

Get Lean, Clean And Serene

Recipe Book

With Lou Corona,
Holistic Health Educator



Prepare to Experience Cellular Nutrition
on a Whole New Level!



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Introduction

Greetings Friends,

Let me first say "thank you" for taking time out of your schedule to learn how to improve the quality and integrity of your health and life. You see, in 1973 when I was twenty-one I was very sick and suffering, on my last breath. I felt ready to leave this life, if that was what my Heavenly Father wanted for me. But something very profound happen that completely revolutionized my life. I nearly died from an asthma attack one night and I was given some teachings that I did not understand. So I prayed for someone to show me how to understand and implement these teachings.

Immediately afterwards I met an extraordinary man who looked twenty years younger than his true age of fifty-two. This man had traveled the world for thirty years seeking truth and wisdom about how to live in the highest possible way. He became my mentor and friend and shared with me many secrets about caring for my body, mind, spirit and emotions. He really helped me to change my mental perspective – and these are the secrets I am going to share with you.

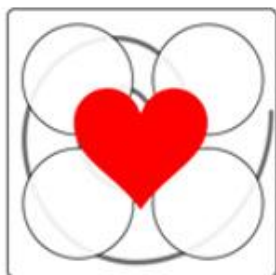
Because I followed this wise man's guidance and continue to do so to this day, I have recovered permanently from chronic asthma, a tumor, severe acne, arthritis, Candida, sinus congestion, infections, and chronic constipation. Not only did I recover from these physical ailments, but my whole life was transformed. Now, every day is a great day. Each moment is precious. And I believe that each person I meet is special, and worthy of great health and all the blessings that come with it.

As a result promising that if I was to get well, I would share the teachings that got me well with the world, I have dedicated my life to helping men and women (and kids and pets!) reach this same level of vibrant, radiant health. Should you make the decision to go forward and change your own life as I did mine, my prayer is that you will share these teachings with others who also want to become radiant and vibrant, and together we will change our world for the better!

To your health, peace and joy!

Lou Corona

The Four Principles of Life



With Holistic Health Educator, Lou Corona



Thirty-seven years ago at the age of twenty one, Lou was suffering from a multitude of illnesses ranging from asthma to a huge tumor. Learn and experience first hand how Lou transformed his life from:

- A Tumor • Chronic Asthma • Severe Allergies • Major Constipation
- Candida • Debilitating Arthritis • and Severe Acne

Lou undoubtedly defied the odds as he was spiritually guided to FOUR BASIC PRINCIPLES of LIFE during a near-death experience. After the near-death experience he was shown by a master how to implement these simple and profound teachings. After six months everything from the tumor to the constipation was gone. And he has been radiant and healthy ever since.

Now, the seminars, classes and workshops being organized with Lou are about the life-changing tools that have consistently brought about radiant health, freedom and transformation for hundreds of thousands of people around the world.

After doing their best to live by The FOUR PRINCIPLES of LIFE, people say they have transformed their health and vitality after having a history of:

- acid reflux • allergies • arthritis • asthma • cancer
- chronic fatigue • diabetes • fibromyalgia • excess weight
- PMS • IBS and more!

Not only the phenomenal classes and seminars are transforming lives, but the one on one work with Lou tremendously accelerates the cleansing and healing process. Because Lou has been through many self-transformations, his love and guidance for those that are seeking to get well and stay well is enough to transform the planet.

Experience these profound teachings and Lou Corona's vibration...you will be transformed just being in his presence.

To schedule a one on one appointment or event with Lou Call:

800-240-6077

Please leave a detailed message of the best times to reach you.

www.LouCorona.org

THE FOUR PRINCIPLES OF LIFE

To Living a Lean Clean & Serene Lifestyle!

For tools on integration and support visit: www.VitalLifeFoundation.com

Cellular Communication

Spiritual:

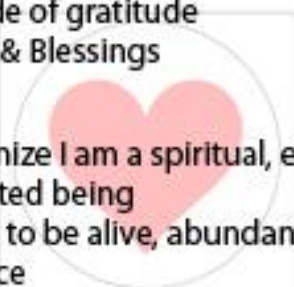
- ~ Surrender to Divine Love
- ~ Honor, respect, accept & appreciate life
- ~ Stay connected to sense of purpose
- ~ Attitude of gratitude
- ~ Prayer & Blessings

Mental:

- ~ Recognize I am a spiritual, electrical unlimited being
- ~ Intend to be alive, abundant, radiant, and at peace
- ~ Know all experiences as opportunities to grow and expand my understanding

