

**In Support of the Integrative Health Detox  
& Gut Health Plans**

# *Soup Guide: 15 healthy ideas*

*Remove Toxicity, Replenish Deficiencies, and  
Rebalance Health!*

## *Why Soup?*

Similar to smoothies, soups provide a nutrient dense, soothing, and an easy-to-digest, yet warming form of nutrition. Raw foods require a great deal of energy for the body to digest as well as adequate levels of both mechanical and chemical processes.

If the digestive system is not equipped to break down certain foods, even healthy options, like raw salads and uncooked vegetables, these foods can actually become a source of toxicity since they can't be properly broken down.

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# The Digestive Process

Chewing food thoroughly is the first step toward getting the most from the food you eat. Enzymes in saliva contain salivary amylase to break down starch molecules into smaller sugars. Food is then broken down in the stomach by mechanical and chemical digestive secretions: hydrochloric acid and the enzyme pepsin. These factors are critical to proper protein digestion and mineral absorption. If hydrochloric acid secretion is insufficient or inhibited, proper protein digestion will not occur. Once the food material leaves the stomach it is referred to as chyme which takes 2-4 hours to make its way through the 21-foot-long small intestine.

## Small Intestine Health

The small intestine participates in all aspects of digestion, absorption, transport, and secretes a variety of digestive and protective substances as well as receives the secretions of the pancreas, liver, and gallbladder. Absorption of minerals occurs predominately in the duodenum; absorption of water-soluble vitamins, carbohydrates, and protein occurs primarily in the jejunum; and the ileum absorbs fat-soluble vitamins, fat, cholesterol, and bile salts.

Diseases involving the small intestine often result in malabsorption syndromes characterized by multiple nutrient deficiencies. Examples of common causes of malabsorption include celiac disease (gluten intolerance), food allergy or intolerance, intestinal infections, and Crohn's disease.

The proteases secreted by the pancreas (trypsin, chymotrypsin, and carboxypeptidase) function in digestion by breaking down protein. Incomplete digestion of proteins creates a number of problems for the body, including the development of allergies and formation of toxic substances during putrefaction (the breakdown of protein by bacteria). The proteases are largely responsible for keeping the small intestine free from bacteria, yeast, and parasites such as protozoa and worms. A lack of proteases or other digestive secretions greatly increases an individual's risk of having an intestinal infection, including chronic candida infections of the gastrointestinal tract.





## Colon Health

A bowel movement every 12 to 24 hours is critical to good health of the colon and is largely determined by the types of foods that are eaten, in particular, adequate levels of dietary fiber rich in fruits, vegetables, whole grains, legumes, nuts, and seeds. A high-fiber diet increases both the frequency and the quantity of bowel movements, decreases the transit time of stools, decreases the absorption of toxins from the stool, and appears to be a preventive factor in several diseases that affect the colon, including constipation, colon cancer, diverticulitis, hemorrhoids, and IBS.

