

Total Health Series

Ten Steps to Health



How can I listen to my inner self?

Chef John

Cobblestone Press

Total Health Series

Ten Steps to Health©

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Disclaimer

This e-book is a personal story intended as general information purposes only. If you have any questions about health issues or information herein consult with your health care provider before following any suggestions or menus in this e-book or any class taught using the menus or text material.

Any application of the material set forth in this e-book is at the reader's discretion and is her or his sole responsibility.

Cover photo

Marilyn in Victoria, British Columbia, Canada

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Preface

My journey to rebuild my health began when I was told I needed surgery to remove my parathyroid glands that regulate body calcium.

Due to my poor diet, stress and other factors I was anemic and lost weight. My glands were enlarged and two glands were surgically removed.

No one advised me to change my diet or life style. I read alternative health articles. I tried macrobiotic, living foods lifestyle and vegetarian foods.

I heard Louise Hay and read her book “You Can Heal Your Life,” which led me to affirm that I am responsible for my own health. This affirmation helped me in my search for health.

This is not a medical book. It is the story of my journey to improve my health. It is my hope that my readers may discover a new path to better health. Enjoy your journey.

**Cobblestone Press
Ann Arbor, Michigan USA**

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Dedication

This book is dedicated to Marilyn,
my wife, and soul mate who
supports my quest for total health.

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Ten Steps to Health

Step 1: I am responsible for my health

Part of healing is to accept that I am responsible for my health.

I can't blame the government or my ancestors for my health.

I can take steps to learn what I need to know to restore health.

Positive Affirmations

Louise Hay in her book *You Can Heal Your Life* suggests positive affirmations to redirect life's energies toward the path to health.

I repeat to myself

I accept responsibility for my own health. I direct my mind, body and spirit to seek out my path to health to learn what I need to know to heal my _____ (fill in what you want to heal).

My story

My grandfather John Foley died at an early age of pernicious anemia. I never met grandfather. My sister and I inherited the same genes. My sister takes injections of Vitamin B-12 to heal her condition.

My search for health led me to dulse, a wild sea vegetable, and other foods which offer me natural sources of Vitamin B-12.

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Step 2: My goal is healthy living every day

I breath fresh air when I wake up
 When I go out
 When I feel stress

I go for walks in the morning,
 during the day
 in the evening

I eat healthy for breakfast
 for lunch
 for dinner

I look for humor in my work
 in my play
 in my life

I accept love in kind acts
 in all ways
 in my heart

I seek truth in my work
 in my play
 in my life

I am healthy in my choices
 in my habits
 in my life

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Step 3: My objective is a healthy lifestyle

I want a healthy lifestyle so I can enjoy each day and night.

I accept my new healthy lifestyle. My smile radiates health.

My teeth and gums will heal. I will floss and brush softly.

My doctor will say I am healthy. I am living a healthy life style.

I take responsibility for my health. I am on the path to health.

Just as a sunflower grows in the sun, I grow and radiate health.

My family and friends are supportive of my healthy lifestyle.

I do not try to convince family or friends to change lifestyles.

I am comfortable with my healthy lifestyle. I am healthy.

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Step 4: I clear my mind of unhealthy thoughts

If I think negative thoughts it puts me in a negative space.

I can clear my mind and I say NO to negative thoughts

I can make room for positive affirmations to come to me.

If negative thoughts block my recovery, I let them go.

I now accept total love, total health and total prosperity.

I let go of negative thoughts about_____.

I see myself smiling in the mirror because I have a fulfilling life.

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Step 5: I accept what the universe brings to me

After surgery for enlarged parathyroid glands I changed my diet and the life style that contributed to my condition.

One Sunday afternoon I found myself going for a walk. Walking in the arboretum I met Ronnie from California.

It turned out Ronnie practiced a form of healing based upon Ann Wigmore's program of copious quantities of fresh juice.

After inviting me to his house and introducing me to juicing. I bought a used juicer from a friend and started juicing.

We bought organic carrots in 25# bags and celery by the case. We juiced carrots, beets and bunches of celery, that's all.