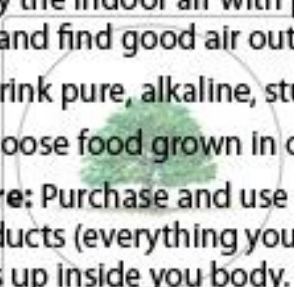
Emotional:

- ~ More love, compassion, forgiveness, peace, harmony, happiness, acceptance, grateful, creative, rejoicing



Cellular Environment

- ~ **Sun:** Spend 15 min/day with the sun on your skin and coming into your eyes with out sunglasses
- ~ **Air:** Purify the indoor air with plants and air purifiers and find good air outside
- ~ **Water:** Drink pure, alkaline, structured water
- ~ **Food:** Choose food grown in organic soil
- ~ **Body Care:** Purchase and use natural body care products (everything you put on your skin ends up inside you body. If it's not safe to eat, it's not safe to put it on your skin.)
- ~ **Cleaning:** Purchase & use non-toxic biodegradable household products



Cellular Exercise

Oxygenate the cells:

Slow, deep rhythmic breathing

Stimulate and tone the cells:

Internal Exercise:

- ~ Rebounding (mini-trampoline) 2x20min/day
- ~ Yoga
- ~ Brisk Walking
- ~ Swimming
- ~ Stretching

External Exercise

- ~ Running/Jogging
- ~ Weightlifting
- ~ Calisthenics
- ~ Most Sports



Cellular Nutrition

Feed your body's cells with:

- ~ Organic, raw, living, enzyme rich foods
- ~ Cultured foods, fruits and vegetables, germinated or soaked nuts & seeds
- ~ High in Vitamins, Minerals, Phytonutrients & Antioxidants
- ~ Soaked and sprouted nuts seeds and legumes
- ~ Low sugar foods



Master Digestion:

- ~ Chew your food very well, savor every bite
- ~ Culture foods with high quality probiotics
- ~ Use plant-based, medical grade, full spectrum, highly active enzymes

Master Inner Peace: Being grateful & present with conscious breathing and conscious eating.

Master Digestion: Predigest, assimilate, utilize, and metabolize all the food you eat.

Master Detoxification: Eliminate waste to run clean and efficient

Master Maintenance: Love life, make consistent choices to follow your Declaration!

THE ESSENTIAL ELEMENTS FOR A LONG, HEALTHY, HAPPY LIFE

In closing, let us remember the value of truth because people who have lived long, happy, healthy quality lives on this planet have had some things in common:

Mercy and Grace – The longest-lived people have been described by those who knew them as “peaceful”. They have been men and women with a strong, intimate connection to God who practiced forgiveness. Their longevity depended upon getting rid of the anger, bitterness, and resentment that rob the human body of oxygen and enzymes – the most vital substances of life! Remember the prayer, “God grant me the serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference.

Positive Thinking – A very old, very healthy man living in the mountains of Peru was asked the secret to his longevity. This man, around 156 at the time, did not wish to spend time talking. He was polite, but anxious to return to weeding his vegetable garden. His mind was completely occupied by the pleasant prospect of caring for the soil and the land from which his health and long life sprang. We must continually care for the garden of our mind, weeding out the bad thoughts and sowing in the good.

Diets of Enzyme-Rich Foods – Groups of long-lived peoples have been studied to determine what they eat and drink. Dr. Edward Howell, the author of “Food Enzymes for Health and Longevity,” discovered that the common denominator amongst these people were diets high in enzyme-rich raw fruits and vegetables, sprouted nuts and seeds, and very little if any meat. Those who have incorporated more enzymes and raw fruits and vegetables into their diet report greater levels of health, mental clarity, and emotional poise.

Friendly Flora Supplementation – Long-lived societies have traditionally eaten uncooked cultured foods because they figured out that adding these foods to their diets increased their ability to digest, assimilate, and eliminate their food. They considered these foods essential. Our modern world has greatly lost touch with this concept, and has even taken it a step further through the widespread use of antibiotic medicines which kill bacteria – all bacteria, including the friendly bacteria that help our bodies fight off disease and stay in balance. Without friendly flora a person may be more susceptible to infections, Candida overgrowth, parasites and toxicity. The long-lived societies knew better and lived healthier.

Oxygenation – The human body can live for weeks without food, days without water, but only a few moments without oxygen. In many cases, people who are suffering from disease are starved for oxygen. Getting more oxygen into the body is an excellent way to increase health, stamina, and athletic performance. We can get more oxygen in by practicing deep, rhythmic breathing, eating chlorophyll-rich green foods that help oxygenate our bloodstream, and by oxygen supplementation.

