized salt contains 400 mcg of iodine). You can’t avoid completely the iodine from your diet, and you shouldn’t.

Don’t get over obsessed with the iodine content in your food, because this is just one of the factors of your healing. The purpose of this diet is to raise your awareness of what you eat and how you eat it. All other factors like your life style, how you handle stress, exercise routines, sleep duration and enough rest play an equal role in Graves’ Disease and Hyperthyroidism treatment.

7 Simple Recommendations for healthy dieting

Generally speaking and to summarize the whole diet I would say the following:

1. Eat more fresh vegetables and fruits.
2. Meat is best, if it grilled or baked, not fried.
3. Eat a lot of salads and soups.
4. Avoid eating very late in the evening.
5. Drink a lot of herbal teas and avoid sodas and coffee, if you have palpitations and even if you don’t.
6. For best results prepare the food by yourself and avoid canned and over processed foods.
7. Drink plenty of water.

The Recommended Dietary Allowance for Iodine (RDA)

The RDA for iodine is established by the Food and Nutrition Board (FNB) of the Institute of Medicine in 2001 and is based on the iodine accumulation in healthy thyroid glands. The recommendations are in compliance with regulations of the International Council for the Control of Iodine Deficiency Disorders, the World Health Organization, and UNICEF.

Recommended Dietary Allowance (RDA) for Iodine			
Life Stage	Age	Males (mcg/day)	Females (mcg/day)
Infants	0-6 months	110 (AI)	110 (AI)
Infants	7-12 months	130 (AI)	130 (AI)
Children	1-3 years	90	90
Children	4-8 years	90	90
Children	9-13 years	120	120
Adolescents	14-18 years	150	150
Adults	19 years and older	150	150
Pregnancy	all ages	-	220
Breast-feeding	all ages	-	290

Iodine content in foods

Approximate
Micrograms (mcg)
per serving

Item Iodine (parts per million)

SALT

Iodized	54
Seasoned	40
Sun-evaporated	30
Uniodized	19

DRINKING WATER

(US average)	8
SEAFOOD	
Kelp	1,020
Squid	39
Crab	33
Sole	24
Clams	20
Shrimp	17
Shark	15
Sea bass	13
Lobster	9
Oysters	8
Red Snapper	7

MEAT AND POULTRY

Beef liver	325
Turkey	132
Chicken	67
Stew meat	66
Hamburger	44

DAIRY

Cheddar cheese spread	27
Butter	26
Mozzarella cheese	13
Homogenized milk	11
Monterey Jack cheese	10
Nonfat dry milk	7
Sour cream	7
Cottage cheese	5
Yogurt	3

VEGETABLES

Asparagus	169
Broccoli	90
Onion (white)	82
Corn	45
Brussels sprouts	23
Peas	13
Tomatoes	10
Potato (Idaho)	9
Carrots	8
Green beans	7
Spinach	7

Okra 4

MISCELLANEOUS

Tortilla chips	80
Wheat germ	46
Potato chips	40
Orange juice	18
Almonds	17
Oats	16
Pretzels	15
Apple	8
White bread	8
Vegetable shortening	7
Pear	4
Cola	3
Milk chocolate	2
Sugar	2

Food sources and iodine. Where does your iodine come from?



The iodine content of most foods depends on the iodine content of the soil. Seafood is rich in iodine because marine animals have the ability concentrate the iodine from seawater. Most of the seaweeds are also very rich in iodine and that's why are not recommended for people with Graves' Disease and hyperthyroidism. The higher levels of iodine in the processed food may come for iodized salt food additives like calcium iodate and potassium iodate. Since iodine is usually added to the animal feed in the USA, the dairy products like milk and cheese may contain higher levels of iodine. That's why many sources recommend dairy products to be avoided. In the U.K. and northern Europe, iodine levels in dairy products tend to be lower in summer when cattle are allowed to graze in pastures with low soil iodine content. The table below lists the iodine content of some iodine-rich foods in micrograms (mcg). Because the iodine content of foods can vary considerably, these values should be considered as

approximate (as you can see there is a small difference in some of the iodine values listed above).

Food	Serving	Iodine (mcg)
Salt (iodized)	1 gram	77
Cod	3 ounces*	99
Shrimp	3 ounces	35
Fish sticks	2 fish sticks	35
Tuna, canned in oil	3 ounces (1/2 can)	17
Milk (cow's)	1 cup (8 fluid ounces)	56
Egg, boiled	1 large	12
Navy beans, cooked	1/2 cup	32
Potato with peel, baked	1 medium	60
Turkey breast, baked	3 ounces	34
Seaweed	1/4 ounce, dried	Variable; may be greater than 4,500 mcg (4.5 mg)

*A three-ounce serving of meat is about the size of a deck of cards

The carbohydrate diet for hyperthyroidism

Hyperthyroidism is a complicated disease. Unfortunately, the methods known today are not enough to deal successfully with this problem. To identify a drug that is safe, affordable and effective is a challenge to modern medicine today. Thus, an effective diet when treating specific disorder is of great importance. In 1928 Henry Moll, MD writes an article about the different hyperthyroidism symptoms, some of them, to whatever reason, are overlooked by the present medical society. He insists that there are important reciprocal actions between the thyroid gland and the gastro-intestinal tract of which we have little knowledge yet, but which nevertheless demand a closer study of dietary in hyperthyroidism. For example dyspepsia (known also as indigestion, characterized by chronic or recurrent pain in the upper abdomen and sometimes accompanied by bloating, nausea or heartburn) is found to be one of the precipitating and most common

symptoms of hyperthyroidism, often preceding the manifestation of the other well-known symptoms like palpitations, mental emotionality, moodiness and exophthalmos (Moll, 1928). Dyspepsia in Graves' disease patients can often be accompanied with hypochlorhydria (when the stomach is unable to produce hydrochloric acid) or achylia (absence of gastric juice or other digestive secretions). The achylia is also responsible for the fast stomach discharge, typical for hyperthyroidism patients. Dr. Moll suggests a diet, which is rich of carbohydrates. This diet is of a caloric value of 2,700 calories, and consists of about 80 grams of proteins, 60 grams of fat, and 440 grams of carbohydrates. Carbohydrates are typically found in whole grains, whole wheat, whole rye, brown rice, bulgur, wheat berries, vegetables, fruits and beans. Easily digested refined carbohydrates from white bread, white rice and other refined grains, pastries, sugared sodas, and other highly processed foods may cause to weight gain, interfere with weight loss, and lead to diabetes and heart disease (Moll, 1928).

The improvements as a result of this diet should be mostly a reduction of mental symptoms, i.e. emotional instability, decrease of pulse rate, palpitations and by significant increase of weight.

Now, the opposite of this diet is the Gluten- Free Diet and it also makes sense to me. Dr. Moll lived almost a century ago when no pesticides were used for the crops and genetically modified foods were unknown. The soil and the waters were clean and not contaminated with mercury, copper and other substances. All the foods were "organic" and "natural". Not so today and let's see why gluten free diet might be applicable for Graves' Disease and Hyperthyroidism patients.

Gluten- Free Diet for Graves' Disease and Hyperthyroidism

If an individual has a healthy intestines and stomach, products like wheat, rye and barley are very unlikely to cause any problem. However, if there is an inflammation of the intestines or because of the over-processed and canned foods

there are no healthy bacteria to help the digestive process, such a person may develop the so called leaky gut syndrome. This leaky gut syndrome will occur if the lining of the intestines become impaired or inflamed and this will allow toxins and gluten, as well as other substances that are not supposed to be there to enter the blood stream, thus, alarming the immune system that there are invaders in the blood. I would think that this is how the autoimmune diseases are born, or at least that could be one of the reasons. Celiac disease, accordingly, is connected with this leaky gut syndrome and in general pertains to allergic reaction to gluten. It usually affects the small intestine and prevents to organism to properly absorb food. Other symptoms of celiac disease is diarrhea, abdominal pain, gas, irregular menstrual periods, weight loss, muscle cramps, skin problems of different kinds, mostly rashes. These symptoms, as you may have noticed already, are very similar to some of the hyperthyroidism symptoms. I would suggest everyone who is diagnosed with hyperthyroidism to get tested for celiac disease, just in case. Celiac disease is also believed to be a great companion of other autoimmune disorders like Lupus, Graves' Disease, Diabetes I, and Rheumatoid Arthritis etc. If you don't want to get tested to whatever reason (the test is actually a biopsy of the small intestines), try to be on a gluten-free diet for at least a month and see if your symptoms improve or not. You may not have celiac disease, but you can just be sensitive to gluten products.

It is believed that the leaky gut syndrome is caused mainly by antibiotics, which can destroy the healthy bacteria in the large intestine, create conditions for yeast overgrowth and cause finally celiac disease. While I do believe that antibiotics play certain role, that's not all. The average person today consumes daily all different medications ranging from painkillers to antidepressants and anxiety medications. If you think that these medications are not affecting the stomach flora, think again. Plus, you can add all the foods (all, with an exception of organic), sold in the food stores, that contain all kinds of preservatives, stabilizers and chemicals that nobody knows what are there for. When the yeast

(so called candida albicans) in the large intestines overgrows due to the above mentioned reasons it causes inflammation of the small intestine, which, in other perfect conditions will prevent the toxin and chemicals to get into the blood stream.

Most doctors believe that celiac disease is incurable. I don't know that, but if you try to eat gluten- free products (specifically avoid products with wheat, barley and rye) for some time and also use probiotics to support the digestive process you may see great improvement. Probiotics are also found in the yogurt that contains "live cultures" like Streptococcus Thermophilus, Lactobacillus Bulgaricus, Lactobacillus Lactis, Lactobacillus Casei, Lactobacillus Acidophilus and Bifidobacterium spp. The yogurt containing these cultures will say on the label "live and active probiotic cultures".

I personally take additionally probiotics daily, because the most of the foods, sold in most of the stores are "dead" food for me. Even though I mostly make my food from scratch, I can't avoid completely the artificial products, stabilizers, coloring and flavors that are used in food processing today.

Another product that can greatly benefit your stomach and intestines is Aloe Vera gel, which I already mentioned for other purposes. As you can see it doesn't have only one benefit, but many.

You also may need to consider a yeast- free diet through which you can reduce also the problems in your intestines. That yeast free diet will be elimination of sugar- containing products and desserts, yeast containing products, vinegar, mushrooms and coffee (also tea). There are many recipes available on Internet for both diets, yeast free and gluten free diet, so take some time and find a few that can work for your life style.

Other Foods and substances that should be avoided, if you are diagnosed with Graves' Disease and hyperthyroidism

While Graves' disease diet should include a consumption of low- iodine foods, there are some substances that should be avoided completely. So, now, open your refrigerator and let's start cleaning!

Avoiding Aspartame may help your healing



I frequently receive emails from women, asking about aspartame- an artificial sweetener usually used in diet coke and other products. We are overly concerned about our weight and there is a steady tendency of substituting regular white sugar with artificial sweeteners. I personally never did that. Partially, because never had weight problems, and partially because I just don't like the taste of artificial sweetener. Have in mind, that aspartame is known also as NutraSweet, Equal, Spoonful, and Equal-Measure so don't get fooled, if you see different brand names.

Aspartame is made of four main substances, which are found to be very dangerous for the human body. Aspartic acid (40% of the product), may cause serious neurological problems, as found by many scientists. Phenylalanine (50%), the second compound substance of aspartame, causes the levels of serotonin in the brain to decrease, leading to emotional disorders such as depression. Since people diagnosed with Graves' disease and hyperthyroidism are emotionally very sensitive and often suffer from an anxiety, they should avoid this product by all means.

Methanol, also called wood alcohol/poison may cause numerous vision problems including blurry vision, progressive contraction of visual fields, double vision, puffiness and obscuration of vision, retinal damage, and blindness. These all are also symptoms of Thyroid Eye disease and accordingly, people who suffer from this disease should definitely avoid aspartame containing products. Formaldehyde, the forth substance is a well-known carcinogen, causes retinal damage, interferes with DNA replication and causes birth defects. I hope I convinced you how dangerous could be aspartame for your health.

There is an interesting story I want to share, so you draw your own conclusions.

Justin Dumais, a 25-year-old male elite athlete, a diver, finished in sixth in the synchronized springboard competition in Athens Olympics in 2004. Seven months ago, however, he was very tired, even unable to get into the shower. Initially he thought that this is probably due to overtraining. His doctor, though, had another opinion. After careful examination and blood tests he diagnosed the athlete with Graves' Disease. Not a very pleasant surprise for a 25 years old man and needless to say he was shocked. All his dreams just vanished with a blink of an eye.

However, he decided not to give up. He began taking medication in February, but continued to do his own research. Justin found a nutritionist, who recommended aspartame exclusion from his diet.

This time Justin's doctors were shocked. A few months after he quit diet soda and aspartame containing products, the anti-thyroid medication was discontinued as well, as it was no longer needed. Today Dumais feels so much better and he questions what happened to his Graves' disease, which had no

known cure. Apparently, aspartame is contraindicative for people, suffering from Graves' Disease and Hyperthyroidism.

Other Studies and observations on patients, diagnosed with Graves' Disease and hyperthyroidism

There are many case studies, presented by ACSN (Aspartame Consumer Safety Network) files and Dr. H.J. Roberts of West Palm Beach, Florida, demonstrating the effect of aspartame and its role in developing hyperthyroidism after excessive consumption of diet sodas and other products containing aspartame. I will not go in details; there will be a link for reference at the end of this book. But I would like to list just the cases of a few people who developed hyperthyroidism after excessive use of aspartame containing products: a 34-year-old university professor was diagnosed with hyperthyroidism after she began using considerable amounts of products containing aspartame, specifically, 4-5 cans of a diet soda daily; her stepsister, 39-year-old woman developed Graves' disease after similar consumption of diet products; a 43-year-old woman began ingesting two cans of aspartame containing diet cola, one liter of another type of soda, one glass of a dietetic mix, and one serving of an aspartame gelatin daily for two years to avoid sugar because of noninsulin dependent diabetes.

A 54-year-old woman had consumed large amounts of aspartame-containing products, including 15 packets of a tabletop sweetener in hot drinks daily. She was also diagnosed with Graves' Disease soon after that. Most of the patients exhibit the typical symptoms of hyperthyroidism: palpitations, dizziness, anxiety and nervousness, insomnia, tremor, difficulty breathing. These symptoms may disappear after they stop the consumption of products, containing aspartame and other artificial sweeteners.

Graves' Disease diagnosis in the above listed patients can be explained by a combination of few factors. They all voluntarily consumed aspartame products in order to achieve a decrease of calories intake and lose weight. They also all had high energy needs and increased physical activity. Finally, the aspartame changes the hormonal homeostasis (insulin, growth hormone, glucagon, and cholecystokinin) by the amino acid components of the product and their stereoisomers. The excess of these free excitatory amino acids (such as aspartic acid and glutamic acid, found in about 99 percent of monosodium glutamate or MSG is glutamic acid) are causing serious chronic neurological disorders and symptoms.

There is another interesting fact. As you know, some of the symptoms of hyperthyroidism mimic some of the symptoms of ADHD (in fact, a differential diagnosis always should be considered). Some of the symptoms of ADHD include hyperactivity, impulsivity, always being "on the go", inability to focus and sustain attention, extreme distractibility, restlessness, difficulty relaxing, angry outbursts, emotional instability. Many scientists suspect that diet and certain foods may have an effect on such behavior. In line with this consideration Pelsser et al., (2009) observed that 70% of ADHD children (80% of them with comorbid oppositional defiant disorder), placed on special nutritional diet for 5 weeks, showed a significant behavioral enhancement of over 50%, as described and announced in parents' and teachers' statements. The foods included in that special diet were mostly fruits, vegetables, some light meat, juices and water, which is a relatively restrictive regimen but not impossible to implement. After the completion of the trial, the children did not exhibit ADHD symptoms anymore and could not be classified per DSM-IV system any longer. It appears that the special, but simple dietary regimen triggered a substantial transformation in the symptoms of children with ADHD and ODD symptoms (that particular research included also children with oppositional deviant disorder). Consequently, an elimination diet excluding

just one or a limited number of foods, like sugar or additives, might benefit people diagnosed with hyperthyroidism and Graves' Disease.

