Syndrome X Protocol
Last revised 5/20/2014

Click here to learn the logical basis to our highly successful protocol

Because so many of our patients have asked for this food plan in writing, here it is on this easy-to-access webpage! Why do people want our food plan? Because it works, its do-able and its tastes good! We've spent a lot of trial and error designing this food plan -- our patients have taught us a lot about what works, what doesn't work and how to make it fun and tasty!

The reason this food plan prohibits some foods that are considered “low glycemic” is because these forbidden foods are highly toxic! My goal is not to make you thin so you become healthy. That's not how it works. My goal is to make you healthy so that you naturally and easily become thin. And it is this goal of “health” as to why certain foods are prohibited on this Syndrome X Food Plan. In fact, I could have just as easily called this food plan the “Anti-inflammatory Food Plan” or the “Low Allergic Food Plan” or the “Low Toxin Food Plan” etc…

For example, the following are forbidden foods and the reason why:

No Dairy! Where do I start regarding the dangerousness of this white, liquid, mucous “food”? *** No animal drinks milk after it is weaned. *** No animal drinks the milk of another animal. **** Other nations, like the Asians, view dairy as consuming “pus” and completely toxic and repulsive. *** Dairy is without a doubt the #1 or #2 most allergic food there is. *** Dairy contains high amount of IGF and as explained in this book, and thus, fertilizes cancer. IGF is a hormone whose message to the animal that consumes it is “grow baby grow”. IGF is like “Miracle Grow” fertilizer. The problem is once the baby animal doesn’t need that “kick-start growth stimulus” any longer, the main thing the IGF is fertilizing is cancer cells. *** And last but not least, dairy contains casein. All proteins (which contain nitrogen) have been found to promote cancer growth. That’s why the 1940’s nickname for cancer was “the nitrogen trap”. Animal proteins have been found to promote cancer growth more than vegetarian protein. And of the animal proteins, the one that promoted cancer growth the most was the casein protein found only in dairy. For more information on this topic, watch the movie Forks Over Knives. There are plenty of wonderful tasting alternatives to dairy products as you will learn below.

No Soy! High in copper and I commonly see copper overload in people that consume it. *** The copper overload is then passed on from the mother to the children and then I have sick children to deal with. *** Estrogenic properties impacts breast, uterus and prostate *** Nearly 100% of it is now GMO (genetically modified) *** Extreme anti-thyroid properties.
No seafood! All seafood, including the small fish like salmon, are now highly contaminated with mercury. And now, since Fukushima, high levels of radioactive isotopes as well. Mercury is second in toxicity only to plutonium (ie: atomic bomb material). Mercury is cumulative and linked to an endless list of diseases. Patients get better when they avoid it…and sick when they add it back into their diet. And since I’ve run thousands of hair tests and run a hair test on every single patient, I have zero doubt that a patient’s mercury burden is directly related to their seafood consumption. Mercury rarely shows up in a blood test – so don’t fall for that from your doctor. It is stored in the organs and found only via hair test and/or a provocative mercury challenge. Mercury is a sneaky booger – most doctors are clueless about it.

No red meat (unless approved by L. Beck): Iron is used in the production of hemoglobin which, in turn, carries oxygen. The human body is very conserving of its iron supply. What this means is that when the red blood cell dies, it ‘saves and recycles’ the iron for the next daughter cell. Because of the body’s trait of conserving and recycling iron, it is very easy to ‘overdose’ on iron. Iron, like copper from soy, is a good nutrient that can cause some pretty bad things to happen in the body – because it doesn’t easily leave the body. The only people that are not at high risk of iron overload are menstruating females and those that are donating blood regularly. Therefore, if you are a non-menstruating female OR a male, you are at higher risk of becoming iron poisoned via red meat consumption and/or taking supplements with iron. The excess iron is NOT seen in the blood. The excess iron is stored in the liver where it accumulates and does its long-term damage, up to and including cancer and cirrhosis of the liver. The proper test for this liver-stored iron is called a “ferritin” test and it basically never tested by the doctor. Because I have run thousands of this test, I know how common iron poisoning is – and thus, don’t want my patients to get it by them thinking red meat is “good for them”. So, I don’t give my approval for red meat until I first know the ferritin number. And keep in mind the range the lab gives you for ferritin is NOT based on what is healthy— it is the statistical average of the unhealthy, iron poisoned people that got tested at that lab during the prior year! So ignore the lab’s range for ferritin. Basically, keep ferritin at about 40-80. *** The other reason for red meat avoidance has to do with immunological response to it and one’s ability to digest it properly. Only those with “O” blood type seem to have the capability to digest it AND not have a negative immunological response to it. Many people with “A” and “AB” blood type just naturally stay away from red meat because of how it makes them feel – heavy and tired. This is from both the strain it puts on their lifeforce to digest it and the immunological response. It is very common for “O” blood types to crave red meat, digest it easily and thrive on it. Their problem comes from the iron poisoning mentioned above as well as the overload of nitrogen which fuels cancer growth.

No salt! This means no Morton salt. No iodized salt. No Celtic sea salt. No Himalayan salt. No from-whatever-country salt. Period. No salt. The reason for “no salt” (NaCl) is several reasons. The main reason is the sodium. Our bodies were designed to hold onto sodium and to lose potassium. Why you may ask? Just look at the potassium to sodium ratio of all the fruits and veggies you can think of. These are the foods we were designed to eat. And these foods carry a potassium-to-sodium ratio of anywhere from 30:1 to 100:1 and more. That’s why our body was designed to lose
potassium so easily – because we were designed to consume a lot of it. And the reason our body stores sodium is because we weren’t designed to eat that much of it. By consuming salt we upset this natural balance drastically. And the result is what I see on my BIA testing – a rapid loss of life force and retention of extracellular water. NOT GOOD! *** The other bad thing in salt is the chlorine. Chlorine pushes out iodine. So, the more salt you consume the more iodine deficient you become. NOT GOOD! So, you say you’ll just take “iodized salt” then? Well, before you jump and do that, perhaps you should know that there is approximately 30,000 atoms of chlorine per every one atom of iodine in iodized salt. In other words, you still lose the precious potassium and iodine—and sodium and chlorine win *** You ask “what about all the minerals in the sea salt? Don’t I need those minerals?”. Answer: Nope you don’t. And they for sure aren’t needed at the risk of what the sodium and chlorine bring to the dance. How does the wild horse and cow and rabbit etc get its minerals? Answer: The minerals are covalently bonded within the grasses and veggies that animal eats. When you consume sea salt, those minerals contained in sea salt are ionized and NOT covalently bonded. ** Salt intake has been linked to cancer. *** Do you crave salt? The great majority of my patients with a salt craving lose it when we rebalance their potassium levels. In other words, the body was actually craving potassium and not sodium! ** One of my patients called and asked why she has to put a salt lick out for her horse. I told her I wasn’t a vet but biologically, it “didn’t make sense to me” because wild horses don’t die because there are no salt blocks in the woods. I told her most likely the horse was craving potassium because it was being fed dead, potassium depleted hay – rather than rich, live, green, potassium rich grasses. She decided to supplement her horse with the same potassium we recommend to our patients. And the horse no longer goes to the salt block….interesting, eh? That horse’s response was just like the response of my patients – no more salt cravings once the potassium deficiency is resolved.