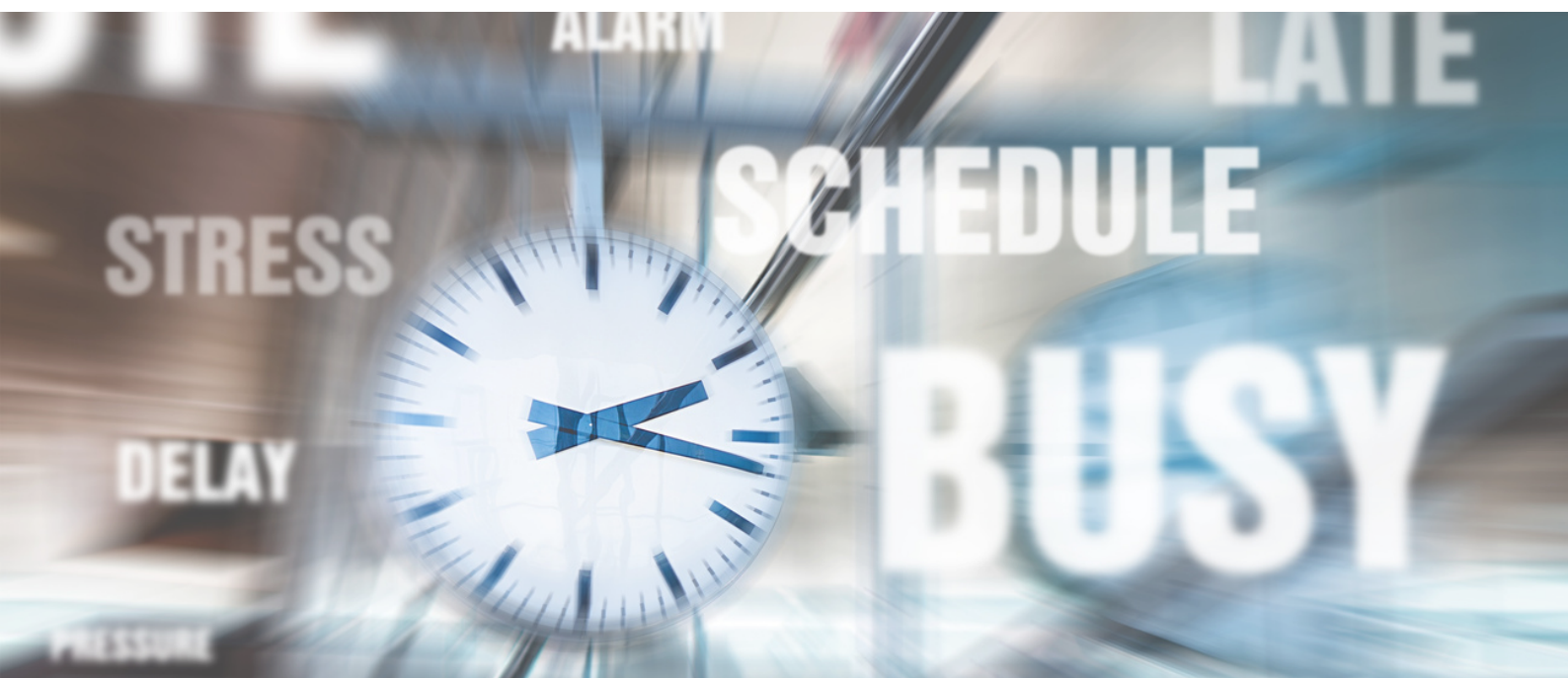
## Stress and Digestion

The autonomic nervous system controls all unconscious nervous activity. One part of it, the sympathetic nervous system, stimulates the fight-or-flight response; the other part, the parasympathetic nervous system, is responsible for the processes of digestion, repair, restoration, and rejuvenation. During stressful periods the sympathetic system dominates over the parasympathetic, directing the body to shunt blood and energy away from the digestive tract in favour of the skeletal muscles and brain. Regularly achieving a relaxed state (learning to calm the mind and body) is extremely important in relieving stress as well as improving digestion.

## Indigestion

The term indigestion is often used to describe heartburn and/or upper abdominal pain as well as a feeling of gassiness, swallowing, feelings of pressure or heaviness after eating, sensations of bloating after eating, stomach or abdominal pains or cramps, or fullness in the abdomen.

When addressing indigestion holistically, the approach is to enhance digestion with a multifactorial approach: timed eating, types of foods, digestive aids including hydrochloric acid, pancreatic enzymes, herbal aids/teas/bitters, proper sleep, mindful eating, and achieving a more relaxed state when eating and digesting food.



## The Soup Guide Objective

The following 15 soup combinations are designed to act as a simple template, guide, and method. There are 4 parts to each idea: base ingredients, main ingredients, a spice blend, and garnish options. These are not exact recipes because the quantities are generalized and not specific allowing you to customize your vegetables, meats, fish, beans, spice blends, and garnishes according to your preference, palate, season, serving size, and what you currently have at home. The idea is to encourage creative, intuitive, flexible, and healthy cooking designed to support the Integrative Detox, Reset, and Gut Healing protocols. This template also provides a variety of plant-based, bean, meat, and fish options.