Products that usually contain Aspartame (this is not a full list, please check labels at the store before buying)

This is a short list of products, containing Aspartame, to the best of my knowledge. The content of the listed foods and drinks may change over time, so check the labels before consuming any of them.

Drinks:

Diet Coca Cola (all varieties);Coca Cola Zero (all varieties);Diet Pepsi (all varieties);Pepsi Max (all varieties);Diet Irn Bru (all varieties);Lilt Zero (all varieties);Sprite Zero (all varieties);Tango (all varieties);7up Free (all varieties);Lucozade Sport (all varieties); Schweppes Slimline Drinks (all varieties);Fanta Zero (all varieties);Fanta Orange; Dr Pepper Zero; Oasis Summer Fruits Extra Light. Powdered drinks as Cadburys Highlights (all varieties). The list may go on.

Since I know what you are thinking, the answer is "yes". Stop drinking sodas and soft drinks, unless you absolutely know what they contain. Try that at least for a while. And do your own research at the food store before buying.

Yogurt products, containing aspartame:

Muller Light Cherry; Muller Light Blueberry; Muller Light Raspberry; Muller Light Banana and Custard; Danone Activia Cherry; Weight Watchers Fromage Frais; Weight Watchers Toffee and Vanilla;

Chewing gums: Wrigley's Airwaves (all varieties); Wrigley's Orbit (all varieties); Wrigley's Extra (all varieties).

Cooking sauces: Uncle Ben's Sweet and Sour Light. Ketchup (some brands).

Desserts: Ice-cream toppings and mousses, pudding mixes and other packed, "made in 3 minutes" desserts.

Pretty much any product that is advertised as "sugar free", but if is supposed to be sweet in taste, most probably contains aspartame or other artificial sweetener. Less calories doesn't mean healthier. I would rather consume more calories, than put in my body substances that are dangerous.

By the way, if you cannot live without soft drinks, you can check KOMBUCHA TEA. But make sure you read about all contraindications.

Reference: Aspartame Safety Network-an international non-profit organization consisting of thousands of volunteer health care professionals, scientists and concerned consumers, founded in 1987, by broadcast journalist and former state judge.

Stevia Bertoli- The sugar Substitute



(picture by Ethel Aardvark)

Another often debated sweetener is Stevia Rebaudiana Bertoli. This is a natural, high potency sweetener, which produces sweet taste but has no caloric value. In folk medicine is used for diabetes, hypertension and as contraceptive, it

also has antibacterial and anti-inflammatory properties. Why then it is not used by commercial companies instead of aspartame? Most probably because it is a plant that can be grown easily, accessed by everyone and no patent can be claimed. I suggest patients with Graves' Disease to try and see if it works for them. In general, it's better to use a plant than a chemical.

Hamburger Thyrotoxicosis: When your Burgers can kill you!



People often say that we are what we eat. This is very true, especially when it comes to disorders that may be induced by the food we consume. As we already saw, aspartame and similar products may cause number of ailments.

Unfortunately, there are also other products that are considered more innocent, but can get you in a lot of trouble. This is the case with a 61 year old woman diagnosed with transient thyrotoxicosis, which actually stands for severe hyperthyroid episodes. Some the symptoms of this woman included weight loss, palpitations, elevated heart rate (above 100), tremor and increased sweating. The blood test results also accounted for hyperthyroidism: TSH= 0.02, FT4= 46 (normal ranges 9-23). The woman had recurrent episodes of hyperthyroidism that lasted 2-3 months and then would resolve on their own. The problem was that besides the thyroid test results, her thyroid antibodies were within the normal ranges which confused her physicians. They could not find what would be the reason for the sudden outburst of these hyperthyroidism episodes. The woman also wasn't taking any thyroid supplements, or herbs for any other condition.

Finally, the mystery was resolved when the diet habits of the woman in question were examined. It was found that she lived in a farm with her husband and they would take a cow from their herd, which was their main source of meat. The butcher, as it was found later, never heard of the "gullet trimming" prohibition. In gullet trimming some larynx muscles that contain thyroid hormone

were neglectfully collected to make patties. Apparently, the husband did not consume the patties and he had no thyroid related problems. Thyroid hormones are orally active, which means that consumption of thyroid gland tissue can cause thyrotoxicosis. Thyroid gland may often be included in the meat, used for sausages and hamburgers.

This is not the only case of food- induced thyrotoxicosis, similar cases were reported in Minnesota, South Dakota and Iowa in 1984 and 1985 (Hedberg et. al 987). A total of 121 cases were identified in nine counties, with the highest incidence in the county having the offending slaughter plant. The patients complained of sleeplessness, nervousness, headache, fatigue, excessive sweating and weight loss. As a result of these events the gullet trimming in all plants was prohibited, but who can guarantee that this prohibition is always taken into consideration? The exposure to animal thyroid, regardless if it is from hunted animals or farm animals should always be taken into consideration.

All these facts can be explained scientifically as well. Many people who have hypothyroidism (the opposite of hyperthyroidism) are treated with the medication Armour Thyroid, which is a natural thyroid hormone derived usually from pigs. Armour thyroid works on the conversion of T4 into T3, which is the active hormone. Accordingly, if a person has a normal thyroid function and mistakenly takes desiccated thyroid hormone, he/she will induce hyperthyroidism like symptoms.

Source: Parmar MS, et. al. "Recurrent hamburger thyrotoxicosis," CMAJ. 2003 Sep 2;169(5):415-7. [Abstract](#)

Honey Remedies for Graves' Disease and Hyperthyroidism

One of the safest products that I regularly use for all purposes is honey. Honey is widely in Europe for many purposes and it was a very big surprise for me when I found that the only place you can practically consume honey in Atlanta is Starbucks Coffee. I never saw people eating honey just like that. For a person like me who grew up with honey (my father produces honey as one of his hobbies!) it was unthinkable not to have a jar of honey in my "kitchen pharmacy".

Used regularly, it can help and strengthen your immune system, especially if you have Graves' Disease or Hyperthyroidism.

Honey has long been used in medicine not only as a valuable item in the diet but as a remedy and a means of healing.

In the oldest medical Egypt documents, it was documented that honey was used to heal wounds and for many other remedies. In Indian medicine honey was also used as a home remedy and analeptic. Tonics, containing honey were believed to preserve youth and prolong life.

Honey is used in many cultures for the following health problems:

- Stomach problems
- Eyes
- Gold bladder problems
- Ulcer problems solution
- Nervous system- there is a special recipe with honey known to help the nervous system
- Heart- palpitations when you have Hyperthyroidism

- Immune system- you can strengthen your immune system to overcome Graves' Disease and Hyperthyroidism
- Hair- my personal Home Made Hair Mask
- Skin problems and Home Made Face Mask
- Sore Throat

Honey recipe for the nervous system

Lemon juice and honey is a good remedy in cases of hypertension, insomnia, and nervous conditions. Dissolve a spoonful of organic honey in a glass of mineral water and add the juice of half a lemon. The beverage is pleasant and healthful. Consume 30 minutes before going to bed for better sleep.

Organic versus other honey: honey that is in liquid form most probably contains glucose. The organic honey becomes solid and firm in the jar, after just a few weeks of collecting. That's how you can distinguish the organic from glucose containing honey.

Other Honey Remedies

Honey and insomnia: mix a cup of warm milk with a spoon of honey before going to bed. I sleep like a baby.

Honey for sore throat. If you have Graves' Disease or Hyperthyroidism probably you have the feeling sore throat as well. Nothing helps more than a spoon of honey. It will also clear your voice and help any throat infection, if you have one.

Honey remedies for the stomach and intestines

One of the well-known recipes for gastritis and ulcer in order to lower acidity and to treat the mucus of the stomach includes taking honey, diluted in warm, boiled water about an hour and a half before the meal, 3 times daily. If the honey is taken in cold solution, then it will increase the acidity and will slow down the digestion of food. If it is taken right before the meal it will increase the secretion of gastric liquid.

An old saying has it that honey is the stomach's best friend. The medical literature indicates that honey has a beneficial effect on digestion.

Honey for eye inflammation

Honey has long been considered a most effective remedy for many eye diseases. The recommended recipe for eye inflammation is mixing honey with onion juice and wheatgrass/clover juice, equal quantities. It can be used as eye drops, but be careful if you have cataracts.

Honey Eye Recipe.

I personally never used honey in the above mentioned way, but I have tried another recipe: I mix a spoon of honey with a piece of ice (if you don't have distilled water like me every time), and I let it dissolve for half an hour. I use a few drops when my eyes hurt or are tired, after working on a computer all day long. But I would not recommend using that on your own- only under the supervision of a doctor or ophthalmologist. The first feeling is itching, but in a few minutes I can feel the relief in my eyes and clearer vision. This is just "folk medicine", but I am inclined to try all different things and alternative therapies on myself. Most of the times they are very helpful.

Honey for diet: Honey also is the only product that you can eat without being afraid that you can gain weight. You can use it instead of sugar, put in your tea, coffee, cereal, and smoothie or eat a spoon with honey when your body is craving for something sweet- instead of cheese cake for example.

I can guarantee you that honey will be much, much effective and useful in all aspects.

Honey for your hair: Home Made Hair Mask.

I receive a lot of emails from my clients regarding how to help your hair become stronger and beautiful again- because of the different medications when treating Graves' Disease and Hyperthyroidism your hair may become thin or you may observe even thyroid related hair loss. This is one of my recipes that I use to strengthen my hair and make it shining:

Mix a spoon of olive oil, one yolk and one spoon with honey together until it become an even mixture (for longer hair increase the quantity accordingly). Then apply to your hair and massage. Put nylon around your head to warm it and then put a towel over it. Stay about 1 hour (or more if you have time- the more the better). Wash as usual. After a few hair masks like this you'll be able to see the difference on how your hair looks like.

Honey for your skin. To have beautiful skin mix a spoon of honey and spoon of yogurt and a few drops of lemon. Leave it on your face (avoid the eye area) for 15- 20 min. Your skin will shine and look brighter.

However, do not use any of the above recipes with honey if you are allergic to honey. It's a very rare allergy, but it is possible, so if in any doubt, consult your doctor first or check if you allergic to honey.

Flax Seed Oil- the magic supplement for Graves' disease and TED



Flaxseed oil is the richest plant source of omega-3 fatty acid, alpha-linolenic acid omega-3. The seeds and oil of the flax plant contain substances which are known to promote good health and help many disorders. Flaxseed and flaxseed oil are rich in alpha-linolenic acid (ALA), an essential fatty acid that appears to be beneficial for a lot of diseases. ALA belongs to a group of substances called omega-3 fatty acids. Flax seed oil is good for: Circulatory System, Immune System, Reproductive System, and

Nervous System.

Omega-3 and why it is so important for the overall health

Every shiny little flaxseed contains about 40% lipid. At least 55% of this total fatty acid is of the highly beneficial omega-3 family. Consuming omega-3's that originate from plants is also considered very beneficial for the heart.



Flaxseed and ground flax have more than three times as much omega-3 as omega-6 fatty acids, giving it an n-6/n-3 ratio of 0.3 to 1 compared with 58:1 for corn oil; 7:1 to soybean oil and 2:1 for canola oil. Flax seed oil contains about 58% Omega 3 fatty acids, which is the highest quantity compared to other oils like Canola oil (2%) or Soybean oil (7%). Other types of oils, usually used for cooking like Sunflower, olive oil and peanut oil, do not contain this Omega 3 fatty acid at all or it is under 1% (Table 2). Flax seed oil is also the highest source of fiber (30%),

the highest source of magnesium and the highest source of Folate (B- complex vitamin), compared to sunflower, almond or walnut oil.

Anti-inflammatory properties of Flax Seeds. Reduce your disease risk today

Flaxseed is a natural inflammation fighter because its omega-3 fatty acids are in the form of alpha-linoleic acid (ALA). Those ALA are considered more useful and effective compared to the ones found in fish and fish oils, and especially for problems like arrhythmia, palpitations and tachycardia. Accordingly, these ALA play an important role in decreasing heart disease risk and reducing artery inflammation.

Flax seed oil is recommended by professional Health Organizations

Up to a 70% reduction in human deaths from coronary heart disease is associated with diets rich in ALA, such as Mediterranean diets, compared with typical western diets low in ALA. It's why the American Heart Association's Dietary Guidelines now recommend including high ALA sources, such as flaxseed, in healthy diets for the general population. Results from heart disease prevention studies suggest that daily intakes of between 1.5 g and 3.0 g of ALA are very beneficial for overall health. Each tablespoon of whole flaxseed contains over 1 gram of ALA before grinding. So get out that coffee grinder, toss in some flax and "pulse" to your health!

The Cancer-Fighting Lignans in Flax seed oil

Flaxseed contains large quantities of lignans. Lignans are phytonutrients found in the fiber part of flax seed. Flaxseed comprises of 75 - 800 times more lignans than other plant sources. The action of lignans on human body is similar to

the effect of estrogen, that's why they are often called phytoestrogens, or plant estrogens. Accordingly, Flaxseed oil is beneficial for women in menopause whereas these hormones fluctuate or are greatly reduced. Research on flax seed oil has also demonstrated these substances also reduce other menopausal symptoms like hot flashes.

Amazing Antioxidants

Lignans has also remarkable antioxidant and anti-inflammatory properties related to a lower risk of artery-clogging plaques and diabetes. In fact, the major lignan in flaxseed, called SDG (secoisolarciresinol diglucoside), is an amazing antioxidant, able to reduce the risk of both Type 1 and Type 2 diabetes as well as lower blood glucose levels. Research is also documenting the unique benefits of other antioxidants, such as flavonoids and phenolic acids that are so plentiful in flaxseed.

Fiber, as we speak, can taste good

Hard to believe, but flaxseed is almost a third (28%) fiber. And that's a big deal, because according to the American Dietetic Association diseases like obesity, heart disease or Type 2 diabetes can be prevented by regularly consuming Flax seed oil as a supplement.

Just an ounce of flaxseed provides over 30% of USDA's Recommended Daily Intake (RDI) for fiber. Thus, it can be used in weight loss programs and also to control appetite.

Flax fiber is high quality, with a perfect range of soluble and insoluble fiber. Soluble fiber reduces cardiovascular disease through decreased blood cholesterol

levels. Insoluble fiber is what keeps our digestive system moving; accordingly it can help constipation and subsequently, the risk of colon cancer.

Flax seed oil for Thyroid Eye Disease

Besides the obvious benefits of consuming Flax seed oil there are also a lot of reports that it can help Thyroid Eye Disease/ Graves' Eye Disease. I have personally used it when I was diagnosed with Thyroid eye disease and I still take it regularly as a supplement. The recommended dose is 2-3 capsules of 1000 mg per day. If the Thyroid eye disease is severe, that dose can be doubled and practically you can see results in 1 or 2 weeks. If taken in the evening with almond butter and celery, it also relieves fatigue in the morning. If you prefer the liquid form, make sure that the Flax seed is in dark bottle and is stored in the refrigerator all the time. One table spoon equals 2-3 capsules per day. If you prefer the raw form of Flax seeds, make sure that it is grinded in a food processor or a blender, because the seeds are so small that can pass the digestive tract without any effect. Since grinded Flax seed powder does not have any specific taste, unlike the oil, you can sprinkle it over salads, soups or any other meal. Flax seed oil can be bought in any GNC or Natural Store.

Bananas or Flax?

Overloaded with essential vitamins and minerals, flaxseed is particularly rich in potassium, providing about seven times as much as a banana on a dry weight basis. The vitamin E present in flaxseed is primarily gamma-tocopherol, which functions as a biological antioxidant.