After a week Ronnie brought over a wheat grass juicer and taught me to grow and juice wheatgrass. I resisted the taste.

Adding an ounce of wheatgrass juice to a glass of carrot, celery and beet juice disguised the wheatgrass taste. I drank it all.

Meeting Ronnie and learning juicing from him put me on track to recover my health. I thank the universe for bringing me help!

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Step 6: I can simplify my life and find pleasure

Why do I need more material things?

I can clear my desk of clutter.
I can clean out my closet.
I can reuse and recycle.

What really gives me pleasure?

A kind word from a friend
A kind word from a stranger
A kind word from my kin

Where is my kindred spirit?

I can connect with friends
I can connect with strangers
I can connect with my kin

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Step 7: I go for a daily walk, hike, bike, swim, etc.

I start my day with a

I take time during the day to

I end my day feeling

I now feel fulfilled.

I am supportive.

I am at peace/

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Step 8: I enjoy fresh fruit smoothies

My body tells me what to put into my body.

If I fix a fresh fruit smoothie I feel energized.

I can make my own smoothie with fresh fruit.

Watermelon smoothies give me fiber.

Banana smoothies give me sweetness.

Peach banana smoothies are sweetest.

What fruits are in season?

I will make a fruit smoothie.

I now feel full and energized.

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Step 9. I like organic greens in my smoothie

What tastes better than a fresh fruit smoothie?

What is **green** as grass and filled with calcium?

Kale

Frisee

Chard

Lettuce

Collards

Why not blend greens to boost mineral absorption?

Do organic greens have more minerals and vitamins?

I buy local greens when I can because they are fresher

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Step 10. I no longer want _____

(Insert what you want to give up)

I no longer feel _____

(Insert what you want to release)

I now feel fulfilled

I now feel energized

I am beginning to heal

These ten steps greatly helped me to overcome cravings for hot dogs, grilled cheese sandwiches, ice cream, cookies, roasted nuts and fast food on white bread buns, chips and fries.

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My Journey to Better Health Begins Now

Ten Steps to Health© suggests making positive affirmations to transition to a healthy life style. Home made smoothies in a basic blender are offered as a place to begin a journey to health.

Caffeine, sugar and diet drinks can interfere with our bodies assimilation of nutrients. Caffeine, sugar and diet drinks become habit forming as we are creatures of habit.

If it is hard to give up the morning coffee, the sweet roll and afternoon sugar free diet drink try green smoothies outlined in this e-book to begin healing and letting go of old habits.

At Cobblestone Press our goal is to challenge our readers to accept responsibility for health.

If I don't take responsibility for my health, who will?

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Want to Learn More about Healing Foods?

Why do some pets choose to eat grass?

What is in greens that are essential to life?

Victoria Boutenko,¹ believes that wild chimpanzees have a “strong natural immunity to AIDS, Hepatitis C, cancer and other fatal human illnesses” due to their diet of green plants, fruit, pith and seeds.

**How do we strengthen our immune systems?
I choose the darkest greens I can find, kale.
Kale is known by many names including:**

Kale

Dinosaur Kale

Lacinato Kale

Red Kale

Chou Frise Lacinato

Chou Vert Frise

Chou Frise Rouge

¹ Boutenko, Victoria, Green For Life, Raw Family Publishing, 2006,

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Chef John's Recipes for Health

Berry Banana Green Smoothie

Chop kale with strawberries, two apples (less seeds) and two ripe organic bananas. Blend with water to make a green smoothie. Add avocado to make a creamy smoothie.

Creamy Avocado Hot Pepper Soup

Cucumber, chopped kale and a ripe avocado. Blend with a hot pepper to make soup. Yum! Serve slightly chilled or at room temperature. Cayenne or chili peppers provide the heat.

Kale Salad with Fruit and Nuts

Add fresh fruit, pine nuts, soaked raw walnuts or pecans to chopped kale to make a tasty salad with a little olive oil and orange juice. Serve as a side salad or a main course entrée.

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Basic Smoothie Recipe

Smoothies offer an easy to fix breakfast, mid day simple lunch, a pick-me-up energy boost or a light evening meal in a glass.

