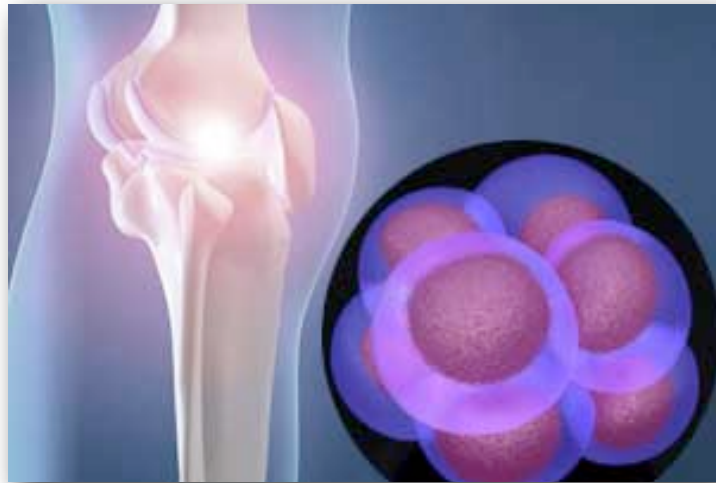


How Superfoods Can Regrow Your Knees



Workbook & Bonus Material

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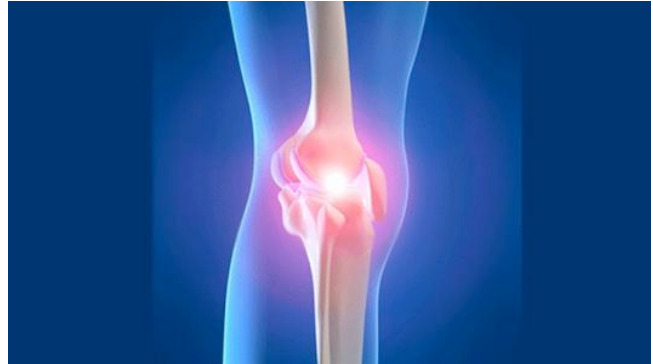
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Section 1: Critical Underlying Knowledge About Regeneration

Healing an internal or external injury is built into your body's intrinsic design. An obvious analogy would be that if you had some damage done to your home, you'd need the proper building materials to repair it to your specific standards of appearance and functionality.



If your house were damaged due to an accident (or simple wear and tear), you'd need to supply all of the building materials, labor, and intelligent strategy to have it repaired properly. On top of that you'll likely need to get rid of the old materials that were creating the problem in the first place.

Where we, as human beings, get our raw building materials is from the food we eat and nutritional protocols we take on. The labor for transporting the materials where they need to go are the enzymes, hormones, growth factors, and transportation systems in the body.

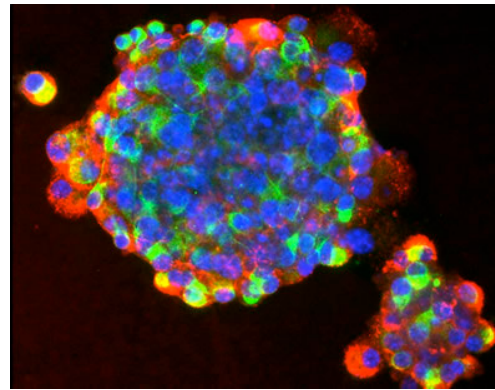
With a clear and decisive plan for best utilizing these body systems, you are allowing your body to perform at its highest capacity. Removing the old materials is a function of AVOIDING the underlying destructive practices (denatured foods, smoking, joint overuse, etc) as well as the highly evolved eliminatory and recycling systems in our bodies.

This all adds up to owning a highly efficient human body that has remarkable regenerative abilities when it's supplied with the right building materials and conditions.

What you're gaining access to in this program are the most elite, time-tested physical regeneration foods and nutrients, as well as the leading-edge understanding on how these things work and how to accentuate their results. So take it all in and rebuild your body with intelligence!

Section 2: Stem Cells - Your Cellular Key to Regeneration

Stem cells are unique cells that have the ability to differentiate into a diverse array of specialized cells and can self-renew to produce even more stem cells. Your stem cells literally contain the biological information to become any part of your body that is needed.



The categories they fall under include:

***Totipotent stem cell** - As soon as the egg is fertilized, cells start to grow inside, and these cells are totipotent - if you were take one out you could grow an entire human being with it

***Pluripotent stem cell** - inside of the blastocyst (what science is most excited about) because they have the elasticity and intelligence to become any part of the human body

***Multipotent stem cell** - has the ability to become a few different structures -> they are much more differentiated

***Adult Stem Cell** (which is a certain type of multipotent stem cell)

Stem cells make it possible to not just “heal” an injury or condition (which usually is accompanied with scar tissue and structural imbalances), but to actually regenerated the damaged ligament or bone matter.