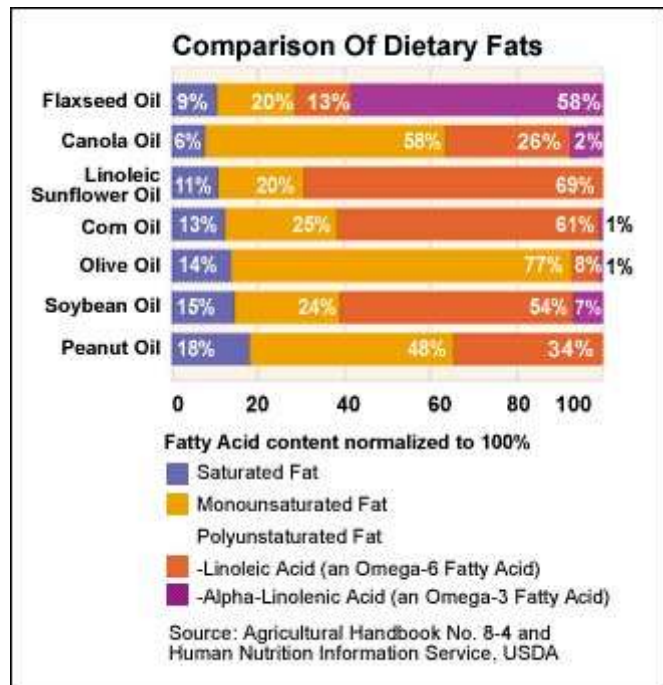
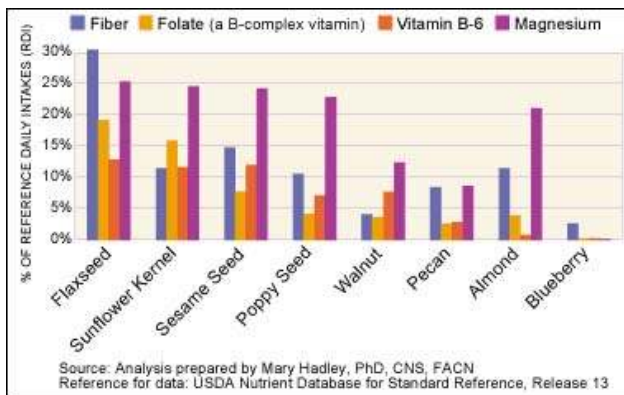
Nutrition Facts about Flax Seed

	1 Tablespoon	2 Tablespoon
Ground Flaxseed	Omega-3= 1.42g Omega-6= 0.32g	Omega-3= 2.84g Omega-6= 0.64g
Whole Flaxseed	Omega-3= 2.4g Omega-6= 0.62g	Omega-3= 4.8g Omega-6= 1.24g
Flaxseed Oil	Omega-3= 7.25g Omega-6= 1.73g	Omega-3= 14.5g Omega-6= 3.45g

Flax seed oil contains about 58% Omega 3 fatty acids, which is the highest quantity compared to other oils like Canola oil (2%) or Soybean oil (7%). Other types of oils usually used for cooking like Sunflower, olive oil and peanut oil do not contain this Omega 3 fatty acid or is under 1%. (Table 2). Flax seed oil is also the highest source of fiber (30%), the highest source of magnesium and the highest source of Folate (B- complex vitamin), compared to sunflower, almond or walnut oil.

Table 1

Nutrition Facts



Flaxseed recipes for Health

Flax Seed- Pineapple-Strawberry Smoothie



1 1/2 cups chilled pineapple juice

2 tablespoons Flax oil

4 tablespoons yogurt

10 frozen strawberries

3-4 ice cubes

In a blender, combine ingredients in the order listed and puree to a smooth consistency, adding ice cubes as needed. Pour into a tall glass and enjoy!

Flaxseed Crackers

Yields

24 Crackers

Serving Size

2 1/2 x 2 1/2 inch Cracker

1/4 C

Flaxseed

1/4 C

Ground Flaxseed

1 1/2 C

All-Purpose Flour

1/2 tsp.

Baking Powder

1/2 tsp.

Salt

4 tsp.

Margarine or Butter, softened

1/2 C

Skim Milk

- In a bowl of stand-up mixer, add flaxseed, ground flax, flour, baking powder, salt and margarine or butter. With the paddle attachment, mix on low speed until the mixture resembles a coarse meal.
- Stir in milk and mix until mixture forms soft dough. (You can also mix the dough by hand).
- Wrap dough in plastic wrap and chill for 10 minutes.
- Divide the dough into quarters. Turn out onto a lightly floured board. Roll out very thin to a rectangle 2mm (1/16 inch) thick. Cut into 6 cm (2 1/2) squares.
- Transfer to an ungreased baking sheet.
- Repeat with the remainder of the dough.
- Preheat oven to 325¼ F.
- Bake 20 minutes until crisp and golden.

Variations Onion: 1 Tbs. Powdered Onion Soup Mix

Cheese: 1 Cup Grated Cheddar Cheese.

Italian: 1 Tbs. Oregano and 1 Cup Grated Mozzarella Cheese.

Flax Fried Rice

C= cup

1 C	Long Grain Rice
2 C	Water
1/2 Tsp.	Salt
2 Tsp.	Canola Oil
3	Eggs, Beaten Well
1/2 C	Diced Cooked Ham or Any Meat
3/4 C	Frozen Mixed Vegetables (carrots, peas, corn), Thawed
2	Green Onions, Cut Into 1/4 in lengths
2 Tsp.	Soy Sauce
1/2 Tsp.	Sesame Oil
1/4 C	Flax Seed, Toasted

• Rinse rice well in a sieve under cold running water. In a medium saucepan, bring water and salt to a boil, add rice, bring to a boil again, stirring with a fork. Reduce heat, cover, and simmer slowly 20 minutes. Remove lid, allow steam to escape. Fluff rice with a fork. Cool, cover and place in refrigerator overnight.

- In a large non-stick skillet, over medium heat, heat canola oil.
- Add egg and fry until half cooked.

- Add rice, breaking up any lumps, stirring quickly to coat the rice.
 - Reduce heat to medium low; add ham, vegetables and green onions.
 - Cook, turning rice mixture gently but frequently, about 4 minutes.
 - Add soy sauce, sesame oil and flax seed. Reduce heat to low, cover and cook 3 minutes.
- * To toast flax seed, spread flax seeds in small metal pan. Bake at (350°F) for 3 to 5 minutes. Stir while toasting.

Tasty Salsa Dip with Flax seeds

Yields	1 Cup
Serving Size	1/4 Cup
1/2 C	Salsa (medium heat)
1/2 C	Lite (5% fat) sour cream
2 Tbs.	Ground flaxseed
1 Tbs. roasted pepper (optional)	pepper

- Combine salsa, sour cream and roasted pepper in food processor.
- Blend until uniform.
- Stir in flax.
- Cover and chill for ½ to 1 hour.

Flax Seed and Banana Smoothie

Yields	2 cups
Serving Size	
1 C	Milk*
2	Frozen Bananas
1/2 C	Vanilla or Regular Yogurt
2 Tbs.	Freshly Squeezed Lemon Juice
1 tsp.	Vanilla
2 tsp.	Flax Oil
2	Pitted Dates
3-4	Ice Cubes

- Note that all dairy and animal products may be substituted with soy or rice products
- Blend together the milk, bananas, yogurt, lemon juice, vanilla, flax oil and dates until smooth. Add the ice cubes and blend until smooth. Serve immediately or pour into Popsicle molds and freeze.

Flax Prairie Bread (bread machine)

Yields	1 Loaf (16 Slices)
Serving Size	1 Slice
1 1/4 C	Water
2 Tbs.	Honey
2 Tbs.	Canola Oil
2 C	Bread Flour
1 C	Whole Wheat Flour
1 1/2 tsp.	Salt
1/3 C	Flaxseed
2 Tbs.	Sunflower Seeds
1 Tbs.	Poppy Seeds
2 tsp.	Fast Rising Instant Yeast

- Measure ingredients and place in bread machine pan in order recommended by manufacturer.
- Select Whole Wheat Rapid Cycle.
- Remove baked bread from pan and let cool on wire rack.

Oven Fried Chicken with Flax Seeds

Yields	6 Servings
Serving Size	1 to 2 Pieces
1	Beaten Egg
3 Tbs.	Skim Milk
1/2 C	Ground Flaxseed
1/2 C	Finely Crushed Unsalted Crackers
1/4 tsp.	Black Pepper
1 Tbs.	Dried Parsley Flakes
1 tsp.	Paprika
1 tsp.	Chili Powder
1 tsp.	Garlic Powder
1 tsp.	Seasoned Salt
2-3 lbs.	Chicken Pieces
2 Tbs.	Melted Butter*

- Preheat oven to 350° F.

- In a small bowl, combine egg and milk.
 - In a shallow container, combine ground flax, cracker crumbs, pepper, parsley, paprika, chili, garlic and seasoned salt
 - Skin chicken and rinse with water. Pat dry.
 - Dip chicken pieces into egg mixture; coat with crumb mixture.
 - Place chicken on greased 15 x 10 3/4 inch baking pan so pieces do not touch.
 - Drizzle pieces with melted butter.
 - Bake for 45 minutes or until chicken is tender and no longer pink. Do not turn chicken pieces while baking
- *For a lower-fat version, omit the butter.

Broccoli & Red Potato Salad with Flax seed oil

Yields

8 Servings

Serving Size

5

Medium Potatoes

1 lb.

Broccoli

1/8 C

Flax Oil

1/8 C

Extra Virgin Olive Oil

3 Tbs.

Red Wine Vinegar

3 Tbs.

Orange Juice

3 Tbs.

Parsley, minced

3

Scallions, Sliced with tops

1/4 - 1/2 tsp.

Sea Salt

2

Cloves Garlic, minced

1/4 tsp.

Cayenne (not mandatory)

1

Small jar of Pimentos, drained

Clean potatoes, leaving the skins on. Chop into chunks, and boil until tender. Drain, cover and set aside. Wash broccoli, peel and chop stems. Break apart florets. Steam the broccoli until tender. Set aside and keep covered. In mixing bowl, mix together liquid ingredients along with parsley, garlic, scallions, pimentos and cayenne. Arrange potatoes in middle of serving platter, surround with broccoli, and then cover with dressing.

Are you dehydrated? How much water do you need every day?

Busy people often complain that they don't have time, or simply forget to drink water. Optimal water intake is about eight ounces (roughly 250 ml) per twenty pounds of body weight- about two quarts a day for the average adult.

Everyone will need more when the climate is very dry and/or hot and large



amounts are lost by perspiration. So tailor your exact intake to your specific needs. There is room for some flexibility here- listen to what your body tells you. But many of us are so out of touch with our water status that we may find a glass of water repulsive, even when we are clearly dehydrated.

Our need for water is something that has to be brought back into consciousness. I have my own little running struggle with this, even though I drink a lot of herbal teas all day long.

Every once in a while I go through the following scenario, or something very similar. I am developing a slight headache. I notice a certain tension in my jaw and I begin to feel restless and bit irritable.

I am having trouble concentrating on my work. My breath is getting short and tight. Does this sound familiar? It's very similar in fact to some of symptoms of hyperthyroidism. When I finally register, with full consciousness, that "something is wrong with me" and run sort of internal scan, I notice the dryness in my mouth.

Suddenly I see very clearly a subliminal thirst that I've been denying and, connected to that, a feeling of physiological urgency bordering on panic that is a

response to the emergency situation resulting from too little water in my body. I stop what I am doing, go to the kitchen, draw a glass of water and drink it. I immediately feel the symptoms melt away. Relaxed, serene and tranquil, I resume my work.

Reading all this, don't you feel that urge to go to the kitchen and get yourself a bottle or glass of water? Amazingly, sometimes, some of our symptoms will go away just with this little step- drinking a glass of water.

Most of the times, simplicity is the key.

WATER NEEDED				
		Normal daily requirement	Quarts	Dry, hot and/or windy conditions
Child	60 lbs.	Four 6-oz glasses	$\frac{3}{4}$	1- 1 ½ qtrs.
Adult	120 lbs.	Six 8-oz glasses	1 ½	2- 2 ½ qtrs.
Adult	180 Lbs.	Nine 8-oz glasses	2 ¼	2 ¾- 3 ½ qtrs.

Dr. Batmanghelidj, author of "Your body's Many cries for water" carefully studied the research on the physiology of water and concluded that when the water content of tissues falls to a certain point, the bilayer membranes that surround cells contract in thickness. That forms a barrier that prevents further dehydration. But it also blocks the free movement of molecules, so that metabolism and elimination are limited.

Essentially, the cell moves into a survival mode of operation. A wide variety of symptoms can flare up at such times, such as allergic reactions. That's why upping your water intake will not facilitate the effective elimination of the systemic dross you need to get rid of, but may also improve chronic problems like hyperthyroidism you wouldn't otherwise have connected with water needs at all.

What seems to work best is to set time for drinking water. For me, it is in the morning and in the evening- I drink a lot of water before I go to sleep. And no, I don't wake up during the night. But we are all different, so design your own schedule if you tend to forget. An hour before lunch is also good. Generally, I drink when I feel thirsty. Even more ideal is to drink small amounts continually- that's why I have bottles with water everywhere in my house and in my office. Wherever I turn my eyes, I see water- and that reminds me that I am thirsty.

About four ounces an hour is suitable for most people. This works especially for those who have already developed some degree of dehydration. It takes persistence and patience to dehydrate, and the body may accept only small amounts of water at a time.

Healthy Tip: If you don't like the taste of simple water, boil some herbal tea (mint, chamomile, Lemon Balm or combination of them), let it steep for 15-20 minutes and refrigerate with lemon, preferably in a big glass or plastic bottle. This is plenty of water for the day!

Again, don't overdo it. Don't make it the purpose of your day. Too much water is not good either. Especially for those of you who have Thyroid eye disease and their eyes are puffy. It could be the water retention in your body, not only a fat tissue. Moderation is always the key.

Goitrogenic foods for Hyperthyroidism and Graves' Disease

If you ever wondered if there is a natural way to influence the thyroid dysfunction in hyperthyroidism the good news is that in fact there is such a way. As we all know diet can profoundly alter symptoms of thyrotoxicosis. Goitrogens, for example, are foods that inhibit the uptake of iodine and work much like certain

anti-thyroid drugs, inhibiting thyroid hormone synthesis, release or action. Any food, naturally inhibiting the thyroid overproduction is good, especially if you are diagnosed with overactive thyroid/ hyperthyroidism. These foods, as we all know, are called goitrogens, they can act very much like anti-thyroid drugs (like PTU and methimazole). They have 2 major substances that work directly on and affect the thyroid function. These substances are called isoflavones and isothiocyanates and they actually appear to reduce thyroid function by blocking the thyroid peroxidase hormone, and actually naturally reducing the thyroid hormone overproduction. Isoflavones are typical for soy products, for example, including tofu and soy milk. However, soy and soy products are not recommended, because most of the soy is GMO and may cause more harm than benefit. Isothiocyanates can be found in the so called "cruciferous vegetables". Cruciferous vegetables are also called "crucifiers".

Needless to say- better consume all of them raw, then cooked. Although research studies are limited in this area, cooking does appear to help inactivate the goitrogenic compounds found in the above vegetables. Both isoflavones (found in soy foods) and isothiocyanates (found in cruciferous vegetables) appear to be heat-sensitive, and cooking appears to lower the availability of these substances. No surprise, right?

In the case of isothiocyanates in cruciferous vegetables like broccoli, as much as 1/3 of this goitrogenic substance may be deactivated when broccoli is boiled in water. The same pertains to all other leafy vegetables. And I know that some of their names sound really "exotic", but when I googled them to see how they look like, or I just went to the local food store- I was like: "yes, here they are, I just didn't know the names, or how on earth they are cooked".