Simple Wisdom – Up with the sun, down with the sun and a day of rest per week – this is how many long-lived peoples have lived out their days. At least one day a week was set aside for rest, relaxation, and time to celebrate with family and friends. Today, however, we fail to rest due to constant busy-ness and distractions, lack of sleep, and the continual worry over how to pay for things – many of which do not truly serve us. Balance is needed – simple wisdom. Having enough and sharing with others generously leads to greater happiness than continually striving for more, better, and faster.

In summary, it is clear that in today's world we are not living according to these simple, wise practices. We have robbed our bodies of enzymes, friendly flora, chlorophyll, easily digestible protein, and oxygen, as well as rest, proper outdoor activity, and a healthy philosophy of staying close to nature and to God, and we need to put them back in order to reverse the damage we've done.

So what can we do to help reverse these trends in our lives? We can start by changing the things we can and letting go of those things we can't/ We can live better by replacing some of the enzymes and nutrients we have robbed our bodies of through the years. We can learn to take one step at a time and improve our health gradually, always making better and better choices.

I know these concepts work thanks to a wise man that took a sick, toxic, twenty-one year old kid (me) under his wing and taught him what he had learned through the decades of study and travel. In the past thirty-seven years I have done my best to follow his example and share it with others. Because of this, I have been privileged to experience an extremely high level of health, vitality, strength and spirituality that is beyond what I ever imagined in my healthiest youth. Did it take effort to reach this point? Of course it did, but the reward continues to be infinitely great than the cost. Those who have followed my lead are experiencing these rewards for themselves, and have learned to share their knowledge with others.

Life is a journey. It's no fun to go through it sick, miserable, and afraid. I pray that you will take a step of faith and make the choices that lead to a healthy, happy, and prosperous life, and then share your story with others who need a light in the darkness as you once did...as I once did.

Notes:

Facts About Enzymes

- **Enzymes are substances which make life possible.** They are needed for every chemical reaction that occurs in our body. Without enzymes no activity at all would take place. Neither vitamins, minerals or hormones can do any work without enzymes
- Enzymes are the “labor force” that builds you body just like construction workers are the labor force that builds your house. You may have all the necessary building materials and lumber, but to build a house you need workers, which represent the vital life elements. **You need enzymes to keep the body alive and well.**
- Enzymes consist of proteins (and vitamin) carriers charged with energy factors just as a battery consists of metallic plates charged with electrical energy.
- **It seems that we inherit a certain enzyme potential at birth.** This limited supply of activity factors of life force must last us a lifetime. It’s just as if you inherited a certain amount of money. If the movement is all one way – all spending and no income you will run out of money. Likewise, the faster you use up your supply of enzymes activity, the quicker you will run out. Other things being equal, you live as long as your body has enzyme activity factors to make enzymes from. When it gets to the point that you can’t make certain enzymes, then your life ends.
- Just about every single person eats a diet of mainly cooked foods. Keep in mind that whenever a food is heated at 212 degrees, the enzymes in it are 100% destroyed. A diet of mostly cooked food is one of the paramount causes of premature aging and early death, and is the underlying cause of almost all degenerative disease. If the body is overburdened to supply many enzymes to the saliva, gastric juice, pancreatic juice and intestinal juice, then it must curtail the production of enzymes for other purposes. If this occurs, then how can the body also make enough enzymes to run the brain, heart, kidneys, lungs, muscles and other organs and tissues?
- This “stealing” of enzymes from other parts of the body to service the digestive tract sets up a competition for enzymes among the various organ systems and tissues of the body. The resulting metabolic dislocations may be the direct cause of cancer, coronary heart disease, diabetes and many other chronic incurable diseases. This state of enzyme deficiency stress exists in the majority of persons on the civilized, enzyme-free diet. Human beings have the lowest levels of starch digesting enzymes in their blood of any creature. We also have the highest level of these enzymes in the urine. Meaning that they are being used up faster. We also know that decreased enzyme levels are found in a number of chronic ailments, such as allergies, skin disease, and even serious diseases like diabetes and cancer.
- There is a large volume of evidence relating that not only are temperatures used in cookery highly destructive to enzymes, but also that temperatures even considerably below pasteurization kill many different enzymes. And it is a general opinion that such temperatures are destructive to all enzymes.

- There is strong evidence finding that a surplus of ingested enzymes is stored as a reserve, principally in the spleen and liver, to be drawn upon when required. Oral administration of enzyme extracts in human patients results in improvement in various systemic disturbances.
- Since a vast proportion of the population satisfies the calorie requirements with heat-treated foods which retain little or none of the enzymes, it is seen that there is an astounding decrease in the enzyme intake.
- The therapeutic value of raw diets is clearly recognized by many physicians. The evidence indicates that the unique value of the raw food diet resides in its enzyme content.