Stem cells reside in every tissue, meaning that every tissue has the capacity to regenerate. To elicit stem cell activity and mobilization there needs to be a

specific target for your body to act upon, as well as the presence of growth factors.

Growth Factors - The 'Critical Factor' To Stem Cell Performance

Stem cells work along with growth factors to fulfill their specific functions. Without the presence of growth factors, stem cells are unable to develop the complete structure they've been recruited for.

Growth factor availability is a large function of age and nutrition. Though the most elderly individuals still have some youthful functioning stem cells, there is definitely a decline in the population of capable growth factors.

Nutritive sources of growth factors are extremely useful here to sure up the regenerative capacities of the body. Whether they are endogenous or exogenous, the availability of growth factors are key in stem cell performance.

The Unrivaled Stem Cell -

List here in your workbook the key points about these 3 critical stem cell qualities from the audio/visual program

Differentiation:

Self-renewal:

Unique Telomere Functioning:

Section 3: Superfoods to Utilize & Maximize Stem Cell Capability

A space has been provided for you to fill in any pertinent notes about each superfood that you want to keep track of, along with a couple of starter bullet points.



Aloe Vera:

- * Rich source of polysaccharides -> essential glyconutrients that enhance cellular communication
- * Sulfur compounds critical to creating new, healthy tissues
- *
- *
- *

How to use Aloe Vera most effectively:

Get whole aloe leaves and fillet out the inner gel. Blend this gel into smoothies or juices. A 3 to 4 square inch piece is recommended. Alternatively, purchase high quality aloe vera juice.

Best source for Aloe Vera leaves:

Local health food stores like Whole Foods sell whole aloe leaves, and you can also purchase your own aloe plant which grow extremely well indoors. If purchasing aloe juice look for cold-processed products with no fillers.

Colostrum:

- * Contains 87 different growth factors that aid in development and regeneration
- * Shown to trigger a 22% increase in the circulation of stem cells
- *
- *
- *

How to use Colostrum most effectively:

Purchase true 6-hour colostrum powder (this is critical). Add a tbsp of colostrum powder to your specially designed drinks in the recipe section, and build your way up to several heaping tbsp of colostrum each day.

Best source for Colostrum:

[Surthival Colostrum Powder 2.2lbs](#)

[Surthival Colostrum \(small 6.5 ounces\)](#)

Camu Camu Berry:

- * Highest botanical source of vitamin C which is used in collagen production
- * Number one ranking botanical in effectiveness for preventing osteoarthritis
- *
- *
- *

How to use Camu Camu Berry most effectively:

Vitamin C is volatile with metals, so avoid blending and stirring with metal whenever possible. Add a tsp to your lemonade beverages (in the recipe section) and shake or stir with a wooden utensil.

Best source for Camu Camu Berry:

[Camu Camu Powder](#)

Spirulina:

- * Enhances activity of bone marrow stem cells, macrophages, and T-cells
- * Unique polysaccharides that improve DNA repair synthesis and improve cell nucleus activity
- *
- *
- *

How to use Spirulina most effectively:

Add spirulina to your juices, shakes, salads, and other traditional dishes like guacamole. Your daily intake can range from 1 tsp to 3 or 4 tbsp.

Best source for Spirulina:

[Spirulina Manna Powder](#)

Goji Berries:

- * Contain sesquiterpenoids that stimulate Human Growth Hormone (HGH) production
- * Studies show goji can aid in the growth of stem cells, increasing the number of monocytes in bone marrow
- *
- *
- *

How to use Goji Berries most effectively:

Add a handful of goji berries to shakes, salads, and teas. You can soak dried gojis in water to rehydrate them and use the soak water for lemonades and smoothies.

Best source for Goji Berries:

[Organic Goji Berries](#)

Deer Antler (Lu Rong):

- * Contains 24 known Growth Factors including IGF-1 and 2
- * IGF-1 increases the absorption of glucosamine and chondroitin
- *
- *
- *

How to use Deer Antler most effectively:

Take a high ratio alcohol extract sublingually, swishing under your tongue and into your cheeks for 60 seconds then swallow. This is best done on an empty stomach first thing in the morning or midday.