Generally, they are foods from Brassica family or the members of Mint family (when it comes to herbs). These foods include:

- Pine nuts
- Peanuts
- Millet
- Strawberries
- Pears
- Peaches
- Spinach
- Bamboo shoots
- Radishes
- Horseradish
- Rutabagas
- Tatsoi
- Turnips
- Garden cress
- Water cress
- Daikon
- Wasabi
- Komatsuna

Vegetables from *Brassica* family for Graves' Disease and Hyperthyroidism

Brassica (*Brás-si-ca*) is a genus of plants in the mustard family (Brassicaceae). The members of the genus may be collectively known either as cabbages, or as mustards. Crops from this genus are sometimes called *cole crops*, which is derived from the Latin *caulis*, meaning *cabbage*.

- Bok Choy
- Broccoli
- Broccolini (Asparagions)
- Brussels sprouts

- Cabbage
- Canola
- Cauliflower
- Chinese cabbage
- Choy sum
- Collard greens
- *Kai-lan* (Chinese broccoli)
- Kale
- Kohlrabi
- Mizuna
- Mustard greens
- Rapeseed (*yu choy*)
- Rapini

Goitrogenic herbs for Graves' Disease:

1. Mint
2. Borage
3. Basil
4. Oregano
5. Marjoram
6. Lemon Balm
7. Rosemary
8. Lavender
9. Hyssop
10. Self-Heal (*Prunella Vulgaris*)
11. Verbena (*Verbena*)
12. Bugleweed
13. Motherwort
14. Hawthorn

(See the next section for more information about herbs, used to treat Graves' Disease or Hyperthyroidism).

From the above foods, one of most popular for Graves' Disease is Radish (*Raphanus sativus*). It's widely used in Russia to treat specifically this condition and is one of the most powerful cruciferous vegetables for treating Graves' Disease as per the famous anthropologist John Heirnerman, Ph. D, the author of Heirnerman's Encyclopedia of Fruits, Vegetables and Herbs. By the way, it goes well with Green Salads (various types).

If you don't know all these goitrogenic foods from Brassica family, you may google them one by one. The reason- I don't know their names in other languages, so I hope that the pictures of less known vegetables can be helpful to locate them in the store. Others, like strawberries and pears, are well known, so I believe nobody needs pictures to identify them.

Have in mind also that all these foods will keep their goitrogenic properties only fresh. If they are cooked they lose most of their inhibiting properties. Most of them you can juice with a juice extractor, or combine them in different salads. In this case, use your own imagination.

Herbal Remedies and Holistic Approach to Graves' Disease and Hyperthyroidism



Many people today are disappointed by the traditional medical approach, if they feel sick or have any medical problems. They are tired of taking drugs that have more negative effects, than healing your organs and your body.

www.GravesDiseaseCure.com

Svetla Bankova

They don't want to poison themselves any more with chemicals that may, or may not work. Turning to natural and holistic approaches however will require some basic knowledge, when treating different ailments.

Having in mind that this is a book about natural treatment of Hyperthyroidism and Graves' disease I just can't skip the section about herbs. I have listed some herbs in my other books, but there is no detailed information about them and how they can help your thyroid. Herbal teas have become inseparable part of my daily routine, I love buying and experimenting with different herbs, even though I am not an herbalist.

Please, consider the following information for educational purposes only and proceed with caution. If you decide to use the herbs I mention here, consult an herbalist first. Most of the herbs are safe, and I use them every day, however, they could be a very powerful weapon, so be careful. Always check contraindications before trying herbs. I especially suggest avoiding strong immune system stimulants, for example Echinacea, a popular cold remedy, which may in fact overly stimulate patients with autoimmune disease. Accordingly, it is not recommended to be used by patients with that specific autoimmune disorder, at least not when the disease is on its onset. Also, you'll notice that almost all of the listed below herbs have sedative effect, one could be stronger than the other, however, their main purpose is to calm and slow down your nervous system and metabolism in general. I have found that reducing stress, one or another way, is very helpful for people suffering Graves' Disease and Hyperthyroidism. Once your mind is calm, the world looks completely different, in a good way, of course. The calming properties of all these herbs may substitute meditation for example, but if used together, it may have unbeatable effect.

The Healing Effect of Plants

The healing effect of plants has been known for as long as records of civilization exist. From a crude system of trial and error passed down through the ages, herbal medicine has evolved into several well documented materia medicas. Currently there are five well defined branches of herbalism- European, Asian-Arabic, Chinese, Indian (Aurvedic) and Russian, which, honestly I am not quite aware of.

General Secrets of Holistic Healing

Understanding the secrets and foundation of the holistic and natural healing can help you not only in the battle with Graves' Disease or Hyperthyroidism, but any disease for that matter.

1. Authentic healing will often involve radical changes in how you live in general.
2. Old habits and attitudes that supported the development of the disease will fade, to be replaced by new ones that go with a new way of existing in the world.
3. Crisis of the body are ultimately expressions of underlying crises of the spirit or soul.
4. Healing requires letting go what is familiar and stepping into the unknown.
5. Healing may mean challenging belief systems and daring to break taboos.
6. Healing is about getting past the ego, which is what our culture is built on.
7. Healing involves reconnecting with lost aspects of oneself, some of which exist in other than our "familiar" reality.
8. Effective holistic medical therapy depends on self-awareness.

9. You should make major decisions about your own treatment according to what creates a sense of well-being, what boosts your energy or what brings you clarity of mind.
10. Your lab is your body. Experiments going on there constantly allow you to find out what suits you and what doesn't. People are different.
11. Herbs are used most often to affect organ systems, Homeopathic for re-balancing the overall "vital force" and flower essences (Bach flower essences) for addressing dilemmas of the mind.
12. Cell salts (Schuessler salts) are working in a horizontal fashion, affecting the structural components that run through many organs in the body.
13. Herbs are exerting their effect more vertically, tending to affect selectively one or more organ systems.
14. Generally herbs can be divided in 4 major groups- Chinese, Ayurvedic, European and Native American herbs. It is your choice which methods you choose, or a combination of them for best results.
15. There is no "magic" herb, or method that will work overnight- for any disease.
16. Many holistic methods will "bypass" the diagnosis and work directly on the symptoms and affected organs. The diagnosis is not of primary matter, as it can shift from one to another, or can be easily mistaken.
17. Any holistic and natural treatment will involve physical exercises, diet, cleansing and detoxing and resolving psychological issues as well.
18. Parts of the body, especially if they are "damaged" in some way by a disease, tell us about the whole, and your life in general.
19. Perhaps the simplest definition of healing is "to make a whole".
20. Whenever you start to feel as a whole body, mind and spirit altogether, then your healing process is over. Your healing became a way of life. Congratulations!

How to make your herbal tea



Making an herbal tea is simple. However, there are a few things that you should know.

1. If you don't know the herbs, don't use them. Consult an herbalist first, because some of them could be dangerous. Advise your physician about all the herbs you are taking, as they interfere with some medications. Be aware of possible interactions.
2. Watch out for side effects since the plants contain phytochemicals they also can have side effects.
3. Watch out for allergic reactions, people can be allergic to all different things and you never know. Be careful and listen to your body.
4. Better use herbs that are considered standardized medicinal herbs. "Standardized medicinal herbs" stand for herbs that have guaranteed minimum quantity of one or more active substances. However, the bulk herbs are stronger and usually fresher.
5. I personally never boil herbs, unless I am using the roots or stalks of these herbs. Steep them instead.

Know the reason for which you need the tea and do not apply self-diagnosis. Always consult your tea preparations with a naturopath and your doctor. I really hope he/she is an open minded person.

There are a few types of herbal preparations that you can choose from, depending on your purpose:

6. *Relaxing* - if you are trying to get some rest, look for a tea with chamomile, lemon balm or lavender as the main ingredient.
7. *Uplifting* - lavender (has relaxing and uplifting properties, depending on what your body needs at the moment), thyme, and spearmint are also good things to look for in a blend.
8. *Soothing* - if you are trying to soothe a cold you'll want something with eucalyptus, ginger, cinnamon, and/or licorice root.

1. Determine how much tea you will be making. The least you should ever heat up in a kettle is two cups. Any less than that may make the kettle boil dry. Put the kettle on the stove (or plug in the electric kettle) and bring the water to boiling. For that purpose you can use any pot with a lid.

2. When the water has come to a rolling boil, remove the kettle from the stove and add the herbal tea leaves/flowers or tea bags. The general rule when making a pot of tea is to add a teaspoon of leaves (or a tea bag) for each cup and one for the pot. If only making tea for one in a cup or mug, then add the bag or leaves to the mug and pour the boiling water over them.

4. Steep 5-10 minutes at least. While steeping too long can bring out the bitter tannins in black, green, or white teas, herbal teas are different. They generally don't have many tannins and therefore can be steeped anywhere from 5 to 20 minutes. Use extra tea leaves to make a stronger tea, not a longer steeping time.

5. Strain if needed. If you have used loose tea leaves, and don't like leaves floating in your tea, then pour hot tea through the strainer into each cup. If you

are making a cold tea, wait for the tea to become room temperature, then strain and pour into bottles (you can use empty plastic water bottles as well).

6. Sweeten to taste. For that purpose you can use simple sugar or honey, avoid artificial sweeteners. However, have in mind that some herbal teas are naturally sweet. One should taste each tea by itself first before deciding if milk and honey are needed.

7. Add lemon or ginger for flavor.

7. Enjoy.

12 Herbs that can help Hyperthyroidism and Graves' Disease

Most of these herbs can lower thyroid hormone secretion, inhibit thyroid stimulating hormone (TSH) and in some cases inhibit T4 to T3 conversion. Others have sedative effect- i.e. they generally calm down the nervous system, help emotional imbalance and act on a deeper mental level. Almost all the herbs work directly on the affected organs, thus helping the whole body system to rebalance and recover. Some of your symptoms may vanish within days, even though most of the alternative methods are believed to take longer so you can sense or see any effect. You'll also notice that almost all of the listed herbs have blue or violet flowers- and all of them work on the Thyroid Chakra and its color is traditionally blue. Blue is usually the color that calms down the nervous system and provides good sleep.

1. Lemon Balm/Melissa officinalis.



This is my favorite herb. The "officinalis", in all plant names stands for "officially recognized as a medicinal herb". The flavonoids and polyphenolics found in the Lemon balm have been identified as inhibiting the excessive thyroid

stimulating hormone (TSH).

Effects: sedative, carminative (releases excess gas from the colon).

Symptom relief: reducing thyroid hormone levels, stress and anxiety, promotes sleep, improves appetite, and eases pain and discomfort, causes a decrease in blood and pituitary levels of TSH after a single dose, thus reducing thyroid hormone production. Lemon balm oil also helps all kinds of herpes, applied topically. Contraindications: none that I know of.

Precautions: none at recommended therapeutic dosage.

Dosage: 1 table spoon of the herb prepared as a tea, usually it corresponds to a tea spoon on 100 ml water. Has lightly lemon taste, yellowish in color. If you are using the capsules, check the label for instructions.

2. Valeriana officinalis/ Valerian Root (Valerian, Amantilla, Vandal root)

Effects: Sedative, sleep inducer, spasmolytic, muscle relaxant



Symptom relief: insomnia, menstrual cramps, muscle spasms, regulates menstruation, hypochondria, neuralgic pains, muscle spasms, spastic and irritable bowel, nervous dyspepsia, stomach cramps, fever, colds, heartburn, hangover, arthritis.

Contraindications: Not to be used for extended periods, not recommended to be used during the day and if driving.

Precautions: none at recommended therapeutic dosage.

Dosage: 15 g of the drug used as an infusion, usually before bed time.

3. Passiflora Incarnata (Passion flower)



Effects: Sedative

Uses: nervousness, insomnia, restlessness, sleeping disorders due to nervous conditions, stress, nervous cardiopathy, exhaustion, and pain, sedative, tranquilizing, and sleep-inducing properties.

Precautions: none at recommended therapeutic dosage

Dosage: 4 to 8 g of the drug used as infusion taken two to three times daily and half an hour before bed time.

4. Bugleweed/ (*Lycopus virginicus*)



Effects: slows down the heart rate and strengthens heart function. It can decrease TSH, inhibit metabolism of iodine and block the action of thyroid- stimulating antibodies, helps palpitations and tremor.

Symptom relief: reducing thyroid hormone levels, racing heart, shaking, and tightness of breathing, increase myocardial contraction, strengthen the heartbeat, lower the heart rate, and ease nervous tachycardia and palpitations.

Precautions: none at recommended therapeutic dosage

Contraindications: Not to be used by pregnant or breast feeding women

Dosage: 1 table spoon of the drug, steeped with 100 ml boiling water

5. Motherwort *Leonurus cardiaca* (*L. sibiricus*; *L. heterophyllus*)



Effects: Sedative, Hypotensive, Cardio tonic, Antispasmodic, Relaxant, Carminative, Diaphoretic.

Uses: beneficial for female weakness, used to treat irregular heartbeat, particularly beneficial when heart rhythm increases due to nervousness. It reduced blood pressure and maintains the heartbeats, reduces palpitations and is especially effective when cardiac symptoms are associated with anxiety and tension.

Precautions: none at recommended therapeutic dosage

Contraindications: Not recommended during pregnancy as it may create uterine contraction and potential miscarriage.

Dosage: 10-30 grams in 100 ml water. For a possible tranquilizing, uterine stimulating, blood pressure-lowering infusion, use 1 teaspoon of dried herb per cup of boiling water. Steep 5 minutes. Drink up to 2 cups a day, a tablespoon at a time. Because of the very bitter taste, add sugar, honey, and lemon or mix it into an herbal beverage tea to improve flavor. In a tincture, take ½ to 1 teaspoon up to twice a day. Do not give to children under age of 2.

6. Opium Lettuce (*Lactuca virosa*)



Uses: The effects of ingesting *L. virosa* are similar to opium, although no opiates are present in the plant. The plant has been used as an anesthetic and a sleep aid, as well as recreationally. Oils and extracts can be produced from *L. virosa*, they are often added to tea to help induce sleep.

Effects: Analgetic and spasmolytic. Also reported to act as a tranquilizer or narcotic. It's legal for sale in USA and all other countries.

Precautions: Can cause allergic reactions

Contraindications: use only under medical supervision

Dosage: consult an herbalist; or the alcohol tincture can be used only under medical supervision.

7. **Lithospermum officinale**



Effects: Contraceptive; Depurative; Diuretic; Lithontripic; Oxytoxic; Sedative. Lithospermum has anti-thyrotropic (inhibits thyroid hormone and release). Reported also to inhibit TSH secretion, as well as the peripheral of T3 to T4.

Uses: mild thyroid hyper- function

Contraindications: should not be used in hypothyroidism, or in instances of thyroid enlargement not related to thyroid dysfunction

Precautions: to be used under medical/ herbalist supervision

Dosage: prescribed on individual basis

8. **Chamomile (Matricaria recutita, Chamaemelum nobile)**



Effects: Tonic, Stomachic, Anodyne, Antispasmodic, Laxative, Diaphoretic, Analgesic, Carminative, Anti-inflammatory, Sedative

Use: Chamomile has calming and soothing properties. It is used for nervousness, headaches, anxiety, and hysteria. It is also beneficial for colds and flu. It has antispasmodic properties.

Contraindications: none

Precautions: none reported

Dosage: 1 table spoon of the herb, steeped with 100 ml boiling water

9. Lemon Verbena (*Aloysia tiphylla*)



Effects: antipyretic, antispasmodic, sedative and stomachic.

Traditionally, lemon verbena has been used to treat asthma, fever, colds, fever, flatulence, stomach upset and diarrhea.

Lemon verbena tea is consumed for its relaxing effect.

Uses: to relax tension, has calming and soothing properties.

Contraindications: none

Precautions: none reported

Dosage: 1 table spoon of the drug, steeped with 100 ml boiling water.

Lemon Verbena Mint Herb Tea Recipe

1/2 cup of fresh mint leaves (not the stems, they're bitter), rinsed, lightly packed (about 20 leaves), 1/2 cup of fresh lemon verbena leaves, rinsed, lightly packed (about 10-15 leaves). 2 cups of water.

