

LIFE IS IN THE BLOOD

HELPING PEOPLE LIVE BETTER ONE DROP AT A TIME...



This month's newsletter means a lot to us. Although all of our clients are special to us, as we do everything we can to help them, we can't help but share this testimonial that came in earlier last week. It is not only inspiring, but it is also helpful in so many ways for people seeking help with their conditions.

We appreciate ALL of the testimonials that come in, so please keep them coming! This one is quite different though, because this client not only shared her story with us, but also shared many recipes and ideas that can help others as well. She is eager for other people to be informed as well, and has given us permission to copy and paste this testimonial and info on our newsletter. I would like to thank K.M. for her contribution to the newsletter this month. I hope the people reading it are as blessed as we were, when we read it.

Please scroll down for the rest of the Newsletter!

Testimonial by K.M. (Las Vegas, NV)

For the past 3 years I have had incomprehensible migraines, the ones where you cannot open your eye in the morning, where you can't get out of bed and feel like all hope is lost. I went to 6 different doctors and no one could figure out the root of my problem. At one point a primary care physician put me on an anti-depressant and sent me to a migraine specialist who put me on another anti-depressant. I was told that the two working together would alleviate my symptoms. Well let's just say they didn't. At this point I felt desperate and I would try anything just to feel better for one moment! In late December of 2014, my mom brought me to Philip and Dama who read my blood and explained to me what my body was fighting and what it needed to be healthy. They told me they were going to help at the root of my problem and to be patient as it would take my body 90 days to rejuvenate new healthy blood cells. They also suggested that I try the Castor oil pack and cleanse my liver. They were very caring and knowledgeable and help guide me on my new path. This wasn't like anything else I had ever experienced. All the doctors I have gone to over the years have always wanted to prescribe something to cover up the symptoms but never get to the root of my problem. I felt this was it... I was done being sick!

I was ready to take back control of my life so I ordered all my supplements and opened up my mind to allow myself the opportunity to be happy and healthy again. I really wanted this to work. Philip and Dama sat with me for over an hour and explained everything to me in great detail until I understood their message. It wasn't a diagnosis, a written prescription and a kick out the door. They were very caring and concerned about what was going on with me and they wanted to make sure I understood my obstacles and road to my new health. I really wanted to do this right so I challenged myself to a new healthy new lifestyle.

First I believed I wanted my body to accept the supplements and not fight any other toxins in my body. I understand that was going to be a challenge but I really wanted to cleanse my body of the poor impurities that I had control over and allow my body to focus on the supplements it was receiving so I began a 10 day challenge. As you may know a Castor oil pack is 3 days on 4 days off and 3 days on again resting 2 weeks in between. So for 10 days I only drank homemade juice and shakes. Nothing store bought and all ingredients were to be organic (or at least raw, not canned). At times it seemed challenging but I would just go to the Las Vegas Farmers Market and purchase all my fruits and veggies, clean and wash everything so it was ready to juice. Then when morning came I would make a really big shake, pour it into multiple jars and drink them throughout the day. Not only was I ridding my body of empty calories, dairy, meat, carbs and unwanted sugars but I seemed to be losing weight as well. Although I didn't eat poorly to begin with, cutting out manmade processed foods really proved a portion of why I wasn't feeling well. You really don't realize how much bread you eat until you cut it out of your diet.

By day eleven, I was able to get out of bed and began to feel better. I began thinking, juicing isn't all that bad. I really didn't miss anything I hadn't been consuming, but I felt as I missed chewing my dinner. So I kept with the healthy theme and incorporated nuts, whole fruits and vegetables into my diet. I also began sautéing my vegetables and pouring them over brown rice and whole grains. I made enough in one dish that I could eat left overs for a few days and rotate my left overs in between. I was two weeks in and feeling better than I had in a long time.

When I hit my 90 days, I realized that my migraines were gone and BONUS I had lost 35 pounds, just by watching what I put in my mouth. I don't miss any of the poor choices that I was making before. I did notice how hard it was to be around friends and family that don't realize what your goals and challenges are. Even though they 100% support me and don't mean to put the temptation in front of me, it happens and I just have to be strong enough to realize, that one piece of "goodness" may taste good of a moment but in the long run it will bring me down.

And to be honest I have given in a few times and really felt sick over it afterwards. Not only physically, because my body wasn't use to processing and breaking it down but also mentally for straying away from my own discipline.

I am still going to continue working with Philip and Dama as I have layers of health problems that I need to uncover. They are supportive and very understanding. They get to the root of the problem and work through it with you. Each of our bodies are different and sometimes have multiple layers which will need time to break down. But I swear by their methods. If I had not tried this option, I would still be in bed every day with a migraine and chasing after diagnoses and prescription medicines praying for relief. Instead I chose to get to the root of my problem so I can move on with my life. I am going to continue to eat healthy as much as possible all of the time. I know if I stray too far off the healthy path I can repeat the 10 day challenge to reboot my system.