## Getting Started with the Soup Guide

**Basic vegetables:** Celery, celery root, leek, fennel, onion, garlic, and ginger all work really well to provide a nice base flavour to soups. Celery, celery root, leek, and fennel are great substitutes for onion and garlic if you are following the sensitive gut guide within the (CBO) Candida Bacteria Overgrowth Protocol.

**Pro tip:** Try buying in bulk these basic vegetables to dice/food process and freeze your own soup base mixes or see if you can find already diced and frozen mixes to save time.

**Soup Stock:** Save usable vegetable scraps or left over bones to make your own stock avoiding salt and preservatives in prepared stock.

**Pro tip:** Save your scraps as you go in the freezer so that you always have an abundance to make as needed stock.

**Dried herbs and spices:** Curry, cumin, coriander, paprika, red pepper flakes, ginger, turmeric, garlic, fennel seeds, coriander seeds, basil, dill, Italian herbs, sea/pink salt, black pepper etc. add essential variety and flavour to each soup.

**Pro tip:** Keep your spices in organized and labeled jars for easy access so that you always know how much or how little you have on hand.

**Beans:** Whether dried or canned, beans provide essential bulk, protein, fiber, and flavour. Not all beans need to be soaked before use: lentils, split peas, and adzuki can be added directly to soups after a quick rinse. Adding in a quick canned bean to vegetable soups or left over soup helps refresh and provide extra protein, bulk, or heartiness, especially in the cooler months.

**Pro tip:** Pressure cooking dry beans saves time and money as well as helps break down lectins, a protein that can be sometimes hard on digestion or cause sensitivities for certain individuals.

## Quantity Ratio Guide

Base : Main : Stock = 1 : 3

Base Ingredients: use 1-2 of each

Main Ingredients: 3-6

Spices: ¼- ½ tsp each as desired

Stock: 4 - 6 cups



### **Squash & Sweet Potato**

*Base Ingredients:* onion, garlic, fennel, leek, celery

*Main Ingredients:* sweet potato and kabocha, acorn, or butternut squash (choose any variety of squash)

*Spice blend:* turmeric, ginger, cumin, curry, red pepper flakes

*Garnish:* fresh herbs, hemp hearts\*

#### *Method*

1. Pressure-cook/Steam the squash and sweet potatoes, 6 minutes, to easily remove skins.
2. Sauté base vegetables, 4-6 minutes
3. Add spices
4. Sauté for another 4-6 minutes
5. Add main vegetables, vegetable stock, and cook for 15 minutes in pressure cooker, or 45 minutes on low heat stove top.
6. Blend with a hand-held immersion blender
7. Choose garnish and serve

\*Note: 3 tbsp. of hemp hearts equates to 10g of protein.

### **Leek & Purple Sweet Potato**

*Base Ingredients:* fennel, leek, celery root, onion

*Main Ingredients:* purple sweet potato or regular potato varieties

*Spice blend:* chives, coriander, red pepper flakes

*Garnish:* chives, green onion, hemp hearts

#### *Method*

1. Pressure-cook/Steam the sweet potatoes, 6 minutes, to easily remove skins
2. Sauté base vegetables, 4-6 minutes
3. Add spices
4. Sauté for another 4-6 minutes
5. Add main vegetables, vegetable stock, and cook for 15 minutes in pressure cooker, or 45 minutes on low heat stove top.
6. Blend with a hand-held immersion blender
7. Choose garnish and serve

### **Cauliflower & Broccoli**

*Base Ingredients:* leeks, celery, crushed garlic

*Main Ingredients:* 1 head of broccoli and cauliflower, Brussels sprouts, potatoes (optional)

*Spice blend:* crushed fennel and coriander seeds

*Garnish:* salt, pepper, hemp hearts\*

#### *Method*

1. Pressure-cook/Steam the potatoes, 6 minutes, to easily remove skins if using, otherwise skip this step.
2. Sauté base vegetables, 4-6 minutes
3. Crush and add spices
4. Sauté for another 4-6 minutes
5. Add main vegetables, vegetable stock, and cook for 15 minutes in pressure cooker, or 45 minutes on low heat stove top
6. Blend with a hand-held immersion blender
7. Choose garnish and serve