Best source for Deer Antler:

[Deer Antler Velvet Gold](#)

[Deer Antler Velvet Silver](#)

Panax Ginseng (Red Ginseng):

- * Stimulates production of nerve growth factor that promotes stem cell growth
- * Beneficial saponins that reduce inflammation
- *
- *
- *

How to use Panax Ginseng most effectively:

Purchase high integrity extracts and take them sublingually, swishing under your tongue and into your cheeks for 60 seconds then swallow. This is best done on an empty stomach first thing in the morning or midday. Optionally, you can add ginseng powders to your shakes.

Best source for Panax ginseng:

[Panax Ginseng](#)

Astragalus:

- * Shown to boost numbers of stem cells, bone marrow, and lymph tissues
- * Enhances production of Messenger Molecules for hormones
- *
- *

How to use Astragalus most effectively:

Add extract powder to your shakes and elixirs. Start with a tsp and work up to 1 tbsp.

Best source for Astragalus:

[Astragalus Extract Powder](#)

Ant Herb:

- * Clinically proven effectiveness for treating arthritis
- * Richest source of dietary zinc which accelerates healing and more
- *
- *
- *

How to use Ant most effectively:

Take 3 capsules of “Ant Power Formula” twice per day with or without food.

Best source for Ant:

[Ant Power Formula](#)

Deer Placenta:

- *Contains true undifferentiated stem cells
- *Enhanced utilization of IGF-1
- *
- *

How to use Deer Placenta most effectively:

Deer placenta is best taken only as a restorative for short-term cycles when regeneration is truly needed. Take 3 capsules of the deer placenta formula “Supreme Creation” twice per day with or without meals for 100 days. You can utilize it there after once or twice per year for 30 days.

Best source for Deer Placenta:

[Deer Placenta \(Supreme Creation\)](#)

Shiitake Mushroom:

- *Provides over 80 bioactive nutrients
- *Excellent source of vitamin D which promotes cell differentiation
- *
- *

How to use Shiitake most effectively:

Shiitake powdered extract can be added to shakes and elixirs by opening the capsules and pouring them in. Six to ten caps per day are optimum. Shiitake is also greatly utilized in formulas that contain numerous medicinal mushrooms as an option.

Best source for Shiitake:

[Shiitake Mushroom](#)

Raw Cacao:

*Highest botanical magnesium source (accelerated healing)

*Numerous hormones and hormone precursors

*

*

*

How to use Cacao most effectively:

Add raw cacao to shakes and occasional desserts. One to two tbsp per day is the upper limit for best results. Be sure that you always purchases cacao from reputable sources, as the quality varies greatly.

Best source for Cacao:

[Pacari Truly Cacao Powder](#)

[Big Tree Farms Cacao Nibs](#)

Hemp Seeds:

*Rich bioavailable branch-chain aminos (complete protein 35%)

*Excellent ration of omega 3 to omega 6 fatty acids helping to reduce systemic inflammation

*

*

*

How to use Hemp Seeds most effectively:

Add 3 to 4 tbsp of hemp seeds to shakes, salads, and/ or trail mixes.
Purchase organic hemp seeds whenever possible.

Best source for Hemp Seeds:

[Nutiva Hemp Seeds](#)

Bone Broth:

- * Provides a rich source of bone marrow, plus myeloid and lymphoid stem cells
- * Excellent source of bioavailable minerals to help rebuild physical structures
- *
- *
- *

How to use Bone Broth most effectively:

Have bone broth as a meal or a base for making soups, dressings, or entrees

Best source for Bone Broth:

Cook down the bones from organic, free-range meats adding spices to your liking. Here's a few recipes and added research about bone broths: [Broth is Beautiful - Weston A Price Foundation](#)

Ashwagandha:

- * Contains body building steroidal lactones
- * Enhances bone marrow
- *
- *
- *

How to use Ashwagandha most effectively:

Add 1 tsp of your shakes and elixirs, occasionally upping the dose to 1 tbsp.

Best source for Ashwagandha:

[Ashwagandha Extract Powder](#)

Astaxanthin:

*Studies shown to enhance the function of neural stem cells

*Shown to decrease muscle inflammation by more than 50%

*

*

*

How to use Astaxanthin most effectively:

Purchase high integrity astaxanthin capsules. Take right before meals twice per day, optimally along with fish oil.

Best source for Astaxanthin:

[Astaxanthin](#)

Fish Oil:

* Clinically shown to improve synovial fluid

* Proven to reduce pain and inflammation

*

*

*

How to use Fish Oil most effectively:

Take 1000 to 3000 mg of EPA and DHA per day (this varies from different fish oil brands. With the brand recommended, it's 3 capsules twice per day immediately before eating.