** No corn! ** Corn is a grain and has a high glycemic rating. But beyond that, it is loaded with mycotoxins. A mycotoxin is a secondary metabolite produced by molds. In other words, not only is the mold not good to eat, but what is worse is what the mold has produced and left in the food (ie: think of it as mold pee and poop). Mycotoxins are very dangerous and weaken the host. Mycotoxins are produced so that the fungus may weaken and take over the host—ie: weaken and take over YOU.

** No peanuts or peanut butter! **: Peanuts are NOT a nut. They are a legume. And they are loaded with aflatoxin, a highly carcinogenic and toxic mycotoxin. It is a great way to give a rat cancer so that you can test chemotherapy – just give it aflatoxin! All peanut products contain it – even if organic. Choose almond butter or cashew butter instead.

Now that you understand the logic behind certain prohibited foods, let’s move on with this Syndrome X food plan…shall we?

First of all, this is NOT a diet. A diet is something you do for awhile and then you stop it. This is a food plan. This is a way of life. Don’t listen to this food plan, and your problems will return--we guarantee it!
Second of all, Syndrome X, insulin resistance, pre-diabetes and metabolic syndrome are all the same thing! Don't get confused by jargon. They are all the same thing whereby the metabolism of food is causing a chronic inflammatory condition leading to a wide array of symptoms including stroke, heart attack, neurological damage, kidney damage, high cholesterol, high triglycerides and of course, endocrine chaos leading to seemingly irreversible weight gain etc.

Be sure to monitor you progress via BIA -- a service that is free for our comprehensive patients and $25 for non-patients. Do not weigh yourself! The monthly BIA will determine if you are losing fat and gaining muscle (or not). The monthly BIA will determine the status of your fluids -- more edema or less.

Remember: the obesity that has resulted from Syndrome X has nothing to do with calories! It has to do with the metabolism of that food which has resulted in increased VAT -- visceral adipose tissue --- the fat around the middle belly. Guess what? It is NOT fat! It is VAT. It is so different that is why the medical community has given it a different name. So what is VAT if it is not fat? It is an endocrine organ! Yep, you heard me right. An endocrine organ is something that puts off hormones--chemical messengers. Examples of endocrine organs and its chemical messenger are: pancreas (insulin), adrenal (cortisol), ovaries (estrogen), thyroid (thyroxine) etc. The VAT puts off hormones--chemical messengers--too. And guess what those chemical messengers are telling the body to do? Become more insulin resistant and gain more weight! Now do you understand why our nickname for the VAT is 'the beast'? That's because it has a life of its own and as long as it is 'fed' with the types of food that feed 'the beast', then the beast will stay alive and well and release VAT hormones. The bigger the VAT/beast, the more hormones it releases. This is why you get fatter faster year by year because a bigger VAT produces more hormones. This is why those with smaller VATs can tolerate a bit of 'cheating' on this diet and those with big VATs can't tolerate any cheating at all.

Here's a thought: Imagine in your mind a scale.
On one side you place all your endocrine organs like your thyroid, ovaries, pancreas, pituitary, testes etc. And on the other side of the scale you put your VAT/beast/belly.

Who's running your body's endocrine show?

You MUST understand this concept: All food is NOT metabolized alike. A calories is not a calorie is NOT a calorie. A carb is not a carb is NOT a carb.

To learn more about this concept (and more), we recommend you watch our archived webinar “Secrets to a Flatter Stomach.”

Our protocol has a six prong approach. And like a table with 4 legs this protocol will also fall and fail if one of the prongs is broken.

#1 Proper food plan: Printed below

#2 Proper supplementation: Individually determined patient-by-patient but there are a few products that are essential for all—but difference dosage.

#3 Proper exercise: Individually determined patient-by-patient but just know that 'moving the bod' is important. Walking, bike riding are all acceptable to those with knee/hip issues for example. Most people with Syndrome X have abundant fat (because insulin is a STORAGE hormone (ie: store glucose as fat) and if there is one thing Syndrome X patients have a lot of it is INSULIN! But upon BIA testing they also have lots and lots of muscle. After a significant amount of fat is lost we may start to see a loss of this muscle. Thus, at that time (or before if you are so inclined) weight lifting or weight resistant exercises are important.
#4  Proper stress/emotional modulation: Individually determined patient by patient. But know this: You MUST get the stress under control!

Your adrenals respond to the stress with excess cortisol. And what does cortisol do? It POURS glucose into your bloodstream just as if you were eating sugar laden chocolate cake.

Now, I know we all have bad-stuff in our life. But stress is actually our ‘perception’ of that bad-stuff. So, in other words, while you might say you have no control over your life’s bad stuff, you DO have control over how you perceive it. And btw, if you are having trouble with this reality, you need EVOX.

And btw, when you eat foods with caffeine, such as teas and coffee, you are also slugging that adrenal with a ‘stress punch’ that results in the same thing: surge of cortisol which leads to surge of glucose poured into the blood. Don’t worry. Keep reading. We have tasty LEGAL coffee substitutes that our patients rave about.

Last but not least, I want to mention a silent, invisible threat that I guarantee is causing your body stress because that is what the cells are telling us when they produce tons of ‘stress proteins’ in response to this silent, invisible threat.

And what is this silent, invisible treat that is stressing you out and directly linked to diabetes and weight gain?

Microwave poisoning.

There are many causes of microwave poisoning. Yes, one is using your microwave and frankly, you shouldn’t use it for many reasons. However, most people’s body burden of microwave radiation is coming from other sources that you probably have never considered….click here and take action please!