Method

Bring a pot of fresh water to a boil. Put the mint and verbena leaves in a teapot. Pour the hot water over the leaves. Let steep for 3-5 minutes. Strain into tea cups. Makes 2 cups of tea.

10. Lavender (*Lavandula angustifolia*) (oil or dried flowers)



Effect: anti-inflammatory effects, headache, acne, insomnia, promotes good sleep, has calming effect, it is often used in herbal pillows or in aromatherapy.

Uses: to relax tension, has calming and soothing properties, anti-inflammatory effects, headache, acne, insomnia, has calming effect. Dried lavender is used in herbal pillows or the oil is used for aromatherapy purposes.

Contraindications: none in recommended dose

Precautions: none reported

Dosage: 1 table spoon of the drug, steeped with 100 ml boiling water, or add some to any of the above mentioned herbs. It changes their taste and increase the sedative effect. This is another of my favorite herbs and I use it in soaps, aromatherapy oils etc. I even made a small pillow of lavender that helps me a lot if I have any problems with my sleep.

3 Herbal tea recipes, helpful for hyperthyroidism

Insomnia tea

1 ½ oz. dried Lemon Balm
1 oz. Chamomile
½ oz. Bugle weed
Mix all and add to 1 cup boiling water. Steep 10 minutes; strain.

Relaxant tea

1 ½ oz. dried Verbena Officinalis
1 oz. Valerian Root
½ oz. Lavender/ Chamomile or *Mentha spicata* for flavor

Recipe for my Graves' Disease Tea

2 table spoons Bugleweed
½ tbl sp Spearmint (*Mentha spicata*) (or a bunch)
½ tbl sp Rosemary (or a bunch)
½ tbl sp Lemon Verbena (or a bunch)
1 tbl sp. Chamomile

Prepare and consume 2-3 times a day, hot or cold. The recipe above is enough for a day supply.

Generally speaking, you can add Spearmint (*Mentha spicata*) to any of the above herbs, if you don't like their taste. Mint is always good- refreshing and gives good taste to anything that has unpleasant taste. Or Lemon and ginger, for that matter.



11. Hawthorn (*Crataegus species*)



It has been used to treat heart disease as far back as the 1st century. By the early 1800s, American doctors were using it to treat circulatory disorders and respiratory illnesses. It's found to be beneficial for heart muscle weakness, for pressure, tightness in the chest and for mild arrhythmia, and palpitations.

12. Self- Heal (*Prunella Vulgaris*)



It has anti-inflammatory properties and it is believed that can be used internally and externally to help dissolve nodules in the neck, goiters and lymphomas (fatty tumors). It also helps eye inflammation and can be used for eye swelling and puffiness. Use the infusion in sterile eyewash, or apply as a cool compress. It cleans the liver and has cooling properties.

Self- Heal can be combined with bugleweed, spearmint, rosemary, oregano or/and basil to provide the necessary rosmarinic acid that helps the thyroid hormone overproduction.

Growing Sprouts: How and Why to Grow Sprouts

I just can't skip this section. Ever since I learned from my dear friend Diane how to grow sprouts, this living food became a big part of my diet. I love sprouts and let me tell you why:

I guess the fact that sprouting is cheap and easy might not be enough of a pull for you to go out there and start crazy sprouting. You probably want to know *why* I am such an ambitious "sprouts-defender". Well, here are my reasons:

- A sprout possesses all of the energy, vitamins, nutrients and power that enables a small seed transform into a strong plant. At this stage the nutritional



value of the plant is at its highest. For example, Alfalfa sprouts contain iron, magnesium, all 8 essential amino-acids, chlorophyll, vitamin A, vitamin B2, vitamin C, vitamin D, fiber and more.

- Sprouts are often much higher in concentration of nutrients than the fully grown plant. As an example - sprouted seeds can contain 400% more protein and 3900% more beta-carotene than fully grown lettuce. A sprouted Mung Bean has the same or more vitamin A that a whole lemon, the thiamin of an avocado, riboflavin of a dry apple, niacin of a banana, and ascorbic acid of a loganberry.
- Due to their size you are able to eat hundreds of sprouted seeds at a time. In so many sprouts, you are eating the equivalent of hundreds of fully grown plants all at once. When else would you be able to get the goodness of one hundred mature plants in one meal?



- Studies have also shown that broccoli and other types of sprouts contain exceptionally high levels of a natural

cancer fighting compound called sulforaphane (20- 50 times more than in mature broccoli) which helps support antioxidants such as vitamin C and vitamin E.

- Sprouts are an alkalizing, living food which continues to grow and gain vitamins after being harvested. In comparison to the food bought at the supermarket their nutritional value is remarkable.
- The nutritious value of sprouts is outstanding since sprouts contain a greater concentration of vitamins, minerals, proteins, enzymes, phytochemicals, antioxidants, nitrosamines, trace minerals, bioflavonoids and chemo-protectants (such as sulphoraphane and isoflavone) which work against toxins, resist cell mutation and invigorate the body's immune system
- The abundant enzymes in sprouts also make them easily digestible as their delicate cell walls easily release elemental nutrients.



the

Now, are you convinced? Ready to start sprouting?

Seeds that can be sprouted

I personally know how to grow just a few of the seeds listed below. They are absolutely enough. One of the most common sprouts is that of the Mung bean (*Vigna radiata*); another common sprout is the Kala Chana, alfalfa sprout and the barley sprout.

Other seeds that can be sprouted include: adzuki bean, almond, amaranth, annatto seed, anise seed, arugula, basil, brown rice, navy bean, pinto bean, lima bean, broccoli, buckwheat, cabbage, canola seed, caragana, cauliflower, celery, chia seed, chickpeas, chives, cilantro (coriander, dhania), clover, cress, dill, fennel, fenugreek, flax seed, garlic, hemp seed, kale, kamut, kat, leek, green lentils, lupins, pearl millet, mizuna, mustard, oats, onion, black-eyed peas, green

peas, pigeon peas, snow peas, peanut, psyllium, pumpkin, quinoa, radish, rye, sesame, soybean, spelt, sunflower, tatsoi, triticale, watercress, and wheat berries.

If you're new to eating sprouts, don't make too much at first. Once you get used to it, you can start another jar three days after you start the first one. The next jars will be ready after you finish eating the first batch.

Moisture, warmth, and in most cases, indirect sunlight are necessary for sprouting. Some sprouts, such as mung beans, can be grown in the dark. Little time, effort or space is needed to make sprouts.

To sprout seeds, the seeds are moistened, and then left at normal room temperature in a sprouting jar, or any other jar for that matter. I personally will put a handful of seeds (or less) in a jar filled with water for the first 24 hours. Then I wash the seeds with clean, fresh water and drain that water out of the jar (I'll put the jar upside down with the cheesecloth secured over its rim. You can even use piece of pantyhose secured with elastic or rubber band over the rim). The cheesecloth acts as a strainer, holding in the seeds and letting out the water. Of course, there are special sprouting jars available on the market, but that's the cheapest and most affordable version. Any vessel used for sprouting must allow water to drain from it, because sprouts that sit in water will rot quickly. The seeds will swell and begin germinating within a day or two.

Sprouts, as I already mentioned, are rinsed as little as once daily, but possibly three or four times a day in hotter climates, to prevent them from souring. Each seed has its own ideal sprouting time. Depending on which seed is used, after three to five days they will have grown to two or three inches in length and will be suitable for consumption. If left longer they will begin to develop leaves, and are then known as baby greens. The growth process of any sprout can be slowed or terminated by

refrigerating until needed.

Here are the best choices of each type of sprout source.

- Best seeds: alfalfa, clover.
- Best beans: mung beans, lentils, garbanzo.
- Best nuts: almonds, filberts (hazelnuts).
- Best grains: wheat berries, rye.

The next list indicates what amount of sprout source is appropriate. This is approximate quantity and depends also on the size of the jar you are using.

- small seeds: 2-3 tablespoons (30-45 ml).
- medium seeds: 1/4-1/2 cup (65-125 grams).
- large beans and grains: 1 cup (250 g).
- sunflower seeds: 2 cups (500 g).

As noted, a large variety of seeds, beans, nuts, and grains can be sprouted. After four or five days, the sprouts will reach their peak of flavor and nutritional value. Some of the sprouts take no more than 3 days, depending on the climate and temperature. They also need space to grow.

Where to use them and how to eat them? Easy question:

* Add to salads and sandwiches, and as a garnish on soups. I add them to almost anything and any food you can imagine.

* Puree seeds and beans to make a fantastic sandwich spread or vegetable dip. For flavors, try adding tahini, lemon, and garlic for a middle Eastern touch; or fresh tomato and basil for a Mediterranean style.

* Cook bean sprouts: lightly stir-fry them with other vegetables, or add to other recipes like vegetable burgers. They are also very good when steamed with shredded carrot and cabbage.

* Sprouted grains are a bit trickier to use. They're often ground up and baked at low temperatures (220 degrees F/90 degrees C) to make bread, or added to recipes like vegetable burgers and casseroles.

Sprout Recipes

Sprout Hummus

Sprouts to Use: Beanies Awesome Mix; Pea Banzo; San Francisco Mix

Spring Garden

Ingredients

1 cup Sprouts

1 Tbs. Tahini

1 Tbs. lemon juice

1 Tsp. olive oil

1 clove garlic (more or less - to taste)

1 tsp. ground cumin

Salt- to taste

1/2 tsp. ground white pepper

Preparation

Mix all ingredients to desired consistency using a food processor.

Serve

Spread hummus on serving platter drizzle olive oil and sprinkle paprika over the top. Slice cucumber, tomatoes, carrots, etc. and place around hummus. Or spread hummus on flour tortilla, top with Alfalfa type sprouts. Roll it up. Serve whole or sliced. Decorate as you wish.

Notes: Add Olive Oil, more Tahini or hot water for smoother hummus. Habanero

Hummus: add 1/2 habanero pepper (roughly chopped).

Brussels sprouts Recipe

I never liked Brussels sprouts, until one day I had them when they weren't over-cooked. Still just a little bit crunchy, they had a wonderfully nutty flavor. Who knew Brussels sprouts could taste so good? Now I love them, especially with brown rice and butter.

Ingredients

- 1 lb fresh Brussels sprouts
- 4-6 Tbsp. butter
- 1/2 onion, chopped
- Salt and Pepper
- 1 teaspoon lemon juice or 1 Tbsp. Meyer lemon juice, fresh squeezed
- 1/4 cup toasted slivered almonds

Method

1. Boil in water or steam Brussels sprouts for 3-4 minutes until just tender. Split one open to see if it has cooked to the middle. Strain and place in a bowl of ice water to keep the color bright green. Cut into halves.

2. Sauté onions in 2-3 Tbsp. of butter in a wide sauté pan until the onions are translucent. Add the Brussels sprout halves and 2-3 Tbsp. more of butter and cook on medium high heat for several more minutes, until the sprouts have reached your desired level of doneness. Add salt and pepper to taste while the sprouts are cooking. Whatever you do, do not over-cook, as the sprouts will be bitter.

3. Remove from heat, toss in half of the toasted slivered almonds and the lemon juice. Add salt and pepper if needed. Put into serving dish and garnish with the rest of the toasted almonds. Serves 6-8.

Healthy Recipes for people suffering hyperthyroidism, thyrotoxicosis or Graves' Disease

Most of these recipes are very easy to prepare. I tried most of them and they were delicious. They do not require special products, spices or herbs. If you don't have all the products- skip what you don't have or substitute with something of your choice (unless it is a main ingredient). Be creative in cooking, creativity in all forms is good for people suffering from Graves' Disease. Most of the recipes use goitrogenous foods that are good for Graves' Disease and hyperthyroidism.

Tanya Otto's diet from South Africa

(she is one of my clients)

Daily routine

Before breakfast:

1 x big tablespoon of Barley Green

2 x Flax Seed Oil tablets (2500mg)

After Lunch:

10 drops of lemon balm tincture (not always just when I feel I need it)

Peppermint Tea/Chamomile mix (pompadour teas bought in supermarket)

After Supper:

Veggie liquidized shake:

Half a whole broccoli / cauliflower

Some cabbage

Some carrots

Salads

Autumn Fruit Salad

2 red delicious apples
1 sliced bananas
1 Granny Smith apple (or any other apples)
2 Bartlett pears (or any other pears)
1/2 pound red grapes
1/2 cup almond slivers -- toasted
1 cup vanilla yogurt
1 teaspoon cinnamon
1/4 teaspoon ground ginger
1/2 teaspoon nutmeg
1 tablespoon apple cider

Wash and core apples and pears, peeling if desired. Cut into one inch chunks. Slice bananas 1/2" thick. Wash grapes and cut in half. Combine fruits and almonds in salad bowl. Mix yogurt with spices and cider. Pour over fruit salad and stir to coat fruits evenly. Chill.

Avocado with Groundnut Dressing

2 avocados - ripe
1 tablespoon lemon juice
2 tablespoons peanuts -- shelled
1/2 teaspoon paprika
1/2 teaspoon cinnamon
cayenne (to taste)
salt (to taste)
fresh chives (to garnish)

Peel the avocados; cut out the stone and cut into cubes. Sprinkle with lemon juice and set aside. Grind the peanuts roughly with a rolling pin or in a grinder for a few seconds. Mix the peanuts and spices well. Sprinkle over the avocados with finely chopped chives.

Refrigerate until ready to serve.

Bacon-Avocado Potato Salad

6 medium boiling potatoes
2 avocados -- cubed
8 slices bacon
1/2 cup chopped onions -- chopped
1 tablespoon fresh lime juice
1/2 cup white wine
1/4 cup cider vinegar
salt
black pepper
paprika
1/4 teaspoon mustard powder
2 tablespoons fresh parsley -- chopped
1 tablespoon fresh cilantro -- chopped

Boil potatoes in their skins. While potatoes boil, cube avocados and toss with lime juice. Chop bacon into one inch pieces and fry until crisp in a large skillet. Remove bacon to paper towels to drain. In bacon fat, sauté onions until golden. Remove pan from heat and stir in wine, vinegar, mustard, and salt, pepper, and paprika to taste.

When potatoes are tender, drain, peel, and dice. While still warm, pour dressing over potatoes and toss. Allow to cool to room temperature. Fold in avocado, bacon, parsley, and cilantro. Serve at room temperature or chill one hour or longer.

Basic Potato Salad

2 pounds new potatoes
1/2 pound mushrooms
3 green onions
3 stalks celery
3 tablespoons vinegar
2 hard-boiled eggs
2 tablespoons Dijon mustard
1/4 cup mayonnaise
Salt, pepper

Cover potatoes in pan with cold water and bring to boil over high heat. Cook until potatoes are tender. Meanwhile, thinly slice mushrooms, onions and celery and combine in mixing bowl. When potatoes are tender, drain and halve or quarter potatoes, depending on size and add to bowl. Sprinkle with vinegar. Cover and refrigerate. When cool, chop eggs and add to bowl.

Add mustard and mayonnaise, and season to taste with salt and pepper, mixing everything together gently.

Bavarian Potato Salad

4 cups Potatoes *
2 cups Chicken broth **
1/2 teaspoon Salt
1/4 cup Vegetable oil
1/3 cup Onion -- chopped
1/2 teaspoon Sugar
2 tablespoons Lemon juice

Pepper -- as desired

*Potatoes should be peeled and sliced 1/4-inch thick. ** Chicken broth may be either homemade or commercial.

Boil potatoes in broth with 1/4 t salt for 5 to 8 minutes, until tender. Drain. Toss warm potatoes with vegetable oil and onions. Dissolve remaining 1/4 t salt and the sugar in lemon juice. Pour over potatoes. Marinate salad 1 to 2 hours before serving. Serve at room temperature.