Notes:

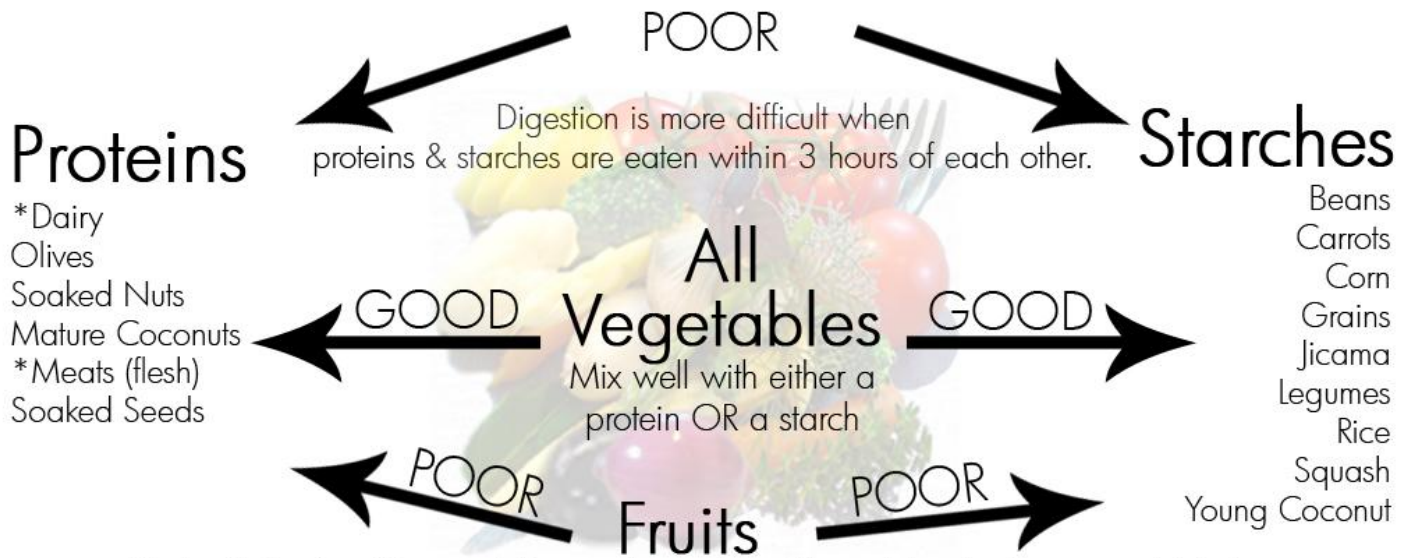
Facts About MSM

- MSM is a nutritional supplement rapidly establishing a reputation as a safe, natural and effective solution for many types of pain and inflammatory conditions, including:
 - Degenerative wear-and-tear arthritis
 - Rheumatoid arthritis
 - Chronic back pain
 - Chronic headaches
 - Muscle pain
 - Fibromyalgia
 - Tendinitis and bursitis
 - Carpal tunnel syndrome
 - TMJ
 - Post-traumatic pain and inflammation
 - Heartburn
- MSM stands for methylsulfonylmethane, a natural substance present in food and in the human body.
- MSM is often so effective for pain relief that doctors are able to lower the dosage of medication they prescribe for patients. Sometimes they are even able to discontinue the medication. The end result is relief along with fewer or no side effects that are frequently caused by prescriptive pain medications.
- MSM supplies biologically active sulfur, a sorely neglected mineral nutrient. Sulfur has a long tradition of healing throughout history and is a raw material for the protein and connective tissue that make up our body mass, for enzymes that conduct countless chemical reactions, and for powerful natural compounds that protect us against toxicity and harmful oxidative stress. Sulfur is the eighth most abundant elements in all living organisms. In our bodies, it forms part of virtually all tissues, especially those highest in protein, such as red blood cells, muscles, skin, and hair.
- Stories are spreading about remarkable recoveries with MSM – some that occur dramatically, others involving slow and steady improvement after patients have suffered with intractable pain for years.
- MSM was developed from medical experience with DMSO – dimethyl sulfoxide. DMSO is a well-known therapeutic agent derived from trees. MSM is made from DMSO.
- Clinical experience with MSM shows that it provides major pain relief through the inhibition of pain impulses along nerve fibers; lessening of inflammation; increasing of blood supply; reduction of muscle spasm; and softening of scar tissue.
- Side benefits to taking MSM may include: relief from allergies; more energy; cosmetic benefits such as softer skin, thicker hair, and stronger nails, decreased scar tissue; and relief of constipation.
- MSM has anti-parasitic properties and is one of the least toxic substances in medicine.