#5  Proper sleep: If you are not sleeping, well….you are a goner on many levels. Sleep is mandatory, absolutely mandatory, to lose fat. Notice: I said FAT. Of course, if you want to lose MUSCLE (and think you are losing ‘weight) then by all means make sleep a low priority in your life and pack your life full of stress because that is what is going to happen---muscle loss. If you are not getting at least 8 hours of deep sleep per night, every night, then you need to talk to us about our sleep protocols. There are MANY reasons people can’t and don’t sleep. One day soon I’ll do a webinar on it and put the link here.

Syndrome X Food Plan
60% veggies, 20% fat, 20% protein
Purpose of veggies:
Precursor for ATP energy formation, phytonutrients, antioxidants, vitamins, minerals
Too much won't harm you.

Purpose of fat:
Precursor for ATP energy formation, essential fats, brain is 70% fat, cell membranes substrate
Too much will harm you

Purpose of protein:
Essential amino acids, neurotransmitter precursors, nitrogen balance, organs/muscle repair
Too much will harm you

It is all about balance!

Junk food:
None....need we say more?

Grains:
None. Addictive. Most grains, with the possible exception of rice, contain toxic gluten. Primary cause of failure if not followed. So, grain eating gives a triple negative whammy to the insulin resistant patient:

1. Gluten: Damage the pancreas beta cells (the producers of insulin)
2. High glycemic: Too high a spike of insulin.
3. Gluten: A general inflammatory agent that attacks the whole body (not just the intestine). Just read the contents page of Dr. Green's book, the foremost grain expert, and you'll see all the syndromes now linked to toxic gluten contained in grains---even grains that are typically considered gluten-free (due to cross contamination). Btw, there is NO definitive test for gluten intolerance. It basically effects us all. Too many 'false negatives' on testing---including the once definitive 'gold standard' of intestinal endoscopy.

Bottom-line: Give up grains, all grains, for 30 days. And you'll see the difference---not only in your weight, but in "gone haywire" inflammatory processes in your body as well.

No corn, pasta, bread, chips, cereal, rice, etc. If you have to have something, try Quinoa instead. It cooks up fast and tastes pretty good. And it is NOT a grain.

Consider 'dehydration'---and this is a great dehydrator at 1000 watts and lots of room. A great, easy, inexpensive way to make crackers, crusts, cookies etc—all LIVE and legal too. Click here for the dehydrator we like---1000 watts for fast drying power, variable temperature gauge (use 115 degrees or less) and lots of space within its eight (8) trays!

Consider our flaxseed cracker alternative..tastes great!

Or, click here for flax crackers and crouton available at the health store. Just make sure you get them without salt or Braggs aminos (too much sodium).

Also click here and learn about our onion cracker that tastes like onion rings! Or look below at recipes for an even easier version to make: Just sunflower seeds, onions, water, garlic and dehydration Tastes just as yummy.

Also, click here for a pizza alternative, although the pizza crust in this is made with grain. And for a great grain-free pizza crust (just don't add salt), click here. Or just use the onion cracker above as the pizza crust. Or use Ken's Homemade Tomato Sauce and Homemade Flax Dough Crust...yum!

Also, click here for legal spaghetti pasta! (some people just use spaghetti squash which is also 100% grain-free and yummy too.)

Also, click here for more recipes (just remember, no salt!)

Also, there is a company that makes a great tasting flax cracker and crouton substitute. Just make sure you used products without salt or dried fruit.

Also, this same company also makes a soaked/sprouted/dehydrate see mixture that is a great alternative to croutons on your salad. One version has no salt. Be careful---there is another variety that looks virtually identical to it but has salt.
Keep in mind that all flax crackers are NOT acceptable! Many are just grain-based crackers with flax dust---not acceptable! Can't tell you how many times patient's have proudly walked in with a grain-based, flax dust product that we had to reject (or they ate it and wondered why they couldn't lose weight).

Some can tolerate basmati rice in small amounts. Basmati has a unique starch sugar this is more difficult to breakdown---and thus, is a lower glycemic sugar hit to one's system.

We could write pages on how potentially harmful grains can be---yes, it is about glycemic load but it is also because of the toxic gluten contained in all (yes, all) grains due to cross contamination.

Gluten is very toxic, allergic and inflammatory---and all grains have it with the possible exception of rice (but rice still has a high glycemic load and why is forbidden). That's why the best choice is Quinoa as it is not a grain, contains no gluten and has low glycemic index.

There is NO fool-proof test for gluten sensitivity except 100% avoidance for 30 days! And gluten sensitivity doesn't manifest only in gut disturbances---mental health, autoimmune, thyroid, skin, fatigue, osteoporosis and even cancer disorders have been implicated with unsuspected gluten intolerance.

And here's the other smoking gun: gluten has been linked with the destruction of the beta cells of the pancreas---ie: the insulin producing cells. Which means that grains are not only a high glycemic sugar hit, they are also toxic to the very cells that make the insulin in the first place!

For decades we've wondered why our patients off all grains did so much better---now the research is catching up with what we've seen in clinical practice.

Even Linnette, who would have bet money she had no gluten sensitivity, found that her health improves with grain avoidance and degrades with grain exposure. Avoid grains! About the only grain that doesn't have some bit of gluten in it is rice---but as stated above, even rice can be too much of a glycemic load for some patient's with Syndrome X, diabetes, etc.

**Dairy:**

None....nothing that came from a nipple.

Please don't ask us if eggs came from nipples! Eggs are a-ok!

Repeat: NO DAIRY. Not even if it is organic. NO DAIRY. Not even from a goat. NO DAIRY. Not even if it is yogurt. NO DAIRY!!! All dairy is loaded with hormones---even if organic---it is loaded with hormones. Not to mention IGF and casein which have both been implicated as major fertilizers of cancer growth.
Love cheese? Me too! That’s why recommend this cheese. It is made out of tapioca. Tastes great!

Now, to defeat Syndrome X and the battle of the buldge, you really shouldn’t be touching ice cream at all. BUT if, down the road, after you’ve attained your goal weight you want to have sneak of ice cream, here’s the brand. I can describe it only in three letters…OMG. There is also coconut milk ice cream made by this company. Just make sure it is made out of coconut milk. Never soy!

**Soy:**
None. It is toxic (especially to the thyroid) and estrogenic and full of copper which is not good for many people.

**Fruit:**
None. Not fresh, frozen, juiced or nor dried. Only exception is lemon and lime are ok to flavor foods, water etc.