Blackened Chicken with Caesar Salad

-----FOR CHICKEN-----

- 1 Bottle prepared Italian Dressing (8oz)
- 1/2 cup Dry white wine
- 4 Chicken breasts halves
Skinned and de-boned
- 1 tablespoon Dried marjoram leaves
- 1 tablespoon Dried oregano leaves
- 1 tablespoon Dried thyme leaves
- 1 teaspoon Salt
- 1 teaspoon Black pepper -- freshly ground
- 1/2 teaspoon Ground red cayenne pepper
- 1/2 cup Butter or margarine -- melted

-----FOR SALAD-----

- 1 can 2 oz. Anchovies
- 3 tablespoons Fresh lemon juice
- 1 tablespoon Worcestershire sauce
- 1 tablespoon Fresh parsley -- chopped
- 1 teaspoon Dijon style mustard
- 1/2 teaspoon Freshly ground black pepper
- 1 Garlic clove -- crushed
- 1/4 cup Olive oil
- 2 tablespoons Parmesan cheese -- grated fresh

10 cups Salad greens -- mixed

BLACKENED CHICKEN: Stir dressing and wine in shallow dish to blend; add chicken; marinate 1 hour, turning several times. Grind marjoram, oregano, thyme, salt, black pepper and ground red pepper to fine powder in coffee or spice grinder or mini chop food processor. Spread mixture on plate. Heat 12 inch cast iron skillet over high heat until smoking, 5 to 10 minutes.

Drain chicken; dip into seasoning mixture to coat both sides, shaking off excess. Place in hot skillet; pour 2 T butter over each piece. Reduce heat to medium; cook chicken 3 to 5 minutes on each side until cooked through. Serve chicken, sliced, on top of Caesar salad.

CAESAR SALAD: Use a fork to mash the anchovies into a paste in a small bowl; stir in the lemon juice, Worcestershire sauce, chopped fresh parsley, Dijon style mustard, freshly ground black pepper and the crushed garlic. Whisk in the cup olive oil, slowly; stir in the freshly grated parmesan cheese. Pour the dressing over mixed salad greens in a large bowl; toss thoroughly to coat.

Blue Cheese Potato Salad

Mix together:

2 bunches green onions - washed and chopped

5 stalks celery - chopped

1/2 cup fresh dill - chopped

1 cup mayonnaise

1 cup sour cream

2 teaspoons lemon juice

 Salt and pepper to taste

Add about 1/2 cup crumbled blue cheese to 3/4, and mix well. Let mixture sit overnight (very important), as the blue cheese needs to blend with the dressing. Then, toss dressing with about 5 pounds of cooked, cut potatoes, more salt, and a little vinegar. I use small red potatoes, and then cut them into quarters or sixths if they are larger. I cut them first and then cook them, just until they are done, and then rinse them in cold water to stop cooking. Then I usually toss them with a little vinegar and salt - remember, potatoes soak up salt.

Cabbage Fruit Salad with Sour-cream

2 cups	Cabbage; raw -- shredded
1 each	Apple; med., diced -- unpeeled
1 tablespoon	Lemon juice
1/2 cup	Raisins
1/4 cup	Pineapple juice
1 1/2 teaspoons	Lemon juice
1/4 teaspoon	Salt
1 tablespoon	Sugar
1/2 cup	Sour cream

Prepare cabbage and apple. Use 1 T lemon juice to wet diced apple to prevent darkening. Toss cabbage, raisins, and apple. Mix fruit juices, salt, and sugar. Add sour cream, stir until smooth; add to salad and chill.

California Bean Sprout Salad

- 1 head Romaine lettuce -- small head
- 1 head leaf lettuce -- small head
- 1 cup jicama -- cut in 2-inch strips
- 2 cups bean sprouts -- cooked
- 1/4 cup cider vinegar
- 1 teaspoon sugar
- 1/4 tablespoon salt
- 1/2 cup cucumber -- diced
- 1 red pepper
- 1 avocado -- cubed
- 1 hard-boiled egg
- 1 teaspoon sesame oil -- optional

Prepare the red pepper by washing, cut in half and remove seeds and membranes, cut into small strips. Wash lettuce, spin or blot dry and place in plastic bag with a paper towel; seal bag and refrigerate. Cut peeled jicama into strips such as French fry-size and refrigerate until serving time.

In saucepan, bring 1 quart water to a boil. Add the bean sprouts and blanch for two minutes. Remove and run under cold water briefly. Immerse in a bowl of ice water for one minute, drain well. Mash boiled egg or put through a sieve. Refrigerate.

In a small bowl, blend vinegar, sugar and salt. In a large bowl, combine bean sprouts, diced cucumbers, strips of red pepper and avocado cubes. Add 1 teaspoon of sesame oil if desired and blend this mixture well.

Add the vinegar mixture to the bean sprout mixture and toss to combine. Cover bowl tightly and refrigerate 1 hour.

To serve, tear lettuce into bite sized pieces and divide equally among 4-6 salad plates. Top with the sprout mixture, sprinkle with the chopped egg, and arrange the jicama strips on one side of salad. It doesn't need any further dressing to be a delicious and healthy dish.

Caesar Salad for Two

- 1 each Clove garlic -- minced
- 1 each Head romaine lettuce
- 1 each Tin Anchovies (Millionaires)
- Croutons
- 4 each Bacon chopped
- 2 tablespoons Olive oil
- 2 tablespoons White vinegar
- 2 tablespoons Worcestershire
- Dash tobasco
- Lemon
- 2 each Egg yolks
- Cappers
- 3 tablespoons Parmesan cheese

Crush garlic in oil with fork in bowl. Add 1/2 can of anchovies, capers & chop mince with oil. Separate egg yolks in small bowl and add to mixing bowl Add Worcestershire sauce, lemon, Tabasco, vinegar and bacon bits mix well. Let stand for 5 minutes. Toss salad and add croutons and cheese.

Cucumber and Avocado Salad

- 1 each English Seedless Cucumber
- Salt

Chili Pepper

- 1 tablespoon Fresh Lime Juice
- 1 teaspoon Minced Onion
- Slices -- Sweet Red Pepper
- Lettuce
- 1 each Ripe Avocado -- sliced
- Fresh Parsley

Peel and slice the cucumber paper-thin. Season with salt, chili pepper and lime juice. Sprinkle with onion and red pepper slices. Arrange lettuce on 6 serving plates. Pile cucumber mixture in center of each plate. Add avocado slices and parsley. 6 servings.

Guacamole Salad

- 5 each Large avocados
- 1 each Medium garlic clove -- minced
- 1 each Medium tomato -- chopped
- 4 ounces Can chopped green chili
- 2 1/2 tablespoons Lemon or lime juice
- 1 teaspoon Salt

Peel and chop avocados into a bowl. Mash with garlic and lemon juice. Add remaining ingredients, mixture will be chunky. To prepare individual salads, spoon mixture on shredded or whole lettuce leaves. Top with diced tomato for garnish and serve with tortilla chips. If made ahead of time, save pit and put in dip until time to serve to prevent darkening.

Hot Spinach and Mushroom Salad

1 1/2 pounds spinach
2 tablespoons corn oil
4 ounces mushrooms -- slice thin
1 cup onions -- diced
4 teaspoons lemon juice -- fresh
4 teaspoons white vinegar
2 teaspoons sugar
black pepper -- fresh ground
2 tablespoons yogurt -- plain, low-fat

Wash fresh spinach and remove all tough stems; drain well. In hot oil, sauté mushrooms and onions until onions are wilted. Add lemon juice, vinegar, sugar and pepper; mix well. Stir in spinach and cook only until spinach begins to wilt. Remove from heat and stir in yogurt. Serve immediately.

Savory Ratatouille

6 tomatoes
1/4 cup olive oil
1 medium onion flakes -- sliced
2 garlic cloves -- minced
1 tablespoon fresh parsley -- chopped
1 eggplant -- 1-inch slices
2 zucchini -- sliced
1 red bell pepper
3 tablespoons wine vinegar
2 tablespoons fresh parsley -- chopped
black pepper

* Instead of parsley for garnish, use basil or oregano (fresh) if you prefer. Prepare vegetables before beginning recipe.

Slice onion, cut garlic into slivers or mince, chop parsley, cut eggplant into 1-inch rounds, cut zucchini into 1/4-inch rounds, seed and chop red pepper.

Blanch tomatoes by placing in boiling water for 10 seconds. Drain, and when cool enough to handle, peel, seed and chop. Reserve juice from tomatoes.

1. Heat oil in a deep, heavy saucepan. Add onion, garlic and 1 tablespoon parsley. Sauté about 3 minutes or until onion is soft. Add eggplant, zucchini and red sweet pepper and mix well.

2. Cover pan and simmer over low heat until the vegetables are tender; about 30-35 minutes. Add tomatoes with the juice, stir well, cover again and simmer 10 minute more.

3. Remove from heat and let stand, covered, for 10 minutes.

4. Add wine vinegar and black pepper to taste. Stir well.

Place into serving dish and garnish with fresh parsley, basil or oregano. Serve warm or at room temperature.

Vidalia Onion, Tomato, and Basil Salad

- | | |
|---------------|---------------------------------------------|
| 1 | Vidalia onion -- large |
| 2 | tomatoes -- large |
| 1/2 pound | mozzarella cheese, part skim milk -- sliced |
| 6 tablespoons | olive oil |
| 2 tablespoons | wine vinegar |
| 1/4 cup | fresh basil leaves -- chopped |
| | black pepper |

1/2 teaspoon garlic -- finely minced

* Garlic is optional.

Slice the tomatoes and cheese into thick slices. Slice the Vidalia onion into thin slices; chill for best flavor. If Vidalia onions are not available substitute Walla Walla, Maui Sweet or Texas 1015. On salad plates, arrange the tomatoes, onion and cheese in overlapping design.

In a large measuring cup combine the oil, vinegar, garlic and black pepper. Use a whisk to blend well. While still stirring, pour over the vegetables. Garnish with chopped basil. Serve immediately.

Other healthy recipes

Cooked Meat Croquettes

4 Servings

MEAT MIXTURE

1/4 cup onions, chopped

1 Tbsp. oil

2 cup diced meat: ham, chicken, beef, cooked

3 Tbls celery, minced

1 Ttbl spoon green bell pepper, minced

1 Ttbl fresh parsley, Minced (optional) or 1 teaspoon oregano, dried

1 tsp. paprika

1/2 tsp. salt

1/4 tsp. black pepper or pinch cayenne pepper (optional)

2 tsp. lemon juice

2 Tbsp. cracker meal, breadcrumbs or white

- 1 egg
- ROLLING MIXTURE
- 2 cups fresh bread crumbs
- 2 eggs
- Oil -for frying
- White Sauce - Medium or Thin (see recipe)

Sauté onions in oil until light golden and translucent. Combine all ingredients except rolling mixture. Chill meat mixture. Beat the eggs from the rolling mixture and roll croquettes in egg and then breadcrumbs. Fry, turning so all sides brown. Serve with White Sauce or make White Sauce into Cheese Sauce or Brown Sauce.

Galantine of Chicken

8 Servings

- 1 chicken, boned
- 1 1/4 lb. chicken (or turkey), Ground
- 2 sweet Italian sausages
- 2 T parsley, Chopped
- 1 c stuffing, Crushed
- 2 T currants, optional
- 1 c walnuts, Chopped
- Oil, for roasting

Boning the Chicken:

Using a sharp knife, cut off wing tips at the second joint. Cut through skin of the chicken down the center back. Separate flesh from backbone on one side with the tip of the knife. Then, following the shape of the bones, gradually ease flesh

away from the bones, disjuncting leg and wing bones from the carcass. Repeat process with the other side of the chicken. Holding the rib cage away from the chicken, cut breastbone from the flesh. Hold up the thigh with one hand, cut around the top of the bone to remove flesh, scrape down the bone to the next joint, cut around flesh again, scrape down to the end and remove bone. Repeat with other leg bone and both wings. Turn flesh of legs and wings inside the chicken.

Stuffing:

Preheat oven to 350F. In a large bowl combine ground meat, parsley, stuffing, currants and walnuts; mix well. Place chicken skin side down and remove excess neck skin and any large fat pockets. Place meat-stuffing mixture on the flesh side of the chicken. Fold one side of the chicken over the stuffing mixture, and then bring the other side to match. Sew the chicken flesh together using a needle and dark thread. Tie the chicken with string at about 1-1/2 inch intervals to keep galantine in shape during cooking.

Rub chicken all over with cooking oil. Place galantine on a rack in a roasting pan. Bake for 1 to 1-1/4 hours or until chicken is tender and golden. Let stand for 15 minutes, remove string and thread and slice for serving.

Creamy Fruit Salad



- 1 cup Strawberries -- quartered
- 1 cup Cantaloupe -- chunked
- 6 each Strawberries -- whole
- 1 each Apple -- cored and chopped
- 20 each Grapes -- seedless green
- 1/2 cup Pineapple -- chunked
- 1/2 cup Mandarin orange sections*
- 1 1/2 cups Topping*
- 2 tablespoons Coconut -- shredded & toasted

In 2 quart bowl combine fruits except whole berries; cover with plastic wrap and refrigerate until well chilled, at least 2 hours. To serve: into each of 6 parfait or sundae glasses spoon 2 T whipped topping* (thawed frozen non-dairy) and top each portion with 1/4 c. fruit mixture. Top each portion of fruit with 1 T whipped topping, then an equal amount of remaining fruit mixture. Spoon 1 T whipped topping onto each portion of fruit, sprinkle with 1 t coconut, and garnish with 1 berry.

Fruit Salad Carousel

- 16 Red lettuce leaves
- 8 Watermelon slices - 1/4"thick
- 8 Cantaloupe slices - 1/4"thick
- 4 Kiwis - peeled and sliced
- 3 Oranges; peeled - sectioned
- 8 Apples -- center core removed

- 8 Scoops sherbet (1/3 c each)
- 8 small Bunches grapes
- 8 Fresh strawberries – sliced

-----HONEY-LIME DRESSING-----

- 8 ounces Low-fat plain yogurt
- 2 tablespoons Honey
- 2 teaspoons Lime juice
- Pinch of ginger

Place red lettuce leaves on individual salad plates and arrange the following in a pinwheel pattern; watermelon, cantaloupe, honeydew, kiwi. In the center of the pinwheel place cored apple.

Place sherbet scoop on apple. Put grapes beside the apple. Top with Honey-Lime Dressing (recipe follows) and garnish with sliced strawberries.

Honey-Lime Dressing: Combine yogurt with honey, lime juice and ginger. Whip and chill. Makes 1 cup; 1 serving = 2 Tablespoons.

Fruit Salad with Nuts

- 1 each Honeydew melon -- small
- 2 each Oranges
- 1 cup Blue grapes
- Lettuce leaves
- 12 each peanuts
- Dressing
- 8 ounces Yogurt -- (1 container)

- 1 tablespoon Lemon juice
 - 1 tablespoon Orange juice
 - 1 tablespoon Tomato catsup
 - 2 tablespoons Evaporated milk
- Salt – dash; White pepper -- dash

Scoop out melon with melon baller. Cut peel from oranges, remove white membrane, and slice crosswise. Cut grapes in half and remove seeds. Line a glass bowl with lettuce leaves; arrange melon balls, orange slices, grapes, and walnuts in layers on top of lettuce. Mix and blend well all ingredients for the dressing. Adjust seasonings. Pour dressing over fruit. Let salad ingredients marinate for 30 minutes. Toss salad just before serving.

Apfelpfannkuchen (Apple Pancakes)

4 Servings

- 2/3 cups flour -- unbleached
- 1 unsalted
- 2 t sugar
- 1/4 t salt
- 4 eggs -- large, beaten
- 1/2 cups milk
- 2 cups apple, Slices
- 3/4 cup butter (or margarine)
- 2 T sugar
- 1/4 t cinnamon

Sift together the flour, 2 t sugar, and the salt. Beat eggs and milk together. Gradually add flour mixture; beat until smooth. Sauté apples in 1/4 c of butter

until tender. Mix 2 T sugar and the cinnamon together; toss with apples. Melt 2 T butter in a 6-inch diameter, deep fry pan. Pour in the batter to a depth of about 1/4-inch. When set, place 1/4 of the apples on top; cover with more batter. Fry pancake until lightly browned on both sides. Keep warm. Repeat the procedure 3 times, until all batter and apples are used. Serve immediately.