Excerpted from “The Miracle of MSM: The Natural Solution for Pain” by Jacob Lawrence & Zucker

Food Combining Chart

Proper Food Combining Chart



Note: Fruits should never follow or be eaten with protein, starch or vegetables!
 *These substances not recommended but included for clarity



RECIPES

Lemon Ginger Blast

Benefits: This drink will clean and wash the system from the inside out. Drinking this on a daily basis is like doing enzyme and mineral therapy. This is a very powerful drink which I have been thriving on for over 27 years.

- Cleans and washes the system
- Stimulates the digestive system
- Cuts, mucous, fat and parasites
- Anti fungal, anti bacterial and a super Anti Oxidant!
- Enhances circulation
- Helps clean and rebuild new blood - especially with greens added

BEGINNER:

Put through the juicer

½" fresh ginger, sliced (more if your prefer)
2 apples (Fuji and Gala are preferred as they are sweeter) Green apple if you have Candida
Add water if you want to dilute it a bit.

Add:

A dash of Cayenne Pepper (start with the kind from the spice rack and work up to the 90,000 heat unit cayenne pepper

INTERMEDIATE:

Put through the juicer

1 lemon (include small amount of the peel if organic)
2" fresh ginger, slice (more if you prefer)
1 apple (Fuji or Gala for example) Green apple for people with Candida

Add:

1 teaspoon of Cayenne Pepper (start with the kind from the spice rack and work up to the 90,000 heat unit cayenne pepper or for advanced: half a Habanero

Put through the juicer

2 lemons (include small amount of the peel if organic)
3-6" fresh ginger, slice (more if you prefer)

Add:

1 tablespoon of Cayenne Pepper (start with the kind from the spice rack and work up to the 90,000 heat unit cayenne pepper or for advanced: Habanero

OPTIONAL ADDITIONS:

Garlic
Greens (spinach, parsley, cilantro, kale, dandelion etc...)
Multiple Digestive Enzyme Powder

Almond Coconut Yogurt

Benefits: A powerful living cultured yogurt with all of the essential nutrients predigested so it's much easier to assimilate, metabolize and convert into energy, muscle, hair, skin and bones and keep the system running clean and efficient.

Benefits of Coconuts: Young coconuts are one of the greatest health treats on the planet! The water contained in young coconuts is nature's filtered water, and the meat contains essential fatty acids that fight Candida, bacteria, and aid greatly in enhancing overall health. Call or shop around to the Asian markets in your area to find them.

Blend together in a blender: 1 cup of Almonds (truly raw, soaked for 24 hours in pure water)

Add: ½ teaspoon of Probiotic Blend Powder

Blend really well. Pour the mixture into a sealable container. Allow the mixture to stand, covered with a paper towel, for 3 hours on a warm day and 4 hours on a cool day. This will allow the fermentation.

Use the nut culture on fruit, in smoothies, pates, salad dressings, or eat plain. Seal and store the remainder in the refrigerator (keep Probiotic powder in the refrigerator also). The nut culture will keep up to a week but will continue to get more sour each day.

Eat from 1 to 2 cups each day.

Keep about 2 tablespoons of the mixture back ("starter) to add to the next batch, which will produce a more active culture – and in a shorter amount of time. You will not need to use probiotic powder if you are using a small amount from the previous batch.

Notes:

Almond Milk

Benefits: An amino acid rich powerful way to satisfy the taste buds and feed the body. You can use this milk for Gorilla Milk, or for cereals, or for just enjoying in a nice tall glass.

1 Cup almonds (soaked 24 hours)

3 – 4 cups pure alkaline antioxidant water (or the best water you can get)

3 – 4 dates

¼ tsp. the best salt you can get

2 heaping tablespoons Vanilla Nutritional Essentials (or some fresh vanilla bean)

Preparation

Blend Almonds & water thoroughly until smooth

Strain mixture through a sprout bag or a fine strainer

Pour back into blender and add rest of ingredients. Blend well.

Notes:

Fruit Smoothie

Benefits: Blended foods are easier on the system do assimilate. This type of smoothie is incredible for getting all of the essential fatty acids, amino acids and glucose the body needs. This smoothie will assist in building lean muscle and regenerates the organs, as well as providing the fuel the body needs to sustain high energy.