Berries are acceptable in moderation because have they have the lowest glycemic index/fructose of all the fruits…and in addition berries have a high anti-oxidant content benefits. Berries are best if used in daily breakfast smoothie because mixed with our Liver Rx, I3D, Perfect Pro, FIT Vegan etc (click here) plus oil will greatly lower the glycemic index even further.

People get very defensive when we try to explain the dangers of fruit (fructose) consumption. They just don’t “get it” that our Creator didn’t design us to have fruit as often as we are able to get it flown in from all parts of the world. Our Creator designed us to have fruit for a limited amount of time (season) and then no consumption of it for many months. Understand? Not to mention everyone says “eat your fruits and veggies”. When that statement has been wrong from the very beginning – it should have been “eat your veggies and fruit”!

The problem now is that our past fruit/sugar/grain consumption totals a higher sugar load than we should have eaten in our entire lifetime---and our body’s sugar/insulin mechanisms are simply overwhelmed and drained. That’s one of many reasons why the fruit must be cut out entirely.

If you are still having doubts, please click here and watch the video at the bottom of the screen. This endocrinologist says it clear: Fructose is a liver toxin!!! To learn even more, type “fructose” in the search line within our Beck Natural Medicine blog.

Some people can tolerate one apple per day in the a.m.

**Veggies:**
All you want....as much as you want...any way you want it (except deep fried)
No carrots, potatoes or beets. Includes sweet potatoes.
Veggies are traditional veggies. For example, red peppers, tomatoes, cucumbers are all veggies (not fruits ---for our purpose) so you can them.

There is some thought that Yams (not sweet potatoes) may be ok. The bottom-line is "may be ok"---and what's important is to see if the BIA continues to improve even if the patient is consuming yams.

Some veggies are better for you than others---so if you like broccoli please feel free to enjoy it every day stir-fried, in soups, on (legal) pizza etc. Broccoli contains some potent chemical and cancer fighting nutrients. Click here and here to learn about cancer fighting veggies.

**Legumes:**
- All you want...but no peanut butter!
- Black, kidney, navy, red etc beans are all fine.
- Great in soups and on salads.
- Hummus is awesome!
- No peanuts! They are toxic with carcinogenic aflatoxin!

**Nuts/Seeds:**
- Ok in moderation....unsalted and unroasted.
- Walnuts, cashews, almonds, sunflower and pumpkin are best.
- Best if can soak in water for 12+ hours to remove proteolytic enzyme inhibitors
- Nut butters are ok
- No peanut products! Aflatoxin is carcinogenic!

**Note:** While we do not count calories on this food plan, we've had just a few cases of patients who did gain weight and in each case it was because they were eating multiple fist fulls of nuts/seeds per day. We dropped their consumption of nuts/seeds and their weight loss resumed.

**Protein:**
- Eggs, turkey, chicken are ok -- prefer w/o antibiotic and hormones
- No red meat unless approved by L. Beck
- No pork
- No fish or seafood
- Turkey sausage, turkey bacon etc are all fine
- If depression/anxiety is an issue, turkey is your best choice of all

**Fat:**
- A bit at every meal...if you don't, you will fail
- Egg yolk is a fat -- in moderation
- BodyBio oil daily -- minimum of 2 tablespoons -- great as salad dressing (2 tablespoons BodyBio oil + 1 tablespoon balsamic vinegar)
  - Olive oil to cook with
  - Olive oil drizzled over food---but does NOT contain essential fats and that is why BodyBio is preferred daily
- Vegannaise mayo -- with purple lid!
**Water:**

My rule of thumb is this: If I can offer the best product and/or the best product at a cheaper price, we'll offer it to you. That's why we hear all the time from our customers “your prices are the lowest!”.

**Reverse osmosis water** -- cleaner and safer than bottled water because you don't have the leaching of the plastic into the water. In-home R.O. purification many times pays for itself within 6 months. City water contains not only chlorine and fluorine which (due to halogen replacement) removes precious iodine from the body, but city water has been repeatedly tested and found to have small amounts of various chemicals, including pharmaceutical drug residues, in it. Yikes!

Now, how you going to lug all that water around to work? I recommend people use glass containers—these are the best. For example, I take a gallon of self-made RO water to work (yes, I own the above unit) and pour it into a glass container for me to drink at work. Why? Xenoestrogens contained in plastic!

But I can't always do that—like at the gym—where glass is unsafe/prohibited.

Then what?

Answer: **Klean Kanteen.** This is a special stainless steel bottle—comes in all sizes. I personally use their biggest size. I highly discourage you from buying any old stainless bottle you see out there. The quality (ie: toxicity) of the steel is not there. Not to mention there are seams---and what did that solder that seam with? Lead? Just stick with Klean Kanteen. They are the best when you are out and about.

Now, this begs the question, “how do you keep the inside of your glass/stainless bottles clean?”

This is a very good question because the latest studies show this: People who carry their own water around are being exposed to way more bugs (bacteria, virus, mold etc) that those that drink water that they made at home.

Well, that makes sense because bottled manufacturers sterilize their bottles before bottling. And you, on the other hand, are NOT doing that and are putting your buggy mouth on the side of the water bottle and more. Given enough time I guarantee your jug, any jug, is gonna be bug full.

So, what to do? Drink the toxic xenoestrogens or drink the bugs?

Answer: Keep using glass and Klean Kanteen and instead, sterilize your jug frequently. First have a good bottle brush. And yes, you can stick in the dishwasher’s high temps. But that does NOT kill what is deep inside the bottle.
Our answer to ridding the buggies inside your jug? Use liquid iodine! Iodine has an outer ring electron atomic structure EXACTLY like chlorine. And it kills just in the same way chlorine does---by grabbing an electron off a buggie. BUT iodine does it without killing you in the process because iodine (unlike chlorine) is not toxic to human life forms. We recommend people buy this small bottle—and then refill with the larger bottle because you will save lots of money.

What you do is fill your jug with (good) water and then put several drops of liquid iodine in the jug. And let it sit overnight. Then, in the morning, just rinse once or twice and you are done. And what if you end up ingesting some of that iodine left on the side of the bottle? That’s great! And if you don’t understand why, you need to the book Iodine Crisis because I just can’t get a patient all the way well without correcting their iodine deficiencies/insufficiencies which are near epidemic out there! I know. I run the lab tests to prove it!