Cauliflower Puree

People either really love cauliflower or they really don't. Those of us in the first camp will enjoy it almost any way - raw, steamed with butter and lemon, or in this case puréed.

Ingredients

- 1 head cauliflower, stem trimmed of leaves, florets roughly chopped
- 1 cup water, vegetable, or chicken stock
- 2 to 3 Tbsp. of sour cream
- 1 Tbsp. unsalted butter, softened
- Salt and pepper

Method

Combine cauliflower and water or stock in a medium saucepan; bring to a boil over high heat. Reduce heat to a simmer, and cook until cauliflower is very tender, about 10 minutes. Using a slotted spoon, transfer cauliflower to a blender. Blend until smooth, adding 1 to 2 tbsps. of the cooking liquid, 15 to 20 seconds. Add sour cream and butter, and blend 5 to 10 seconds more. Season with salt and pepper. Serve hot. Serves 4.

Roasted Cauliflower Recipe

Who knew that cauliflower could be such a perfect vehicle for olive oil, lemon, garlic, and Parmesan cheese? I'm used to eating cauliflower raw, steamed, or puréed. I love cauliflower and will eat it any way it is prepared. But this method makes cauliflower palatable to any but the most ardent anti-veggie. Perhaps it's that anything is good roasted with those ingredients, or perhaps the cauliflower really is the ideal stage for this blend of flavors.

Ingredients

1 head of cauliflower 2-3 cloves of garlic, peeled and coarsely minced

1 lemon

Olive oil

Coarse salt and freshly ground black pepper

Parmesan cheese

Method

1. Preheat oven to 400°F. Cut cauliflower into florets and put in a single layer in an oven-proof baking dish. Add garlic. Squeeze a lemon over cauliflower and drizzle each piece with olive oil. Sprinkle with salt and pepper. If the oven hasn't reached 400°F yet, set aside until it has. Place casserole in the hot oven, uncovered, for 15-25 minutes, until the top is lightly brown. Test with a fork for desired doneness. Remove from oven and sprinkle generously with Parmesan cheese. Serves 4.

Roasted Eggplant and Tomato Soup

Fall is here and it is soup season once again and why not during the summer as well? This roasted eggplant and tomato soup recipe is a terrific recipe from Martha Stewart's Everyday Food magazine. The flavors of the roasted tomatoes, garlic, carrots, chickpeas, and curry combine beautifully in this vegetable soup while the roasted eggplant gives the soup its substance. I like tomato soups, and this one has lots of flavor. I have found that it tastes even better the next day, as the flavors have had more time to blend.

Ingredients

3 lbs. plum tomatoes (about 12), cored and halved lengthwise
1/2 lb. carrots cut into 3/4-inch pieces
10 garlic cloves
4 tbsps. olive oil
Coarse salt and ground pepper
1 1/2 lbs. of eggplant, cut into 3/4-inch chunks
1 can (15.5 oz.) chickpeas (garbanzo beans), drained and rinsed
2 teaspoons curry powder
1/2 cup chopped fresh cilantro, for serving

Method

1 Preheat oven to 425°F, with racks on top and bottom. On a rimmed baking sheet, toss together tomatoes, carrots, garlic, 2 tbsps. oil, 1 tsp. salt, and 1/4 tsp. pepper. Spread in a single layer, with the tomatoes cut sides down. On another rimmed baking sheet, toss together eggplant, chickpeas, curry powder, and remaining 2 tbsps. oil, 1 tsp. salt, 1/4 tsp. pepper. Spread in a single layer. Place both sheets in oven (tomato mixture on the top rack). Roast until tender, tossing mixtures halfway through, about 45 minutes.

Using tongs peel off and discard the tomato skins. Purée tomato mixture (including juices) in a blender or food processor until smooth. Transfer to a large pot. Stir in eggplant mixture; thin with 3 to 4 cups water. Bring to a simmer over medium heat. Season with salt and pepper. Serve, sprinkled with cilantro; garnish with toasted bread if desired. Serves 6.

Fried Green Tomatoes

Ever since that wonderful movie with Jessica Tandy I've wondered about fried green tomatoes. People really eat green tomatoes? Curious as usual, I found some big green tomatoes at the farmer's market last weekend and decided to try them. So, here we go:

Ingredients

3 medium, firm green tomatoes

1/2 cup all-purpose flour

1/4 cup milk

2 beaten eggs

2/3 cup fine dry bread crumbs or cornmeal

1/4 cup olive oil

1/2 teaspoon salt

1/4 teaspoon pepper

Method

Cut unpeeled tomatoes into 1/2 inch slices. Sprinkle slices with salt and pepper. Let tomato slices stand for 15 minutes. Meanwhile, place flour, milk, eggs, and bread crumbs in separate shallow dishes. Heat 2 tbsps. of olive oil in a skillet on medium heat. Dip tomato slices in milk, then flour, then eggs, then bread crumbs. In the skillet, fry half of the coated tomato slices at a time, for 4-6 minutes on each side or until brown. As you cook the rest of the tomatoes, add olive oil as needed. Season to taste with salt and pepper.

Kale and Banana Smoothie

Nutrient-rich kale is hidden in this delicious banana smoothie. Perfect for those of us who have a hard time getting our daily dose of veggies.

INGREDIENTS

- 1 banana
- 2 cups chopped kale
- 1/2 cup light unsweetened soy milk
- 1 tablespoon flax seeds
- 1 teaspoon maple syrup

DIRECTIONS

Place the banana, kale, soy milk, flax seeds, and maple syrup into a blender. Cover, and puree until smooth. Serve over ice.

Sweet and Savory Kale

Serves- 6

This quick and tasty recipe combines vitamin-packed kale with both sweet and tangy ingredients for a colorful side dish.

INGREDIENTS

- 2 tablespoons olive oil

1 small onion, diced
2 cloves garlic, minced
1 tablespoon Dijon mustard
4 teaspoons white sugar
1 tablespoon cider vinegar
1 1/2 cups chicken broth
4 cups stemmed, torn and rinsed kale
1/4 cup dried cranberries
salt and pepper to taste
1/4 cup sliced almonds

Directions: Heat olive oil in a large pot over medium heat. Stir in the onion and garlic; cook and stir until the onion softens and turns translucent, about 5 minutes. Stir in the mustard, sugar, vinegar, and chicken stock, and bring to a boil over high heat. Stir in the kale, cover, and cook 5 minutes until wilted.

Stir in the dried cranberries, and continue boiling, uncovered, until the liquid has reduced by about half, and the cranberries have softened, about 15 minutes. Season to taste with salt and pepper. Sprinkle with sliced almonds before serving.

Greek Style Kohlrabi

If you can get past its odd looks, kohlrabi is a versatile vegetable. In this recipe, it's prepared "Greek-style", with fresh pears, dates and Feta cheese. It makes a great salad and works best with young kohlrabi, which are still smaller than 8cm and are less woody than the larger variety. The sweetness of the pears and dates

contrast beautifully with the sharpness of the Feta cheese. The kohlrabi is subtle enough to "hold things together".

Ingredients

Serves 4 as a starter or snack

2 small/medium Kohlrabi

2 pears

100 g of Feta cheese

100g salad leaves

50g dates

1 tablespoon honey

2 tablespoons balsamic vinegar

2 tablespoons olive oil

Method

Peel the kohlrabi and chop into dice, about 1cm big. Put the kohlrabi on a baking tray and drizzle with the olive oil. Bake at 180 C for 20 minutes, or until softened. Slice the pears in half and cut away the cores. Cut the pears into slices. Put the salad on a large serving plate and arrange the pear slices and kohlrabi on top. Crumble the Feta on top of this.

Make the dressing: Chop the dates and mix with the balsamic vinegar and honey. Drizzle over the salad. Time cooking: 35 minutes, depending how long it takes to roast your kohlrabi.

Notes & Variations

Experiment with your favorite dressings for this one. If you find the one in the recipe too sweet, miss out the honey and add some olive oil to the balsamic vinegar. If you're short of time, you can boil the kohlrabi, rather than roasting it.

Kohlrabi & Apple slaw with creamy coleslaw dressing

Hands-on time: 25 minutes. Time to table: 25 minutes. Makes 4 cups, easily adapted for less

Dressing

1/4 cup cream

1 tablespoon fresh lemon juice

1/2 tablespoon good mustard

1/2 teaspoon sugar

Salt & pepper to taste - go easy here

Fresh mint, chopped

1 pound fresh kohlrabi, trimmed, peeled, grated or cut into batons with a Benriner.

2 apples, peeled, grated to cut into batons (try to keep equivalent volumes of kohlrabi/ apple).

Whisk cream into light pillows - this takes a minute or so, no need to get out a mixer. Stir in remaining dressing ingredients, the kohlrabi and apple. Serve immediately.

Kohlrabi Purée Recipe

4 kohlrabi bulbs with leaves

2 Tablespoons extra-virgin olive oil

1 large onion, chopped

3 cloves garlic, minced

4 ounces cultivated mushrooms (I used Baby Bellas), quartered

3 Tablespoons cream (or milk, chicken stock, olive oil, or water)

salt and pepper to taste

1. Trim the kohlrabi bulbs, peeling them if the skins seem tough. Rinse the leaves (discarding any that are yellow) pat them dry, and coarsely chop. Set aside. Put the bulbs into 1-inch chunks.
2. Bring a saucepan of lightly salted water to a boil, and add the kohlrabi chunks. Reduce the heat and simmer until tender, about 15 minutes.
3. Meanwhile, heat the olive oil in a skillet. Add the onion and sauté over medium-low heat until softened, about 5 minutes. Add the garlic and cook, stirring, another 1 to 2 minutes. Do not let garlic brown.
4. Add the mushrooms and the reserved kohlrabi leaves to the skillet. Cover, and cook 5 minutes. Then uncover, and cook, stirring, until all the liquid has evaporated, 3 minutes. Set the skillet aside.
5. Drain the kohlrabi chunks and place them in the bowl of a food processor. Add the mushroom mixture and all the remaining ingredients. Purée until smooth.
6. Transfer the purée to a saucepan and reheat over low heat, stirring, 2 minutes.

Makes 6 portions. (I love that they don't actually say it will "serve" six people, but that it does indeed make six portions.)

Rapini with garlic and red pepper flakes

Ingredients needed:

2 Tbsps. extra virgin olive oil

3 medium garlic cloves

1/4 teaspoon red pepper flakes

1 recipe blanched rapini greens (above)

Heat oil, garlic and red pepper flakes in medium skillet over medium heat until garlic begins to sizzle, about 3 to 4 minutes. Increase heat to medium high; add blanched rapini greens, and cook, stirring to coat with oil, until heated through, about 1 minute. Season to taste with salt, serve immediately.

Blanched Rapini (Broccoli Raab)

Using a salad spinner makes easy work of drying the cooled blanched rapini.

1 pound rapini (broccoli rabe), washed, cut into 1-inch pieces
2 teaspoons salt

Bring 3 quarts water to boil in large saucepan. Stir in rapini greens and salt and cook until wilted and tender, about 2 1/2 minutes. Drain and set aside.

Cool empty saucepan by rinsing under cold running water. Fill cooled saucepan with cold water and submerge greens to stop the cooking process. Drain again; squeeze well to dry and proceed with one of the following recipes.

Stir Fried Kai Lan or Broccoli

Ingredients

350 g baby kai lan or broccoli, washed and drained

1 tablespoon peanut oil

2 garlic cloves, peeled and finely chopped

1/4-1/2 teaspoon salt

Oyster sauce, to drizzle

Directions

1. Heat oil in a wok.
2. Add garlic, salt and stir fry, until it is just beginning to turn light brown.
3. Add vegetables, stir, cover and cook for 3-4 minutes, stirring a few times.
4. Take out in a serving dish and dot a few drops of Oyster sauce on top.
5. Serve hot, with other main meal dishes and rice.

Apple Horseradish Sauce Recipe

Prep Time: 15 minutes.

Ingredients:

- 4 Granny Smith apples
- 2 fluid ounces (60 ml) cider vinegar
- 2 ounces (60 g) fresh horseradish, grated
- 1 teaspoon (5 ml) paprika
- 1 fluid ounce (30 ml) white wine

Preparation:

Grate the apples and moisten them with vinegar. Add the horseradish and paprika. Thin to the desired consistency with the wine. Excellent served as a condiment for pork dishes. Yield: 1 pint (500 ml)

Horseradish Dip Recipe

You can whip this up in a matter of minutes. Serve this easy dip with bagel or pita chips. Prep Time: 5 minutes.

Ingredients:

- 1 cup reduced-fat sour cream
- 1/4 cup chopped fresh dill
- 3 tbsps. bottled horseradish
- 1/2 tsp. salt
- Bagel chips or pita chips for serving

Preparation:

Stir together sour cream, dill, horseradish, and salt in a small bowl. Refrigerate, tightly covered, until ready to serve. Serve with bagel chips or pita chips. Yield: 1-1/4 cups.

Horseradish Mashed Potatoes Recipe

A touch of horseradish and heavy cream give an interesting spark to mashed potatoes. **Prep Time: 10 minutes. Cook Time: 20 minutes.**

Ingredients:

- 8 large red potatoes, diced with peel on
- 1 Tablespoon butter
- 1/4 cup heavy cream
- 1 Tablespoon horseradish
- Salt and pepper to taste

Preparation:

Boil potatoes until tender. Drain well. Add butter, cream, and horseradish, then mash well. Add salt and pepper to taste. Yield: 8 to 10 servings

Hot Chinese Cabbage (LA PAI T'SAI)

14 oz. Chinese cabbage

2 chili peppers, shredded

2 tbsp. Oil

3 1/2 tbsp. Sugar

2 1/2 tbsp. Vinegar

1 1/2 tbsp. Salt

Cut white part of cabbage into 2 inch strips.

Heat oil. Add chili pepper and cabbage. Fry over high heat. Add seasonings. Mix and serve cold.

Chinese Cabbage Salad

Dressing:

1/3 cup balsamic vinegar

1/2 cup sugar

2/3 cup olive oil

2 tablespoons soy sauce

Salad:

1 head Bok Choy or Napa cabbage, chopped

1 bunch green onions, chopped

1 pkg ramen noodles

4 oz. slivered or sliced almonds

1 tablespoon butter

Mix dressing ingredients. (Speed mixer will thicken dressing.) Set aside.

Chop cabbage and green onions. Crush ramen noodles. Discard flavor packet. Mix with almonds and butter and brown in skillet. Use as garnish on top of salad. Mix as needed then serve.

*This salad should be made and served immediately as it will get soggy if stored after mixing.

Chinese Napa Cabbage Salad

Ingredients

- 1 (3 ounce) package chicken flavored ramen noodles
- 1/4 cup butter
- 1/2 cup sesame seeds, toasted
- 1/2 cup blanched slivered almonds
- 1 large head napa cabbage, shredded
- 6 green onions, chopped
- 1/4 cup vegetable oil
- 1/4 cup rice wine vinegar
- 1 tablespoon soy sauce
- 1 tablespoon sesame oil
- 1/8 cup white sugar

Directions

1. Crush noodles, place them in a medium skillet and brown in butter over medium heat. Add almonds and sesame seeds. Stir often to prevent burning. Add seasoning mix from noodles and cool. Toss in a large bowl with cabbage and onions.
2. Prepare the dressing by whisking together the vegetable oil, rice vinegar, soy sauce, sesame oil and sugar. Pour over salad, toss and serve.