½ - 1 cup of Almond Coconut Yogurt (or your preferred nut yogurt)

1 Banana

A nice handful of strawberries (or your preferred berries)

2 heaping tablespoons of Nutritional Essentials-Vanilla

1 – 2 Coconuts (save water on the side and add a while blending)

Blend until smooth, and serve.

Notes:

Green Smoothie

Benefits: Green smoothies are very beneficial because it allows us to get the satisfaction of a sweet drink combined with the alkalizing and mineralization properties. This type of smoothie is packed with plenty of the essential fatty acids, amino acids and glucose the body requires in order to be lean, clean and serene. This smoothie will assist in building lean muscle and regenerates the organs, as well as providing the fuel the body needs to sustain high energy.

½ - 1 cup of Almond Coconut Yogurt (or your preferred nut yogurt)

½ - 1 Banana

1 bunch of spinach (cilantro, parsley, kale, or any green that you would like)

1 Mango (or any type of tropical fruit)

Dash of salt

2 heaping tablespoons of Nutritional Essentials-Vanilla

1 – 2 Coconuts (save water on the side and add while blending to your preferred smoothness)

Blend until smooth, and serve.

Notes:

Lou Soup

Benefits: This soup just hits the spot – it’s filling, delicious, nutritious, and it keeps well for a couple of days in the refrigerator. Not only that – when slightly warmed to about 100° it is just right for a cold winter’s meal or if you need the “experience” of cooked food.

About 1 cup of tomatoes (chopped)

¼ cup of Soaked Almonds (optional – skins peeled off)

1 Young Coconut – Meat and water**

1 clove Garlic (medium) (crushed or chopped)

1 Tablespoon Barley or Chickpea Miso*

2 heaping tablespoons of Nutritional Essentials-Regular

1 teaspoon of high quality salt

1 large handful of cilantro (optional Parsley, Spinach or other greens)

½ - 1 whole Avocado (medium sized)

Optional Veggies – Red Bell Peppers, Carrot, Celery, etc.

Optional spices – Fresh Jalapeno Pepper, Cumin, Curry, Mexican, Jamaican, Cayenne Pepper, etc.

Put all ingredients in blender and blend till desired texture about 10 seconds (pulse/chop if your blender has this function). Soup is better if it still has some texture – try not to blend into a puree, unless you want to.

* Barley or Chickpea Miso (look for the raw, organic variety if available) may be found at your local health food store in the refrigerated section

** Young Coconuts may be found at your local Asian market – if you cannot get these may use fresh, raw almond milk.

Notes:

Green Burrito

Benefits: This is a great recipe for feeding a crowd! It's easy to make, easy to serve, and easy to clean up. Just put the collard greens (or romaine leaves) on a plate, put the pate and salsa in bowls with serving spoons, and have plates and napkins handy. It's nice to serve some juicy fruit as dessert.

MEXICAN PATE

2 cups of Soaked Sunflower seeds, (soaked 12-24 hours, then drained)

1-2 cloves garlic

1 Red Bell Pepper

1-2 teaspoons of a high quality salt (ie: Himalayan, Hawaiian, Celtic)

1-2 teaspoons cumin

2 TB Purple Onion, chopped

½ teaspoon – 1 tsp Cayenne Pepper

Puree in food processor or blender until smooth. Taste and adjust the seasoning accordingly.

SALSA

3-4 Cups fresh tomatoes, chopped

1 Red Onion, chopped

1-2 fresh jalpeno peppers, chopped finely

1 bunch or fresh cilantro, chopped

Blend well and strain through fine strainer to get the runny juices out (drink the juice as a cocktail).

GREEN WRAPS

Purchase the largest organic collard greens available. Wash and dry. Trim the bottom stems off. Large leaves of romaine lettuce or napa cabbage may also be used.

AVOCADO GARNISH

Slice ripe Avocados, allowing 2-3 slices per burrito.

TO SERVE:

Lay one collard green on a plate. Drop a generous amount of the paté down the center stem, and top with 2-3 slices of avocado, then Fresh Salsa. Roll the Collard up with the filling in it just like a burrito.

Cilantro Dressing & Dip

Benefits: An extraordinarily tasting dressing, wonderful as a dip for chopped veggies or great as a dressing. Cilantro is really good for the liver and is a great heavy metal chelator. Also when made with the cultured nuts or seeds is very easily digestible and makes salads quite hardy.

1 cup almond coconut yogurt (or your preference of seed or nut yogurt, ie, macadamia nut yogurt)

1 large bunch of fresh cilantro

Juice of 1 large Lemon (or 2 small)

1 Large Avocado

2-3 cloves garlic

Salt to taste

Blend all ingredients in blender except for water. Add water as needed to bring blend to desired consistency. Taste, and correct seasoning, if necessary.