## Carrot & Parsnip

*Base Ingredients:* leek, celery, crushed garlic, shallots

*Main Ingredients:* 5-6 carrots : 3 parsnips

*Spice blend:* turmeric, ginger, cumin, curry, red pepper flakes

*Garnish:* fresh herbs (basil, chives, green onion) salt, pepper, hemp hearts\*

### Method

1. Sauté base vegetables, 4-6 minutes
2. Add spices
4. Sauté for another 4-6 minutes
5. Add main vegetables, vegetable stock, and cook for 15 minutes in pressure cooker, or 45 minutes on low heat stove top.
6. Blend with a hand-held emersion blender
7. Choose garnish and serve

## Beet & Tofu

*Base Ingredients:* onion, garlic

*Main Ingredients:* 3-5 beets, 3 carrots, 6 plum tomatoes (peeled)

*Garnish:* fresh parsley, tofu cubes (optional)

### Method

1. Sauté base vegetables, 4-6 minutes
2. Add main vegetables, vegetable stock and cook for 15 minutes in pressure cooker, or 45 minutes on low heat stove top.
3. Optional blend with a hand-held emersion blender or leave as a chunky soup
4. Choose garnish and serve



Choose Wild or Pastured Animal Proteins

Opt for Organic, Pesticide-free, Non GMO, Local Produce

Avoid tap water and environmental chemicals



## Chilled Avocado

*Base Ingredients:* 1 tbsp. lemon juice

*Main Ingredients:* 2-3 avocados : 2 cups of veg stock

*Garnish:* chives, parsley, coconut milk

### Method

1. Process avocados, lemon juice, veg stock, and some parsley/ chives in a blender
2. Transfer mixture to a bowl and chill.
3. Garnish with chives, parsley, and coconut milk (optional).

## Zucchini & Asparagus

*Base Ingredients:* onion, celery root, fennel, garlic

*Main Ingredients:* zucchini and asparagus

*Spice blend:* curry, crushed fennel, and coriander seeds

*Garnish:* salt, pepper, hemp hearts\*

### Method

1. Sauté base vegetables, 4-6 minutes
3. Crush and add spices
4. Sauté for another 4-6 minutes
5. Add main vegetables, vegetable stock, and cook for 15 minutes in pressure cooker, or 45 minutes on low heat stove top
6. Blend with a hand-held emersion blender
7. Choose garnish and serve

## Hippocrates

*Base Ingredients:* onion, leek, celery root, parsley root, garlic

*Main Ingredients:* tomatoes, potatoes, celery, carrots

*Spice blend:* parsley, thyme

*Garnish:* parsley

### Method

1. Sauté base vegetables, 4-6 minutes
3. Add dried herbs
4. Sauté for another 4-6 minutes
5. Add main vegetables, vegetable stock, and cook for 45 minutes on lowest soup pressure cooker setting, 7 hour slow cooker, or 1.5 hours on very low stove top heat.
6. Blend with a hand-held emersion blender
7. Choose garnish and serve

\* Hippocrates soup is a main soup within the Gerson Therapy. The medicinal ingredients of the "Hippocrates Soup" are leeks, celery root, and parsley root.

The potatoes are for calories and protein.

The onions and tomatoes are added for flavour!