Millet Casserole

4 c. cooked millet

1/4 c. finely chopped celery

1/2 c. finely chopped onion

1/2 tsp. vegetable seasoning

2 c. diluted cream (1 part heavy cream to 3 parts water) (I use half & half)
4 eggs, well beaten
1 1/2 c. grated med. cheddar cheese

To well beaten eggs, add cream, chopped vegetables, seasoning and 1 cup cheese. Stir well into millet, pour into casserole and sprinkle with the remaining 1/2 cup cheese and paprika. Dot with butter and bake at 325 degrees for 30 minutes or until firm.

To cook millet:

4 c. boiling water
1 tsp. Salt
1 1/2 c. millet
Turn on low heat and cook about 20 minutes.

Millet Balls

Soak 2/3 cup raw soybeans overnight in about 3 cups water. Drain soaked soybeans and whiz in blender:

2 c. soaked soybeans
1 med. Onion
1/2 c. water
Combine with:
1 1/2 c. cooked millet (see Note)
1/4 c. sunflower seeds
1 c. seasoned bread crumbs
1/2 c. slivered almonds
1/2 tsp. Salt

Let stand 5 to 10 minutes, form into balls. Roll in 1/2 cup seasoned crumbs. Bake on lightly sprayed cookie sheet or line pan with pan liner paper. Bake at 350 degrees for 40 minutes. Serve with tomato sauce if desired. Yield: 10 servings.

NOTE: Cook millet by steaming 1/2 cup millet in 2 cups water and 1/2 teaspoon salt until soft, approximately 45 minutes.

Quick Turnip Soup

1 large peeled and finely grated turnip

2 pints of milk

1 onion, puréed

1 tbsp. spoon corn flour

2 tbsp. spoons of melted butter

Salt and pepper to season; parsley to garnish

Heat the milk in a double boiler with the onion, add the flour and butter, which have been well blended, then the turnip, and salt. Cook until the turnip is tender, or for about 10 minutes. Sprinkle chopped parsley over the soup just before serving.

Turnip and Onion Gratin

1/2 pound turnips, peeled and grated

1 onion, chopped finely

2 teaspoons corn flour

5 tablespoons of freshly grated Parmesan

(keep one tablespoon to sprinkle over top) small tub of double cream

In a bowl toss the turnips and the onion with the corn flour, 4 tablespoons of the Parmesan, and salt and pepper to taste and transfer the mixture to a buttered 9-inch square dish, patting it down. Drizzle the cream evenly over the mixture, sprinkle the mixture with the remaining 1 tablespoon Parmesan, and bake the gratin in the middle of a preheated 190 C degree oven for 25 to 30 minutes, or until the top is golden. Serves 2.

Turnips in White Sauce

8 small turnips

1 pint of milk

4 tablespoons flour

4 tablespoons butter

Salt and pepper

Pare the turnips, cut them in small pieces, and cook until tender. Make a white sauce of the flour, fat, milk and seasonings. Pour sauce over turnips and serve. Delicious garnished with crisply fried bacon or rosemary. Try also with a cheese topping and grill till golden.

Mustard Green Gratin

Ingredients

1 pound stemmed mustard greens

1 tablespoon unsalted butter, plus extra for baking dish

3 whole eggs, beaten

10 ounces ricotta cheese

- 2 ounces grated Parmesan (approximately 1/2 cup)
- 1/2 teaspoon kosher salt, plus extra for garlic and mushrooms
- 1/4 teaspoon freshly ground black pepper
- 2 cloves garlic, minced
- 12 ounces mushrooms, sliced
- 1 cup crushed round butter crackers

Directions: Preheat the oven to 375 degrees F.

Remove any large stems from the greens and wash them thoroughly; do so in a sink with at least 5 inches of water. Moving the leaves around in the water and allowing them to sit for a few minutes to allow the sand or dirt to fall to the bottom of the sink. Once clean, roughly chop the greens. You should have 1 pound finished greens once they are stemmed. (Weigh the greens after stemming, but before washing.) After washing the greens, place them in a salad spinner to thoroughly dry them.

Butter a 9 by 11-inch or 2 1/2-quart baking dish and set aside. In a large mixing bowl whisk together the eggs, ricotta, Parmesan, salt, and pepper. Set aside.

In a large, 13 by 11-inch roasting pan set over 2 burners on medium heat, melt the butter in 1 corner of the pan. Add the garlic, mushrooms, and a pinch of salt and cook until the mushrooms give up their liquid, approximately 5 to 6 minutes. Add the greens and cook until they are wilted, approximately 3 to 4 minutes. The greens will reduce to less than 1/4 of their original volume and begin to look like thawed, frozen spinach. Remove the pan from the heat.

Add the greens to the egg and cheese mixture and stir to thoroughly combine. Pour into the prepared baking dish, top with the crackers, place on the middle rack of the oven and bake for 35 to 40 minutes. Allow to cool for 5 minutes and serve.

Have you ever tried mustard greens? Related to kale, cabbage, and collard greens, they are the peppery leafy greens of the mustard plant and are used frequently in Chinese, Japanese, and Indian cooking. I find them less bitter than kale or collard greens, and more peppery, like arugula. Just one taste of a raw leaf and you'll know it came from a mustard plant. Cooked, they taste a lot like spinach, but with more body.

Mustard Greens Recipe

Ingredients

- 1/2 cup thinly sliced onions
- 2 cloves garlic, minced
- 1 tbsp. olive oil
- 1 pound mustard greens, washed and torn into large pieces
- 2 to 3 tbsps. chicken broth or vegetable broth (vegetarian option)
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1/4 teaspoon dark sesame oil

Method

In a large sauté pan, sauté onions in olive oil over medium heat until the onions begin to brown and caramelize, about 5 to 10 minutes. Add the minced garlic and cook a minute more, until fragrant. Add the mustard greens and broth and cook until the mustard greens are just barely wilted. Toss with sesame oil. Season with salt and pepper. Serves 4.

Mustard Greens

Ingredients:

- greens

- 1 onion
- 4 slices bacon

Preparation:

I normally cook mustard greens in 4 cups of water on medium heat. The amount of water depends on the amount of greens, but as long as you have about 2 inches about them, you're fine. Dice one onion and fry about 4 pieces of bacon; save the bacon grease. Crumble the bacon; add to the pot of greens. Take the remaining grease and stir in the onions; toss around just little. Once they start getting soft and a little brown on the edges, put those with the greens and bacon in the pot, Simmer for about 20 minutes if you want really tender greens.

Cabbage Pie

Save the water in which the cabbage leaves have been boiled for soups or gravy.
Serves 4

Cabbage leaves - 10 large

Potatoes - 700g (1 lb.), cooked and mashed

Runner beans - 100g (3 oz.), sliced

Leeks - 2, sliced

Cabbage - 100g (3 oz.), sliced

Eggs - 3, beaten

Milk - 300 ml (1 pint)

Cheddar cheese - 75g (3 oz.), grated

Freshly ground pepper

Fresh sage - 2 tbsp., chopped

Remove the thick stems from the cabbage leaves. Cook in boiling water until tender.

Butter a 25 cm (10 inch) shallow ovenproof dish, line with the potato and then the cabbage leaves leaving them hanging over the edge.

Cook the remaining vegetables in boiling water until just tender. Fill the cabbage lined dish.

Mix the eggs and milk; add the cheese, pepper and sage. Pour over the vegetables. Fold the cabbage leaves over the top.

Bake at 190 °C / 375 °F / Gas 5 for 30 minutes. Serve hot.

Cabbage Cutlets

Cabbage (thinly shredded) - 1/2 cup

Potatoes (boiled and smashed) - 1.5 cups

Onions (Finely chopped) - 3/4cup

Carrot and beans (chopped) - 3/4 cup

Bread - 3 slices.

Green chili-ginger paste: 1 tsp.

Lemon Juice: 3 tsp.

Bread Crumbs for coating. Salt – to taste. Oil, for deep-frying.

Method:

Heat oil in a kadai, add the green chili, ginger paste and fry. Add the chopped onions and fry along with the paste till the onions become soft. Add the shredded cabbage and sauté till they become slightly soft.

Next add the chopped carrots and French beans and sauté till they become tender. Add the mashed potatoes.

Meanwhile soak the bread slices in water and make a thick pulp out of it. Add the bread pulp and mix. Add salt. Remove from fire, add the lemon juice and mix all the ingredients thoroughly well. Allow the mixture to become dry. Make this into small balls, flatten them into oblong shaped pieces, roll them on the bread crumbs and deep-fry. Cabbage cutlets can be served with tomato sauce.

Fried Cabbage and Potatoes with Peanuts

1/2 medium cabbage

2 -3 large potatoes

1 onion

A handful of raw peanut kernels

Salt and black pepper

Vegetable oil for frying

Slice the cabbage roughly into thin strips, dice the potato into 2 cm pieces and chop the onion. Put some vegetable oil into a fairly large deep pan with a lid (you'll notice how the cabbage expands when it's chopped up - it'll shrink again but your pan needs to be big enough to hold everything at the beginning).

Heat the oil and throw in the chopped onion. Let it cook for a few minutes till it starts to soften and become transparent. Next, add the potatoes and peanuts

along with some salt and pepper. Stir to coat everything with oil and put the cabbage on top. Jam it all into the pan and put the lid on tightly. After 5 minutes or so stir the ingredients, turn down to medium heat and replace the lid. Cook for about another 20 minutes, stirring occasionally. Cook until the potatoes are soft and don't worry if the mixture starts sticking to the pan and browning - it adds to the taste. You can add a splash (no more) of water if you think it's starting to burn.

Green Smoothies

A confession: While I wanted to 'try' a green smoothie, I really didn't expect to like it. But I do! I've been experimenting with 'how much green' tastes good - I like more than less but not a lot. And for the last couple of weeks, my morning routine has included a green smoothie. They're fast, easy, and very pretty! I've collected some combinations here, just to inspire.

Green smoothie tips

- The trick seems to be to start with fruit, then add green to taste. The first smoothie, I started with a single leaf of Swiss chard - and the taste was all fruit. For the second, I used two leaves of chard, brightened with lemon juice - and this tasted decidedly bright and green and VERY alive. I loved it. The third, I used three leaves of chard and that was a bit much.
- If you can, keep to 'whole' fruit (versus juice) so that you get the full benefit of fiber: calories. If need be, thin with water or milk.
- Citrus juice is an important brightener.
- Banana tastes 'familiar' and adds creaminess.
- Milk of course adds creaminess too, even skim milk.
- It takes a LOT of fresh herbs (like mint, say) to be equivalent taste- and color-wise of a single leaf of chard, say.

- If extra calories are important, add an egg. This may be raw food but feel free to skip the shell. :-)

Green smoothies

Orange - banana – chard smoothie

Hands-on time: 10 minutes; Time to table: 10 minutes; Makes about 8 ounces

Zest of an orange

1 whole seedless orange, cut in quarters, flesh and sections (yes, pith and all, for fiber)

1/2 banana

1 large Swiss chard leaf (ribs sliced away)

Water to thin 1 tablespoon Estonian kama (which I'm completely addicted to, but wheat germ would work too). Blend all ingredients in the blender. Taste.

Orange - banana - plum - lemon - more chard smoothie

Hands-on time: 10 minutes

Time to table: 10 minutes

Makes about 8 ounces

Zest of an orange

1 whole seedless orange, cut in quarters, flesh and sections (yes, pith and all, for fiber)

1/2 banana

1 Italian plum

Juice of a lemon - an important brightener

3 large Swiss chard leaves (ribs sliced away)

Blend all ingredients in the blender. Taste and adjust.

Banana - lime - apple - milk - chard smoothie

(pretty pale green color!)

Hands-on time: 10 minutes; Time to table: 10 minutes; Makes about 16 ounces

1/2 banana

Zest & juice of a lime

2 large Swiss chard leaves (center ribs sliced away)

1 small apple (4 ounces), cored but skin on

1 cup skim milk

Blend all ingredients in the blender.

Banana - lemon - apple - milk - plum – mint smoothie

(a soggy green)

Hands-on time: 10 minutes

Time to table: 10 minutes

Makes about 16 ounces

1/2 banana

Zest & juice of a lemon

1 small apple (4 ounces) cored but skin on

2 Italian plums, pitted, skins on

1 cup skim milk

About 1/2 cup loosely packed fresh mint, leaves only

Blend all ingredients in the blender. Taste.

Simple Sprout Smoothie

Very quick and easy to make:

- 1 banana
- 1 head romaine hearts
- 1 bunch sunflower sprouts
- 1 pear

Creamy Greens Smoothie

This smoothie surprises everyone because it tastes so good. You really don't taste the kale at all. This is an excellent snack while breastfeeding because the greens help to increase milk production. Use nutritional yeast flakes fortified with vitamin B12.

1/2 cup pineapple juice

1/2 cup light coconut milk

1 banana, sliced and frozen

2 to 3 kale leaves

2 teaspoons nutritional yeast flakes (optional)

Place ingredients in blender and puree until smooth.

Makes 1 to 2 servings

Note: 1 cup pineapple-coconut juice can be substituted for pineapple juice and coconut milk.

Antioxidant Veggie Smoothie

This delicious smoothie will get you a few days supply of numerous nutrients!

Ingredients:

Frozen:

2 cups frozen or fresh spinach

3 stalks kale

1/2 cup blueberries

1 tangerine or 1/2 large orange

1/2 cup soymilk or orange juice

Optional- soy protein powder

Ground flax seed

Directions:

Rinse all fruits and vegetables. Add kale, spinach and milk/juice to blender, blend thoroughly. Add remaining ingredients, blend. If you find the blueberries and orange aren't enough to sweeten, try increasing the amount of fruit (or experiment with your favorite fruit! I'd like to try this with mango...) you may also add your favorite sweetener to taste.

Serves: 1; Preparation time: 2 minutes

Spinach soup

2 lbs. of spinach, 1 chopped up onion, 1 oz. of butter, 1 pint of milk, the juice of 1 lemon, 1-1/2 oz. of Allison fine wheat meal, and pepper and salt to taste. This will make about 3 pints of soup. Wash the spinach well, and cook it in 1 pint of water with the onion and seasoning. When the spinach is quite soft, rub all through a sieve. Mix the wheat meal with the melted butter as in the previous recipe, stir into it the spinach, add the milk; boil all up, and add the lemon juice last of all. If the soup is too thick, add a little water.

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About the Author:

Svetla Bankova is an author of 4 books now about Graves' Disease and Hyperthyroidism.

["Life Manual for Graves' Disease and Hyperthyroidism"](#)- gives you a complete overview of how to cure your Graves' Disease, as she cured herself 10 years ago.

["Life Balance Manual for Graves' Disease and Hyperthyroidism"](#) is a book on how to change your Life style, philosophy and daily routine, so you can overcome completely this Grave's disease. Specific steps will guide you to the whole process.

["Thyroid Eye Disease and Its Healing"](#)- is a powerful book with eye exercises, remedies and natural cures, as well as all recent scientific researches on how to overcome this debilitating disease.

["Ultimate Diet Secrets for Graves' Disease and Hyperthyroidism"](#) is a book about diet, what foods to eat and what to avoid in order to help your healing process from Graves' disease and Hyperthyroidism. Herbs, recipes and helpful ingredients, spices and substances will help your battle with Graves' disease.

She is a former Graves' Disease patient and she cured herself even though the disease is considered "incurable", applying methods and techniques, that are not only natural-but include a deep understanding of the Human Nature and Psychology, as well as a profound psychological approach to our everyday life challenges.

Svetla passionately insists that Graves' Disease can be 'treated' and cured by understanding what causes it and changing life style, habits and applying healthy style of living.

She shows us that there is more than one way to heal Graves ' disease, and takes the reader through the steps that will support them in finding their way back to complete health, Graves' Disease & Hyperthyroidism Free.

All her books are easy-to-follow guides with powerful techniques that will dramatically influence how you feel.

They are all written with a holistic approach, addressing not only the physical consequences of Graves ' disease, Hyperthyroidism and Thyroid Eye Disease, but also the emotional, spiritual and social ones as well and how to overcome them.

To receive your Free copy of her coaching book on Graves' Disease and Hyperthyroidism, visit her website <http://GravesDiseaseCure.com>