TO SERVE:

Pour onto a salad or use as a dip for veggies.

Notes:

Lou-ney Tuna!

Ingredients to serve 8:

- 4 Cups Almonds (soaked for 24 hours)
- 4 Cups Fresh carrots (chopped in bit size pieces)
- 4 Stalks celery chopped
- 4 Stalks of Celery diced (set aside)
- 2-4 Tablespoons Kelp Granules
- 2-4 Tablespoons Salt or to taste (optional: Celtic or Himalayan)
- 1 Cup Dulse Flakes
- 4-6 Tablespoons of Fresh Lemon Juice (set aside)
- 1 Bunch of Green Onion finely diced (set aside)
- 1 Bunch of Fresh Parsley finely chopped (set aside)
- ¼ Red Onion finely diced (set aside)
- 4 Tablespoons Nutritional Essentials Regular (set aside)
- 1 Bunch of Romaine or Collard Greens

Process

In a large bowl toss evenly Almonds, Carrots, Chopped Celery. Add Kelp Granules, Dulse Flakes and Salt, and mix to evenly distribute. Run the above ingredients through your juicer. You now have the pate!

Mix the following ingredients that have been “set aside” into the pate”

Place Lou-ney Tuna Pate inside romaine leave or collard greens. Top with sliced cherry tomato and avocado.

Use the Pate as a veggie dip with celery, place on top of salad or top cucumber slices or bell peppers.

Notes:

Curry Dressing

4 Tablespoons Lemon Juice

1 Cup Raw Pumpkin Seeds (soaked for 8 – 10 hours

1 Cup pure water

1-2 Garlic cloves

2 tsp Curry Powder

1 Avocado

1-2 tsp Salt

1" piece of fresh ginger

2-3 Tablespoons raisins, sweeten to taste

Blend everything well, taste and adjust seasonings if necessary. And mix into a big bowl with all your favorite salad fixins.

Notes:

Baja Sour Cream

An awesome dressing, dip or sauce

1 cup almond coconut yogurt (or 1 cup of almonds, soaked)

1 or more cups of pure water

2 Tablespoons onion powder

1 ½ tsp salt

4 cloves garlic

¼ Cup lime juice

1 ½ Tablespoons Chili Powder

1 tablespoon oregano, rubbed

4 tablespoons diced onion

2 tsp Mexican seasoning

Mix together in blender or food processor until smooth. Start out with 1 cup of the water and add more as needed until desired consistency. Less water if you are using the almond coconut yogurt.

Keeps for up to 1 week if not cultured. If cultured it will last about 2-3 days

Excellent as a dip for cut veggies, as a salad dressing, and as a sauce for raw Mexican pizza (spread on dehydrated pizza crackers and add tomato, green onion, avocado, etc.) and in veggie roll-ups (large green Romaine, collard greens, etc. with veggies and sauce.

Notes:

Creamy Nut Salad Dressing

2 Cups Macadamia Nuts (Soaked 6 hours)

½ Cup Pine nuts (soaked for 5-6hours)

2 Tablespoons Lemon Juice

2-3 cloves garlic

2 or more cups pure water

1-3 teaspoons Sea Salt, to taste

½ small Red Hot Chili Pepper

1-2 Tablespoons Fresh Thyme (be sure to de-stem well)

Or 1 TB dried Thyme

Blend well, adding more water for desired consistency as needed. Garnish on top of your favorite salad greens and shopped veggies.

Variation: Add Fresh basil to taste.

Notes:

Simple Living Sushi

A quick, delicious raw meal.

Ingredients:

Untoasted sheets of Nori (a dried, flat, tasty sea vegetable product available at health food stores or Asian markets – the dark nori is raw – when toasted, nori turns green)

Any of all of the following filling ingredients:

Cilantro Dressings
Shredded carrots or zucchini
Julienned strips of red pepper
sliced ripe Avocado
Washed, stemmed spinach

Dipping Sauce:

Juice of 1 small Fresh Lemon
1 cup Almond Coconut yogurt (or ¾ cups of soaked almonds)
3 cloves garlic
salt to taste
1 Tablespoon Nutritional Yeast
Blend to perfection and add enough pure water as you blend to make it as creamy as you'd like

To make the sushi rolls:

Lay a sheet of nori on a flat surface, long side away from you.
Lay red pepper strips in a row along the front of the nori, letting some stick out the ends slightly.
Top with shredded carrots or zucchini, avocado, sprouts, and lettuce.
Spoon some of the dressing across the veggies
Moisten the far end of the nori with lemon.
Roll the nori up tightly around the filling and rub the moistened end along the roll to seal.
Cut the nori into several pieces, and repeat with remaining ingredients.