Well, while we are on the subject of water, let’s talk about the shower. Did you know it is estimated that every shower you take you inhale the chlorine equivalent to drinking one gallon of tap water? Super yikes!

So, that means we also need a shower filter for when we take a shower AND when we fill the tub for our kids or just to veg-out and relax in

Well, click here for a great shower filter at an affordable price---there is simply no need to pay almost $100 for a shower filter! Buy some extra filters while you are at it. Easy to install, inexpensive and does the job right. I can’t sell it for cheaper than here—so go here and buy it and stop ingesting all that toxic chlorine!

Drinks:
No alcohol, coffee, tea (decaf included) -- really mucks with insulin via the adrenal pathway! Please don’t make me laugh and tell me red wine is good for you! The amount of resveratrol in red wine is more than made up for the mega loss in vital B-vitamins, potassium, magnesium and especially zinc! Not to mention the hit to the liver! Remember: LIFO. “Last In First Out”. If your liver busy with alcohol, it can’t detox the other toxins being mobilized via your fat loss.
If you gotta have the coffee taste, then use this: click here. Our patients love it! Caffeine-free tea is ok but in moderation only and preferably, rotated (ie: a different tea flavor every 4 days).
Green tea is a major no-no!! Highest oral intake source of fluoride--Click here.
Fruit flavored stevia put in water
Red Alert, Green's First: Taste great and give antioxidants/phyto-nutrients as well
C+ Bio Fizz: Taste greats, has a fizz kick, and vitamin c without the toxic aspartates!
Want something really really good for you? Loaded with “green phytonutrition”? Then consider a wheatgrass that really tastes good! Click here or Click here.

Sweet tooth:
We have an awesome selection of sweets (Paleobar, Cocommune bar, UltraMeal bar) that won't throw your metabolism into chaos. Wow! Our sweets have been glycemic tested as well as clinically tested on our patients to satisfy sweet tooth cravings without throwing off insulin and thus, causing inflammation, weight gain etc.

"Crunchy" tooth: Click here.

Reminder: As a reminder, the primary causes of failure we've seen in patients who 'think' they are following this food plan are:

1. Not avoiding grains 100%
2. Not consuming (good) fats/oils with each meal

Some recipe ideas

One of the devices that we think is great is the Magic Bullet because you can make smoothies in it as well as many of the items below. Also, we do not recommend the use of salt including sea salt due to the 30,000x more chlorine ions versus iodine ions and leading to further iodine depletion that we see in so many patients. Also, there is a delicate balance between sodium and potassium and it is impossible to attain with the addition of salt in the diet. Throw out the salt shaker and enjoy food's real taste! In terms of eggs and meats, we recommend at minimum hormone and antibiotic-free eggs/meat. If possible, organic meat is preferred. Since we have seen so much iron overload in women, we cannot in good conscious recommend red meat of any kind. Due to the epidemic of mercury overload we see in individuals who are eating even the smaller fish such as Snapper, we cannot in good conscious recommend fish/seafood either. The only animal product that across the board we haven't seen some issue with is poultry (ie: chicken, turkey) and eggs. Oh
well. Don't shoot the messenger. We don't like it either. And remember, we were warning about the mercury in seafood 20 years ago—long before warnings that came out about tuna/swordfish/shark from the government a few years ago. We tell you now, we see the exact same mercury overload in people not eating these government recommended minimized fish but either the smaller fish such as Snapper. More and more docs are joining me and finally saying "it has gotten to the point there is no fish safe from mercury—and now molecularly distilled fish oil is our only alternative now to get the essential fatty acids we need without the mercury and PCB contamination."

Linnette's Chicken Parmesan
- Thin-sliced chicken in baking dish
- Cover, soak chicken in spaghetti sauce
- Broil for 11 minutes
- Flip and broil for a 2 minutes

Cover with shredded rice mozzarella cheese
- Turn off oven and let melt for a couple minutes.

Linnette's Spiritual coleslaw (dairy-free)
- 6 cups shredded purple cabbage (one huge one)
- 2/3 cup vegannaise with purple lid
- 2 tablespoons balsamic vinegar
- 2 tablespoons bodybio oil
- Toss cabbage in large bowl. In another bowl whisk together the other ingredients. Pour the mixture over the cabbage and toss to coat thoroughly. Refrigerate until serving time.

Linnette's Cheese-Addict Pizza (dairy-free)
- Take one pizza crust (below). You may keep raw or bake it in oven for a crispier crust.
- Cover with spaghetti sauce. Add veggies, turkey pepperoni/sausage if desired. Cover with rice mozzarella cheese. Bake at 400 degrees for 10-12 minutes or until cheese is fully melted but not turning brown. Free free to add veggies prior to adding the cheese.

Linnette's grain-free onion crackers and/or pizza crust
- Soak 4 cups of sunflower seeds overnight. Grind them up in a food processor with extra water. Shred many white onions and ½ bulb (no clove, bulb) of garlic in food processor and add to sunflower mix. Stir. Then take this mixture and re-grind up in the food processor until creamy. Put in dehydrator, flip after 12 hours. Finished in 24 hours total of dehydration.

Linnette's grain-free pizza flax cracker and pizza crust: MY BEST/EASIEST YET!
- As of 11/7/2010, I've made my best and easiest flax cracker yet!
- Here goes.
- Soak 4 cups of flax seeds for just 1 hour. Rinse/drain. Put in a huge bowl. Put 2 boxes of cherry/grape tomatoes in food processor and liquefy. Pour into huge bowl with the soaked flax seeds. Put a bunch (lots!) of onions and garlic in the food processor and liquefy. Take 10 tablespoons of flax meal and add to huge bowl. Start mixing huge
bowl. While mixing, sprinkle with Italian seasoning. Put light olive oil on the dehydrator sheets. Ladle the mixture onto the dehydrator sheets. Dehydrate for 12 hours. Then flip removing the dehydrator liner. Dehydrate for 12-24 hours more until fully dried. This cracker is so good and so ‘strong’ that I just use it as a pizza crust too---top with spaghetti sauce and mozzarella rice cheese and bake. Yum!

**Linnette’s grain-free spaghetti**

I thought I’d never be able to have spaghetti again cuz all varieties I’ve seen in the store are either too high glycemix and/or have toxic gluten. Thus, I was thrilled when Jamie told me about a $15 machine that would take a fresh raw zucchini and transform it into angel hair pasta. In other words, the pasta is 100% RAW zucchini! One serving takes one large zucchini or two small ones. Then heat up some spaghetti sauce and pour over the “pasta”. I like to also add sautéed veggies too. Yum! I also cover with pesto and puttanesca.