### **Black Bean Tomato**

*Base Ingredients:* onion, garlic, green pepper

*Main Ingredients:* 4-6 plum tomatoes (peeled), diced tomato, tomato paste, black beans

*Spice blend:* chili powder, paprika, coriander seeds, basil, Italian spices, red pepper flakes

*Garnish:* salt and pepper

#### *Method*

1. Sauté base vegetables, 4-6 minutes
2. Add main vegetables, spices, vegetable stock, diced tomato, tomato paste, and cook for 15 minutes in pressure cooker, or 45 minutes on low heat stove top
3. Blend mixture with a hand-held immersion blender
4. Incorporate the cooked black beans. \*If using dry beans, soak/cook separately in advance
5. Choose garnish and serve

### **Chunky Chickpea & Vegetable**

*Base Ingredients:* onion, fennel, garlic

*Main Ingredients:* zucchini, carrot, celery, diced tomatoes, cubed sweet potato, chickpeas

*Spice blend:* paprika, coriander seeds, basil, Italian spices, red pepper flakes

*Garnish:* thyme, salt and pepper

#### *Method*

1. Sauté base vegetables, 4-6 minutes
2. Add main vegetables, spices, chickpeas, vegetable stock, and cook for 15 minutes in pressure cooker, or 45 minutes on medium heat stove top. \*Soak/cook dry beans in advance.
3. Choose garnish and serve

### **Lentil & Spinach**

*Base Ingredients:* onion, celery, fennel, garlic

*Main Ingredients:* carrot, tomato, spinach, lentils

*Spice blend:* paprika, cumin, turmeric, red pepper flakes

*Garnish:* salt and pepper

#### *Method*

1. Sauté base vegetables, 4-6 minutes
2. Add main vegetables, spices, beans, vegetable stock, and cook for 15 minutes in pressure cooker, or 45 minutes on low heat stove top
3. Add fresh or frozen spinach and allow to cook until tender 2-3 minutes
4. Choose garnish and serve

### **Lemon Chicken**

*Base Ingredients:* onion, leek, celery, crushed garlic clove, 1 tbs lemon juice

*Main Ingredients:* chicken breast, peas, spinach

*Spice blend:* basil, Italian spices

*Garnish:* salt and pepper, lemon zest

#### *Method*

1. Sauté chicken breast 4 minutes each side
2. Sauté base vegetables, 4-6 minutes
3. Add herbs, lemon juice, zest, and chicken together, sauté for another 4-6 minutes
4. Add main vegetables, veg stock, and cook for 15 minutes in pressure cooker, or 45 minutes on low heat stove top.
5. Choose garnish and serve



## Turkey, Sage, & Mushroom

*Base Ingredients:* onion, celery, garlic, sage

*Main Ingredients:* turkey, mushrooms

*Garnish:* salt and pepper, fresh sage

### Method

1. Sauté turkey 4 minutes each side
2. Sauté base vegetables and sage, 4-6 minutes
3. Combine turkey and base vegetables, sauté for another 4-6 minutes
4. Add stock, and cook for 15 minutes in pressure cooker, or 45 minutes on low heat stove top
5. Brown mushrooms (6 minutes) each side
6. Incorporate mushrooms once the soup mixture is done
7. Choose garnish and serve

## Salmon Noodle

*Base Ingredients:* garlic, fresh ginger

*Main Ingredients:* salmon fillets or salmon steaks, rice noodles, bok choy, spinach

*Garnish:* bean sprouts, green chili, fresh minced ginger, cilantro

### Method

1. Broil one side of salmon 4 minutes or until done and set aside
2. Cook noodles, drain, set aside
3. Sauté base vegetables 4-6 minutes
4. Add stock and bring to a boil
5. Add bok choy and cook for 2-3 minutes until tender
6. Add spinach and cook until wilted 1-2 minutes
7. Divide in bowls, add noodles, salmon, and garnish options to each bowl

## Fishermen's Soup

*Base Ingredients:* onion, celery, garlic

*Main Ingredients:* mixed white fish, shrimp, chopped tomatoes

*Garnish:* salt, pepper, lemon

### Method

1. Sauté base vegetables 4-6 minutes
2. Add fish and shrimp to pan, and tomatoes, cover with stock and cook until done
3. Bring stock to boil on stove top
4. Combine all ingredients and simmer for another 10 minutes
5. Divide in bowls and garnish
6. Serve with a wedge of lemon, salt, and pepper







*Experience Health!*

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#### References:

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<http://gerson-research.org/hippocrates-soup/>

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