Variation: Use sunflower seed for dipping sauce; add cayenne or hot peppers use collard greens instead of nori. Use only veggies and no pate or dressing in the filling at all – simple delicious.

Notes:

Mexican Stuffed Peppers

PEPPERS:

Wash 4-6 Red Bell Peppers and slice off the tops. Remove the seeds and inner part of the peppers and set aside.

FILLING:

1 Cup almonds, soaked approximately 24 hours
1 Cup sunflower seeds soaked 6 – 8 hours
½ Cup pumpkin seeds, soaked 6 – 8 hours
½ Cup lentils soaked 6 – 8 hours
½ Cup carrots, finely chopped
½ Cup celery, finely chopped
2 Tablespoons lemon juice
1 Tablespoon chili powder
1 Tablespoon cumin
4 Tablespoons Purple Onion, chopped
1 clove garlic
Salt to taste

Process almonds, sunflower seeds, pumpkin seeds, 2 tablespoons of the purple onion, lemon juice, salt, chili powder, cumin, garlic through a food processor until smooth or proper juicer twice. Stir in the carrots, celery, the remaining 2 tablespoons of purple onion and cilantro. Adjust seasoning as desired.

Stuff mixture into red bell peppers which have had tops removed.

SAUCE:

2 Red Bell Peppers
2-3 dates
1 tomato
1 tablespoon Raw Carob Powder
1 tablespoon lemon juice
½ teaspoon chili powder
a dash of cayenne pepper
salt to taste

Process all ingredients in a blender until smooth.

Pour over the stuffed peppers and serve.

Holiday Cranberry Relish

2 ½ Cups cranberries (Fresh or frozen)

¼ Medium red onion (Chopped)

2 stalks of celery (Chopped)

1 cup dates (chopped)

1 – 2 tsp. fresh ginger (grated)

1 tsp. Salt

2 oranges (sectioned, skinned and chopped)

Optional: Jalapeno peppers (Finely chopped)

Preparation:

Blend cranberries, onions and dates in food processor until coarsely chopped.

Put in bowl

Add celery in food processor blend until finely chopped

Add to cranberry mixture

Mix all ingredients together and place in a jar

Let set in refrigerator for 24 hours.

Will last up to two weeks

Notes:

Holiday Pate Patties

2 Cups sprouted almonds (Soaked 24 hours)

2 cups sprouted pumpkin seeds (soaked 8 hours)

2 cups sprouted sunflower seeds (soaked 8 hours)

2 – 3 garlic cloves (minced)

1 ½ tsp. Kelp Granules

Put top ingredients in a bowl and mix together

Run it all through the Greenstar Juicer or Champion (twice to make it creamier)

Add to the pate mixture:

Half of a medium white onion (minced)

2 stalks of celery (minced)

2 Tbl. Poultry seasoning

2 tsp salt of choice

Form into patties and serve (or dehydrate at 105 degrees until it's crunchy on the outside and moist on the inside)

Time will vary. Garnish with cranberry relish!

Tastes great even without dehydrating.

Notes:

Living Cultured Nog

1 Cup Almond coconut yogurt (soak almonds 24 hours)

¼ Cup soaked pine nuts (1 hour)

1 ½ Cups of the best water you can get

Blend the nuts and water, strain the milk through a nut bag

2 or 3 bananas

4 to 5 dates

½ tsp. fresh vanilla bean

2 Tbl. Nutritional Essentials (vanilla)

A pinch of some really good salt (or to taste)

Blend nut milk and the rest of the ingredients together in a blender

Top with nutmeg....enjoy.

Notes:

Recommended Reading

Food Enzymes For Health And Longevity

by Dr. Edward Howell (available on www.amazon.com)

God's Way to Ultimate Health

By Rev. Ralph Malkmus (available on www.amazon.com)

Colon Health: Key To A Vibrant Life

by Norman walker (available on www.amazon.com)

The Raw Gourmet

by Nomi Shannon (available on www.amazon.com)

The Mucousless Diet Healing System

by Arnold Ehret (available on www.amazon.com)

Fasting Can save Your Life

by Dr. Herbert Shelton (available on www.amazon.com)

You Don't Need Meat

by Peter Oski (available on www.amazon.com)

Milk A to Z (great for kids and adults)

by Robert Cohen (available on www.notmilk.com)

Contact Information

For details on the Four Principles, Classes and Free Tools visit: www.loucorona.org

To order any of the Medical Grade, Full Spectrum and Highly Active Probiotics or Enzymes; please contact the person you got this book from.