During these 90 days, I admit there were times I was challenged but life in general is challenging and you need to ask yourself... "Am I worth it"? Once you determine that you don't want to live this sick lifestyle any more only then you can take this challenge and get back to being a part of your journey, instead of lying in bed watching it all go by without you.

What I have to say is to all those who feel challenged... YOU CAN DO IT. When you feel horrible and depression sinks in, the easiest way out is to give up hope. Then to make excuses that no one supports you and it's too hard to make dinner for my family and stay on this path to recovery. Just remember there is no life if you are not in it. So make it so... and do for you so you can enjoy the rest that has yet to come.

If you need a little help, here are some of my favorite recipes and resources which helped me through this challenge.

JUICE & SMOOTHIES

BREAKFAST SMOOTHIE – I seriously drink this every day, it is so delicious...

In your blender add 2 cups of organic apple juice or orange juice, add 1 peeled orange, 1 quartered green apple, a 1/2 cup of green or red grapes, 1 cup of pineapple, 1 cup of spinach or kale, 2 tbsp of honey or agave, 2 tbsp of flax seed, 1 tbsp lime or lemon juice, 1/4 in of ginger root. Blend till smooth.

GREEN JUICE

Juice together, 1 Bunch of Kale, 2 green apples, 1/2 of a lemon, 4 stalks of celery and 1/4 in of ginger root. Mix up and drink... delish!

SWEET TOOTH – For the nights you need dessert, try this.

In your blender add 1 cup almond milk, 2 tbsp peanut butter, 2 tbsp cocoa powder, 1 banana, and 1 cup of ice. Blend till smooth.

TASTES LIKE AN ORANGE JULIUS

In your blender add 1 cup almond milk, 2 oranges, 2 tangerines, 2 drops of vanilla extract and 1 cup of ice. Blend till smooth. Depending on the oranges that are available I mixed it up and added different types of oranges. Just be creative and when you find something you like, write it down for later!

Below are other recipes----

Salads

QUINOA & CHICKPEAS SALAD SALADS

Ingredients

- 1 cup cooked quinoa
- 1 can chickpeas (garbanzo beans), drained and rinsed - optional
- 1/2 pound Persian cucumbers (hot house cucumbers)
- 2 cups cherry tomatoes, halved
- 1 cup finely chopped green onion, white and green parts
- 1 cup chopped fresh Italian flat-leaf parsley leaves
- 1 cup chopped mint leaves (optional)
- 1/4 cup fresh squeezed lemon juice (about 2 lemons)
- 1/4 cup extra virgin olive oil
- Kosher salt and freshly ground black pepper

Directions:

Place the cooked quinoa in a large bowl. Add the chickpeas, Persian cucumbers, cherry tomatoes, green onion, parsley and mint and toss. In a small bowl whisk the lemon juice with the olive oil and season with kosher salt and freshly ground black pepper. Pour over the ingredients in the large bowl and mix well. Put in smaller containers so you can grab when you are hungry.

GREEK TZATZIKI SALAD

Ingredients for the salad dressing

- 1 cup plain Greek yogurt
- 1 large Persian or hot house cucumber – you can use regular cucumbers as well
- 1 garlic clove
- 3 tablespoon extra-virgin olive oil
- 1 tablespoon lemon juice
- 1 tablespoon chopped dry dill weed
- Salt and Pepper to taste
- 1/2 tablespoons white wine vinegar
- 1/4 cup filtered water (only use if you want to make your dressing a bit runnier)

Directions: Put all ingredients in food processor and process till smooth, refrigerate as it tastes better cold. When you are ready to have a salad, chop romaine lettuce, banana peppers, Kalamata olives, cherry tomatoes, Persian or hot house cucumbers, red peppers and you can add 1 oz. of feta cheese (made from sheep or goat milk). This is the only time I have a little cheese (mostly for protein). I usually make a huge salad and put it in a large container. It will last for days, it's quick to grab to eat when I am in a hurry and it's healthy. Just don't put the salad dressing on till you are ready to eat the salad. Dressing should last refrigerated 5-7 days.

Other Favorites Below-----

HOMEMADE GIARDINIERA

I use this as a salad dressing over a large bowl of spinach. It adds flavor and crunch.