**Chicken swings many ways**

There are many “toppings” that you can buy to season your chicken with...BBQ sauce, lemon sauce etc

We don’t advise using a grill because there are just too many people with the genetic polymorphism that results in throat/tongue/mouth cancer should they consume grilled food (due to the carcinogens)

**Chicken salad**

- Broiled and cooled chicken
- Put in magic bullet
- Add vegannaise mayo, relish, onions, celery etc
- Grind. Eat as is or put inside a red pepper

**Egg salad**

- 2-3 boiled eggs
- Put in magic bullet
- Add Vegannaise may, relish, onions, celery etc
- Grind. Eat as is or put inside a red pepper.

**Kitchen sink salad**

- Romaine and/or mixed greens put in bowl
- Add chopped boiled egg, drained kidney beans, cucumbers, tomato, palm hearts, artichoke hearts, green beans etc.

**Essential salad dressing**

Unlike other salad dressing without any essential fatty acids (ie: olive oil) or made of oils that aren’t that healthy for us (ie: canola oil), this salad dressing is good for you because it contains the essential ALA and LA fatty acids.

- 2 tablespoons Body Bio oil
- 1 tablespoon balsamic vinegar
- While mixing pour over salad
May add some non-salt seasonings if you like but tastes great without anything else added.

**Kale Chips**
1-2 big bunches of kale
1 tablespoon apple cider vinegar
1 tablespoon oil
Favorite non-salt seasoning/herb

Directions: Pre-heat oven 350. Wash and de-stem kale. Chop or tear into 'chip' size pieces. Spread onto baking sheet. Pour the apple cider vinegar, oil and seasoning (1-2 tablespoons) onto kale. Mix to coat all pieces. Bake for 10 minutes or until crispy. Serve immediately! Serves 3-4

**Spicy Chickpea Snack**
1 can chickpeas
2-4 tablespoons cooking oil
Favorite non-salt seasoning/herb.

Directions: Preheat oven at 400. Drain and rinse chickpeas. Pour oil into baking pan, add spices, mix well. Add chick peas and mix till well coated. Place in oven for 15-20 minutes or until crunchy. Stir once half way. Enjoy cold or hot.

**Spicy Chickpea Snack**
2-15 oz cans chickpeas, rinsed and drained
1/4 cup olive oil
2 T lemon juice
1/2 t. curry powder
1/2 t. ground cumin
1/2 t. garlic powder
1/2 cup freshly chopped cilantro

Directions: In food processor, place the chickpeas, olive oil, lemon juice, curry powder, cumin, garlic powder and process until smooth. Add the cilantro and pulse a few times to combine. Transfer the curried chickpea spread to a bowl. Serve as a dip or spread for vegetables or flax crackers.

**Yummy Homemade Legal Ice Cream**
2 scoops of Perfect Pro
½ cup water

1. In a small glass soup bowl, add 2 scoops of Perfect Pro (any flavor). Slowly add water and stir together well.

2. Put in freezer for 2 hours (any longer and it's too hard any less and it's too loose).

3. Remove from freezer and stir until smooth. If you like add a few crushed walnuts, almonds or and small amount of chopped chocolate.
Recipe Notes: Fit Vegan can be substituted but it won’t have the same ice cream-like texture.

**Zucchini Linguine with Chicken**
- 2 tablespoons coconut or olive oil
- 2 boneless, skinless chicken breasts cut into 1/2-inch pieces
- Freshly ground black pepper
- 1 tablespoon minced shallot
- 1 garlic clove, minced
- 1/4 cup fat-free chicken broth, veggie broth or water
- 3 green zucchini, julienned
- 3 yellow zucchini, julienned
- 1/4 cup julienned fresh basil
- 2.5 oz rice cheese, shredded

Heat the oil in a sauté pan over medium heat. Season the chicken with pepper and sauté until cooked, then transfer to a bowl and set aside. Drain all but 1 tablespoon of oil from the pan. Add the shallot to the pan and sauté until soft, then add the garlic and sauté until fragrant. Add the chicken broth and zucchini and sauté for 3-4 minutes more, or just until soft. Remove from heat. Return the chicken to the pan, add the basil, and stir to combine. Dive among four plates and top with the rice cheese. Serve immediately.

**Joyce’s Gazpacho**
Chop up or use a food processor for your pick of favorite raw veggies.
Play with these veggies: cucumber, celery, sweet onion, green/red/yellow peppers, flavorful tomato(s), avocado.
Juice of 1 fresh lemon or lime
Campbell’s Organic Tomato Juice (for the broth)
You can kick it up with hot sauce or other seasonings.
Basically, mix all the raw, small, chopped veggies in the tomato juice...chill. Yum!!

**Ruth Anne’s Veggie Love**
- 1 large bunch broccoli...remove stems and peel off tough outer layer, cut into 1” pieces
- 3 or 4 leaves of kale...remove center stem
- (if you prefer you can use spinach instead of kale)
- 3-4 garlic cloves
- 1-1.5 boxes chicken or vegetable broth...if you prefer a thinner soup you may have to add part of another box after veggies cook down.
- 1 small or 1/2 medium onion diced

Put small amount of olive oil in a 3 quart saucepan and cook onions on a low light till translucent.
Add broth, broccoli stems and florets, kale leaves and garlic...cook till well softened.
Cool slightly and blend well. Return to pot and season with non-salt seasoning.
Yummy! Enjoy!
**Diane’s Hummus**
2 cups chickpeas (if dry, soak 12 hours)
2-4 cloves of garlic, chopped
1/4 - 1/2 cup water
1/4 - 1/2 cup tahini
1/4 cup lemon juice
4 tablespoons chopped parsley
2-4 tablespoons olive oil or body bio oil

I use dry chickpeas that have been soaked and cooked till tender. In a food processor, combine chickpeas, garlic and water. Process till all combined. Add tahini, liquid aminos, lemon juice and parsley. Process till smooth. I have some favorite seasonings I like to add as well, adjust to taste. Sprinkle olive oil or body bio oil on top and serve. Yum!