Ingredients:

**Fresh fruit
Filtered water
Sweetener**

Equipment:

**Kitchen blender (electric)
Blend-Tec® or Vita-Mix®
Hand cranked blender**

Basic Recipe

**Apple, pear, peach and a ripe banana
Wash fruit, remove seeds, stems, pits.**

**Place fruit in blender and add 2 cups water
Blend until smooth, pour into glasses. Serve.**

**Smoothies kept in refrigerator for 24 hours
may require stirring to fully mix ingredients.**

Add sprig of mint, or juice of a lime for variety.

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Chef John's Calcium Booster

Smoothies helped me increase and maintain calcium levels without dairy products or calcium pills

I experienced low calcium levels (osteopina) and loss of bone mass. I was anemic when I had parathyroid surgery and my energy level was low.

I don't like to take calcium and magnesium pills. I asked my doctor (an endocrinologist), "*What foods could I eat to boost my calcium levels?*"

My doctor gave me an article of foods high in calcium. Recognizing sesame seeds as a source of calcium I knew I needed more than a sesame seed roll.

Shopping

I look for sesame and pumpkin seeds in natural food stores. Organic seeds are likely to have a better balance of nutrients so I buy organic instead of conventionally grown seeds.

Organic Seeds

Organic seeds (and fruit) costs a little more, but it has almost twice as much beneficial nutrients as commercial seeds or fruit.

Equipment

I use a kitchen blender or coffee mill to grind seeds into a fine powder. An inexpensive kitchen blender may work. If a heavy duty blender is available it can reduce the time.

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Calcium Booster Recipe

Place 1/8 cup sesame seeds and pumpkin seeds in a blender. I first grind sesame seeds and pumpkin seeds with no water.

After the sesame and pumpkin seeds are freshly ground I add two cups of filter water and blend to make seed milk.

Taste for tartness, sweetness, bitterness, smoothness, flavor.

Sweetener

If too tart add 1 tsp of honey or two ripe bananas for sweetener

Flavors

Add an orange for orange flavor, strawberries for color, blueberries for anti-oxidants or your favorite fruit for flavor.

Add cinnamon and blend for cinnamon flavored seed milk

Enjoy

Pour into a glass and enjoy a calcium smoothie for the taste. Your body will readily absorb the minerals from the food.

Why Pumpkin Seeds?

I add raw organic pumpkin seeds to provide magnesium for better assimilation of calcium.

Sunshine and vitamin D are essential for calcium absorption.

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Non Dairy Seed Mylks

Non dairy seed milks are a tasty alternative for cereals, smoothies and beverage treats.

Seed mylk is tasty and more digestible than cow's milk for lactose intolerant individuals.

Breakfast Treat

Try sesame mylk or sunflower mylk on cereal. Seed mylk is easy to prepare for breakfast. Grind seeds in a blender. Add 2 cups water.

Sweeten with honey, agave or maple syrup. Add a pinch of Celtic or Himalayan sea salt. For chocolate flavor add some cacao powder.

I add 1 cup water for thick seed cream or 2-3 cups of water for two glasses of seed mylk. Serve nut mylk at room temperature.

Chill in Refrigerator

After blending seed mylk chill in refrigerator. Refrigerated seed mylk keeps for 48 hours and offers a healthy alternative to dairy products.

Easy Clean Up

Rinse out the blender pitcher and blades under faucet or sink sprayer and invert pitcher to dry. Enjoy fresh seed mylk and skip a trip to the store.

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Ten Steps to Health

Ten Super Foods

Ten Foods to Avoid

From Sickness to a Marathon

Cobblestone Press

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Now available as e-books at
www.happyrawfood.com

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Chef John with Molly in Colorado

Testimonial

I have known John Rasmussen as a patient and colleague for 25 years. He is one of the most enthusiastic people I know and is totally committed to a healthy life style and personal growth.

His passion for nutritional excellence and challenging forms of exercise is always evident. He is a prolific writer and his books and pamphlets reflect these wonderful interests.

Dennis Chernin, M. D., M. P. H.