Ingredients

- 1/4 cup salt
- 1 cup small diced carrots
- 1 cup tiny cauliflower florets
- 4-8 serrano peppers sliced (depending on heat level desired)
- 2 cloves of garlic, minced
- 1 diced stalk celery
- 1 diced red bell pepper
- 2 cups EVOO
- 1 tbsp dried oregano
- 1/2 tsp black pepper

Directions: DAY 1: Combine 2 cups water and the salt in a glass or non-reactive bowl. Mix until the salt is dissolved. Add the carrots, cauliflower, serrano peppers, garlic, celery and bell pepper to the salt water and stir to combine. Cover and refrigerate overnight. DAY 2: drain and rinse the vegetables. In a clean bowl, mix together the oil with the oregano and pepper. Add the vegetables and mix to combine. Allow to marinate overnight. Giardiniera will only get better with time. After 2 days at the most in the bowl, you can place in air-tight mason jars and keep in the fridge for at least 2 to 3 weeks.

RATATOUILLE

Ingredients

- 3 tablespoons olive oil
- 1 onion, thinly sliced
- 4 garlic cloves, peeled and sliced
- 1 small bay leaf
- 1 small eggplant, peeled and cut into 1/2-inch pieces (about 3 cups)
- 1 small zucchini, halved length-wise and cut into bit sized pieces
- 1 red bell pepper, cut into slivers
- 1 can of organic diced tomatoes or 3 fresh tomatoes diced
- Salt and pepper to taste

Directions: Over medium-low heat, add the oil to a large skillet with the onion, garlic, and bay leaf, stirring occasionally, until the onion has softened. Add the eggplant and cook, stirring occasionally, for 8 minutes or until the eggplant has softened. Stir in the zucchini, red bell pepper and tomatoes. Cook over medium heat, stirring occasionally, for 10-12 minutes or until all the vegetables are tender. Add salt and pepper to taste. I usually add 2 cans of organic diced tomatoes to make it more of a soup and then I put over brown rice. When I am to about a cup or two of left overs, I add a can of organic tomato sauce, 1 tbsp of Italian seasoning (if needed) and make a chunky pasta sauce. Pour over cooked brown rice pasta and again another healthy dish.

CABBAGE SOUP

Ingredients

2 tbsp extra virgin olive oil (EVVO) 1 clove garlic
1/2 chopped onion
2 cups chopped carrots
1 cup chopped celery
1/2 head of chopped cabbage
8 oz portabella mushrooms
4 cups of organic vegetable broth

Directions: In a large deep pot, heat EVVO on medium heat and sauté onion, garlic for 2 minutes. Add celery and carrots and cook until slightly tender (5 min). Add organic vegetable broth and cabbage. Bring to boil and reduce to medium heat. Cook 15-20 minutes, add the mushrooms and cook another 3-5 minutes. Salt and pepper to taste.

I hope all this information was helpful. And I would like to finish up with a story. In September 2014 my mother was diagnosed with cancer. She learned from her research that sugar feeds cancer and eating healthy promotes longer life. With all her research she changed her diet to only eat organic fruits, vegetables, nuts and supplements (she also sees Philip and Dama). Mother's Day was approaching and all she wanted was to spend the day with her daughters. She asked that I bring over my cookbook as she needed new recipes. We had brunch, then sat on the patio and went through my cookbook (it's just a book I put together with all my favorite recipes). After talking and hanging out for a few hours we decided we were all hungry. At that moment I shared with my mom my Mother's Day present, which I had made her homemade cashew cheese. I then told her I found Lavash Bread which has no GMO, sugar or yeast and we were going to make pizza for lunch. It was a great day I had a lot of fun with my family putting together this meal. Try it out with your family, here is the recipe.

How to make CASHEW CHEESE with 3 variations: olive, sun-dried tomato and truffle-style.

Ingredients

1 cup raw cashews (soaked in filtered water for 1 hour or more) 1/4 cup nutritional yeast
2 Tbs. lemon juice
2 cloves garlic
2 Tbs. white wine or 1 Tbs. raw apple cider vinegar
1 Tbs. dijon mustard
sea salt and pepper to taste
SUN-DRIED TOMATO // 1/2 cup sun-dried tomatoes, chopped
OLIVE // 1/3 cup green and kalamata olives, chopped
TRUFFLE // 2 tablespoons white or black truffle oil, 1 tsp truffle sea salt (instead of salt used in original recipe)

Directions: Put the cashews in a bowl and fill with filtered water so all the cashews are submerged. Let them soak for 1 hour. Drain the water and add cashews to your food processor. Blend for a moment until all cashews are chopped. Add the rest of the ingredients and blend on high speed until thick and creamy. ADD the noted ingredients to make each individual cashew cheese. It will be the consistency of thawed cream cheese. This will further harden after it's been chilled. Store in the refrigerator for up to 5-7 days. **CONTINUED BELOW---**