**Diane’s Flax Meal Bread**
2 cups flax meal
1 tablespoon baking powder
Sugar substitute
5 eggs, beaten
1/2 cup water
1/3 cup oil (I used coconut oil)

Line pan with parchment paper. Mix all dry ingredients together. Beat eggs and add oil and water. Mix well. Let stand no more than 2 minutes. Pour in prepared pan and bake. I add chopped onion and hot pepper that was sautéed in oil. I omitted water as enough was in the onion, sprinkled rice cheese on top (or inside the bread) and bake.

**Jamie W’s Sage Chicken**
4 chicken thighs or breasts
Sauté chicken in several tablespoons walnut oil.
When it is time to turn the chicken, put in several tablespoons of sage. When the chicken is cooked, add about 2 cups chicken broth and stir.
Add cooked navy or northern beans and sauté a few more minutes.
Just before serving add walnuts (soaked and dehydrated)

**Joyce’s Lentil Loaf**
1 lb of lentils cooked
5+ tablespoons olive oil
Organic chicken broth (low sodium)
1 cup+ finally chopped onions
1 cup of chopped roasted sunflower seeds
¼ cup roasted garlic
1 small yellow squash, cut up in small pieces
Garlic powder
Onion powder
5 beaten eggs  
1 can of tomato sauce  
Follow directions to wash and cook lentils. Beat up 5 eggs and put aside. Saute onions and garlic in olive oil till soft. Mix in the rest of the ingredients. Add the eggs when mixture is cooled down a bit. Before I added the cooked lentils, I put half of them in a blender with some of the tomato sauce, then mixed everything together. And put into rectangle casserole dish. Baked at 350 degrees for 45 minutes or so. Mushrooms could also be a good variation instead of squash.

**Ray’s Black Bean Salsa**  
15oz black beans  
10oz diced tomatoes & green chilies  
1/4 cup chopped red onions  
1/4 cup chopped cilantro  
1tbls lime juice  
Mix all above together and eat alone or with legal crackers, over legal pasta etc. Top with cheddar rice cheese for extra flair.

**Diane’s Quinoa Rice Pudding**  
1 quart rice dream organic rice milk  
1 1/2 C Rinsed Quinoa  
1/2 tsp cinnamon or more to taste  
1 dropper of orange stevia  
1 tsp. vanilla extract  
3 eggs separated  
Cook Quinoa in milk till tender. Mix egg yolks and add hot pudding to the egg a little at a time as not to cook the egg but to incorporate till hot enough to add the the pudding. This will thicken the pudding and make it creamier. Let pudding cool. Beat egg whites with a hand mixer into a meringue add 2 tsp. or more if you want sweeter of xylitol sugar and a 1/4 tsp of cream of tarter and a dash of cinnamon. Fold egg whites into pudding and chill till serve.

**Candice’s Sunny Pate**  
3 cups sunflower seeds, soaked 8-12 hours, and sprouted 2-4 hours  
1 cup lemon juice  
1/2 cup chopped scallions  
1/4 - 1/2 cup tahini  
2 - 4 slices red onion cut into chunks  
4 - 6 Tablespoons coarsely chopped parsley  
2 - 3 medium cloves garlic coarsely chopped  
1/2 teaspoon cayenne pepper, or more to taste  
1 -2 Tablespoons ginger juice, (optional) - This is the ingredient that sets my pate apart.  
I can't figure out the juice thing, so I just put it in the food processor with the other ingredients. Gives a great tangy flavor!
1 teaspoon ground cumin (optional)

Blend all ingredients in a food processor until smooth.
I have found that by mixing the ingredients together first, then put into the processor, works best.
This will last 10 - 14 days in the fridge and is great with veggies, on salads, on sandwiches, with flax crackers or flax bread, etc, etc.

**Teresa’s Hummus (100% organic)**
1 can Eden (no BPA cans) garbanzo beans
1 can Eden cannellini beans
2 TBS tahini
2 TBS lemon juice
garlic
4 TBS olive oil
Blend all together in a food processor until creamy.

**Linnette’s tabouli (wheat/gluten-free)**
I love tabouli! But I hate the fact that it is traditionally made with bulgar wheat and thus, loaded with toxic gluten. Yikes!
No more!
My friend Andrea sent me a gift of organic buckwheat by Eden. Buckwheat is not wheat. It is a seed from a plant similar to rhubarb. It is very cheap and easily cooked up like rice. Then, mix to with olive oil, chopped tomatoes, cucumbers and parsley. I personally like my tabouli green with majority of parsley. Thus, I take several bunches of parsley, clean and grind up in food processor. Only a minimal amount of buckwheat is added to this. Chill. Yum! Great with hummus on top of legal onion crackers.
2 cups cooked Eden Organic buckwheat cooled and fluffed
1 cucumber, chopped
2 small tomatoes, chopped
2/3 cup green onions, chopped
2 cups (or more) fresh parsley, chopped
1 clove garlic, minced
½ cup lemon juice
¾ cup BodyBio Oil
Combine all ingredients. Chill at least 1 hour. Serve alone, on romaine leaves, on legal crackers etc.

**Linnette’s Legal Pizza**
Take a legal sunflower or flax cracker made to your liking.
Cover with spaghetti sauce and legal rice cheese
Put in over at 400 for 8-10 minutes or until cheese is melted
You make also pre-cook the cracker crust if you want it more crunchy. Add veggie toppings and turkey pepperoni too before adding the cheese.

**Linnette’s Chocolate-Almond Detox Balls**
Almond butter in bowl and mix in chocolate detox powder such as Liver Rx or I3D. Then after the balls are made, put some more detox powder in a baggie and throw in a couple balls and coat the balls. If the balls aren’t dry enough for you, try pouring off the oil on the top of the almond butter jar. I’m still working on this recipe…this is my first go around with it.

**Martha’s Spinach Salad**

Baby spinach leaves (organic)  
Sliced Strawberries (organic)  
Fresh Raspberries  
Fresh Blueberries  
Annie’s Lite Raspberry Dressing

Lightly toss spinach with small amount with Annie’s dressing. Top with rinsed berries. Sliced almonds and flaked coconut may be added if desired.

**Linnette’s Essential Salad dressing**

2:1 ratio of BodyBio Oil and balsamic vinegar. Mix together while pouring over salad. Contains 2 of the 6 essential fatty acids—something that olive oil is not able to provide.

**Andrea’s Guacamole**

I just put these three items in the food processor:  
Avocado’s  
Fresh lemon  
Garlic

I do not have exact amounts since I am not sure how many avocado’s I will use but approximately a few squeezes of lemon and a few cloves of garlic.