RAW PIZZA

Preheat oven to 375 F. Take 2 pieces of the Lavash Bread and cut into quarters. Place on a baking sheet. Take a small bowl and combine 4 tbsp of EVOO and 1-2 cloves of diced garlic. Mix and spread on one side of the Lavash Bread. Place in oven for 10-12 minutes. The bread will crisp up. Take the bread out of the oven and be creative, add your favorite toppings. You can either eat raw or you can put the pizza back in the oven for another 8-10 minutes. My mom's favorite is adding the raw cashew cheese, portabella mushrooms, Kalamata olives, green onions and diced tomatoes. My sister put jalapenos and portabella mushrooms on hers. I made a spinach salad with couscous, artichoke hearts, cranberries and sunflower seeds and topped my pizza with the spinach salad – we tasted each other's creations and they were all delicious! Create the pizza's any way you want. Make it a family project, have fun and enjoy!

Additional resources, comments and notes:

1. Shakes and juice will last up to 2 days, so I always made extra, placing into mason jars and drinking as

needed, just shake before you drink.

2. Green apples have less sugar, and I freeze my grapes, strawberries, bananas and pineapple, as an alternative

to adding ice to my smoothies. Plus nothing goes to waste, spoiling in my fridge.

3. Also, if I can, all of my produce is purchased from the farmers market for TRUE certified organic FRESH

ingredients (2-3 days from farm to table). I clean them by soaking in 1 part vinegar to 3 parts filtered water for 20 minutes, and then I dry them and put in my freezer or eat fresh. Each farmers market and farmer has their own certifications. Visit <http://www.getthehealthyclarkcounty.org/eat-better/farmers-markets.php> for a list of all local farmers markets. If you want to learn more about the way the farmers care for their crops, just ask the farmer, they will be happy to explain.

4. Did you know there are additional ways to get local farm to table foods? Here are a few links to some local orchards. I also included a link to our local co-opp.

<http://thelasvegasfarm.com/>

<http://www.thegilcreaseorchard.org/>

<http://vegasfoodcoop.com/> . Place orders at <http://www.bountifulbaskets.org/>.

5. The American Heart Association has a lot of great information on their website. Go to <http://www.heart.org>, click on Getting Healthy and then on Nutrition Center. Here you will find a lot of great information on eating healthy, simple cooking and dining out.

6. Added sugar is the single worst ingredient in the diet. Watch this video and read the labels if you are purchasing packaged foods: <http://authoritynutrition.com/sugar-the-worst-ingredient-in-the-diet/>.

7. Need help understanding the labels? The American Heart Association has a description on their website: http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/HealthyEating/Understanding-Food-Nutrition-Labels_UCM_300132_Article.jsp

8. Need daily motivation and ideas? Facebook is not just a place to air dirty laundry. It is a social network filled with great information. There are a few pages dedicated to healthy eating and recipes. I “LIKED” these pages and when they post a new recipe I see it in my feed and then I share it to my page so I can reference back to it later. I have got quite a few ideas and recipes from these pages:

<https://www.facebook.com/yumveganrecipes>

<https://www.facebook.com/EasyVeganRecipes> o <https://www.facebook.com/vvrnnetwork>

<https://www.facebook.com/HealthyEats>

<https://www.facebook.com/HealthyRecipes247> o <https://www.facebook.com/HealthyFoodRecipe> o

<https://www.facebook.com/eatcleandiet>

<https://www.facebook.com/GinasSkinnytaste>

Disclosure: I do not know what the calorie intake is for these recipes, nor do I guarantee that you will lose any weight from these recipes and if you have an allergy then please do not make the recipe. I am sharing this information so you have a quick start guide. I felt it wasn't easy for me to start this plan so maybe if I pass on the knowledge I obtained it will help others. Basically stay away from processed, fast or canned foods – watch what you eat. Be creative and make your own or if you hate cooking or are too busy, just ask Siri or Google where the closest juice bar or organic restaurant is. If you love to cook and want to be creative, Google healthy veggie recipes and have at it! Obviously you can become more creative, especially now that you are feeling better.

We hope you enjoyed our client's testimony and information! Feel free to email us with any questions you have. Thanks and God bless!

DISCLAIMER:

Nothing in this newsletter should be construed as medical advice and, as always, you should consult with a physician concerning your health. If you are buying into the "let's treat every symptom now" routine, you are probably going to be disappointed. I have seen people leave a "natural care" practitioner's office with hundreds of dollars of supplements only to have nothing happen except a somewhat lighter bank account. As always, buyer beware and remember that natural healing is a process that can take some time. There are many factors that lead up to a chronic condition and, without seeing a client, it is often difficult to make hard and fast rules and solutions. So please understand that we will try to give you the answer with the available information you supply. Please address your queries to lifeisinthebloodus@gmail.com or visit our continually updated website at lifeisintheblood.com

*Thank you,
Philip and Dama*