**Puttanesca- Traditional**

2/3 cup pitted olives, diced  
2 cups cherry tomatoes, chopped  
1 TB olive oil  
1/2 cup basil  
1/2 cup Italian parsley, minced  
4 garlic cloves, pressed or minced  
2 t capers  
2 TB pine nuts  
Pepper

Chop up all the above

**Linnette’s Easy Puttanesca Knock-off**

A lot of chopped tomatoes, I use 2-3 containers of grape tomatoes cuz they are ripe and sweet. A lot of tapenade – almost half a bottle. Mix the above in bowl.
Chill.
Put over legal spaghetti or use on legal crackers with hummus etc.
If I have time to work harder, I’ll add some of the above Puttanesca recipe in too

**Norma’s Collard Greens**
1 large onion sauteed in olive oil
1 bunches of Collard Greens washed and cut up
Season with herb and garlic seasoning
Cook for 45 mins. to an hour on medium heat.

**Diane’s Black Bean Brownie**
1-15 oz can black beans or cooked black beans
3 eggs
3 tablespoons coconut oil
½ teaspoon baking powder
1 teaspoon vanilla
37 drops stevia or 2-4 tablespoons xylitol.
¼ cup cocoa powder
Mix all in blender. Pour in 8x8 lined pan w/parchment paper. Bake at 350 degrees for 30 minutes.

**Diane’s Flax bread (that tastes like a yummy brownie when you use the cocoa)**
2 Cups ground flax seed (flax meal)
1 Tablespoon baking powder
5 eggs lightly beaten
1 heaping Tablespoon coconut oil, unrefined (I melt it if it is hard)
1-2 Tablespoons sugar (I use xylitol you can use Stevia if you want just adjust amount to taste)
Mix dry ingredients together, add beaten egg.
Mix until blended and pour into 8x8 parchment lined pan.
Bake 350 20 minutes.
If feels or tests that it needs more time, I just turn the oven off and check it till done.

To this basic batter,(be creative) you can add:
Cocoa powder 1/4 c, nuts, unrefined non sweetened coconut.

    or
hot peppers and onions lightly cooked in the coconut oil and rice cheese

    or
Broccoli pured or chopped and onion chopped

    or
zucchini shredded

    or
canned pumpkin pure 1/4 c or so with pie spice and nuts if you want cooking time about 20 min 350 oven. Test wit tooth pick

**Michelle’s Cilantro Pesto**
Put in food processor:
- one bunch of parsley
- one bunch of cilantro
- one peeled bulb of garlic
- 1/4 to 1/2 cup of olive oil
- the juice of 2 to 3 limes or lemons

Turn on the processor until it is done just the way you like it and enjoy! (Great on steamed chicken, salads, soups, and many of your other recipes)

**Joyce’s Beck Black Bean Soup**
I am terrible about recipes as I never make the exact same thing twice.

I soaked a 1 lb bag of washed **Black Beans** overnight.
I cooked them stove top in organic **Chicken broth** with lots of already sautéed chopped **onions** and **garlic** and **parsley** (cilantro is good if you like it) chopped sautéed **green** and **sweet red peppers**
after the beans were pretty much done, I pureed half of them, to thicken the soup
I sautéed up 1 lb of **turkey sausage** they sell at Publix in the frozen section, (used **Olive oil** to help do this) Combined everything
Added small can of **tomato sauce**
You can embellish it with more spices if you like, curry or chili etc.
I may have added some **hot sauce**, but not too much.

On the side I cooked up a cup of basmati rice, and added that at the last minute.
This is optional if you are watching glycemic index.

All kinds of extra garnishes can be used: Raw onions, Rice Cheese shreds, chopped greens of any kind, chopped tomatoes, salsa etc.

**Candice’s Spaghetti Squash Pasta Primavera**
1 med to large spaghetti squash steamed and scooped
1-2 red peppers sliced
2-3 cups broccoli florets
1 cups frozen peas (if legal)

**Dressing**
2/3 cups olive oil
2 Tablespoons lemon juice
2 Tablespoons Rice Grated Topping, Parmesan flavor
1/4 teaspoon dry mustard
2 Tablespoons minced fresh parsley
1 Tablespoon minced fresh basil

Lightly steam the veggies until crisp tender and add to squash. Pour the dressing over and mix. Serve hot or cold.

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**Patty's Gluten Free Meatloaf**

1 or 1 1/2 lbs of Organic Ground Turkey
1 Organic Egg
1/3 to 1/2 Organic Chopped Onions
1 Cup cooked Basmati Brown Rice for 1 lb turkey or 1 1/2 Cup for 1 1/2 lbs of turkey

Cook Basmati. Place meat, egg, chopped onions in a bowl and mix. Then add Basmati rice and mix thoroughly. Place in oven @350 degrees for about an hour.

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**Patty’s Eggplant with Ground Tomatoes**

Peel and Slice Organic Eggplant
Place slices in dish that has been lightly oiled with olive oil
Peel and chop or grind 1 clove fresh garlic
Pour Organic fresh pureed or canned organic crushed tomatoes with garlic over Eggplant Slices
Sprinkled oregano all over the the top of the crushed tomatoes.
Bake in oven @350 25 minutes to until done.

I have also placed meatloaf in the center of a large dish and surrounded it with the eggplant and also poured the ground tomatoes over the meat loaf and the sliced eggplant and baked them together @350 degrees for 1 hour.

Optional: Mozzarella Rice Cheese sprinkled on top of the eggplant.

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**Jamie W’s Butternut Squash Soup**

1 medium butternut squash
Chicken or vegetable broth 1 -2 cartons
Onions 2
Olive oil 3-4 T
Cardamom
Cinnamon
Nutmeg

Poke holes in the squash with a sharp knife. Put in a pan with a little water and bake until soft, about ½ hour. If it’s a hot day and you don’t want to heat up the house, peel squash, scrape out seeds, cut into large chunks and cook on the stove top until soft. While the squash is cooking, sauté the onions in olive oil with spices. Add broth to this mixture when the onions are soft. When the squash is soft, peel, scrape out the seeds and add the remainder to the onion/spice/broth mixture. Puree all ingredients.

**Judy’s Asian Coleslaw**
A finely shredded cabbage
Mix in 2 cups of Veganaise
1/4 cup of apple cider vinegar,
1/2 cup of dark cold pressed sesame oil,
1/2 tsp.of ginger ,
1 packet of stevia,
1/4 tsp.cumin,
red pepper to taste.