Best source for Fish Oil:

[Wholemega Whole Fish Oil](#)

Noni:

* Contains precursor to xeronine which assists in the formation of proteins

* Increases systemic nitric oxide which helps to prevent tissue damage

*

How to use Noni most effectively:

Utilize raw noni powder, mixing it into citrus beverages and lemonade. Noni has a strong taste that most people don't enjoy, so mixing it with citrus is best. You can also utilize bottled noni beverages ONLY if they're not pasteurized.

Best source for Noni:

[Raw Organic Noni Powder](#)

Maca:

- * Effects the hypothalamus enhancing production of beneficial hormones
- * Contain plant steroids (sterols) that have natural anti-inflammatory actions
- *
- *

How to use Maca most effectively:

Add 1 tsp to 1 tbsp of maca powder to your shakes and elixirs.

Best source for Maca:

[Certified Organic Raw Maca Powder](#)

AFA Blue-Green Algae:

- * Contains phycocyanin which stimulates the stem cells in the bone marrow
- * Studies show that AFA increases the number of stem cells AND mobilization
- *
- *

How to use Blue-Green Algae most effectively:

Add 1 tsp to 2 tbsp of blue-green algae flakes to shakes, coconut water, salad, or water. Optionally use a one ounce shoot of E3 Live liquid.

Best source for Blue-Green Algae:

[E3 AFA Crystal Blue-Green Algae Flakes](#)

[E3 Live Blue-Green Algae Liquid](#)

Amla Berry:

- * One of the top vitamin C sources in the world, shown to enhance regeneration of induced pluripotent stem cells
- *
- *

How to use Amla Berry most effectively:

Add 1 tsp of amla powder to lemonades and shakes.

Best source for Amla Berry:

[Amla Extract Powder](#)

Chia Seeds:

- * Balances cellular hydration and electrolyte levels
- * Excellent source of Omega 3's which reduce system inflammation
- *

How to use Chia Seeds most effectively:

Fill a glass jar 1/3 full with chia seed, fill it the rest of the way with water, whisk, put a lid on it, and store it in the refrigerator. This creates a chia "pudding" you can take 1 to 3 tbsp from & add to shakes & other beverages.

Best source for Chia Seeds:

[Certified Organic Chia Seeds](#)

Chlorella:

- * Proven to increase production of bone marrow stem cells
- * Contains unique Chlorella Growth Factor (CGF) assisting in tissue repair
- *
- *

How to use Chlorella most effectively:

Add chlorella tabs to salads (20 to 50 tabs). Use chlorella powder in beverages.

Best source for Chlorella:

[Chlorella Tablets](#)

Section 4: Costly Mistakes and Things to Avoid

Below are the things to avoid that are doing major damage to ligaments, bones, cartilage and more. Use the space provided to insert your course notes and information explaining WHY these things are so harmful:



Conventional Carbonated Drinks:

Processed Grains:

Denatured Sugar:

Smoking:

Prescription Drugs:

Hydrogenated Oils & Oxidized Oils:

Inactivity:

Being Overweight:

Calcium Supplements:

Surgery:

Stress:

Lack Of Sunlight:

Section 5: Simple Fixes to Upgrade Your Operating System

Below are the simple fixes you can utilize to begin to see some immediate improvement in your knee pain and functionality. These items work hand-in-hand with the superfoods detailed in the program to accelerate regeneration. Add your course notes along with the brief description of the program items:



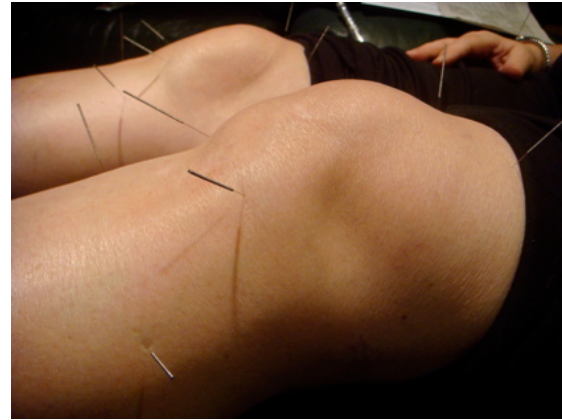
Intelligent Therapy: Working along side an experienced holistic physical therapist, in conjunction with the knowledge of superfood nutrition you are gaining, is an unstoppable formula for seeing some impressive results. (Add any course notes here as well):

MSM & Vitamin C: MSM (methylsulfonylmethane) is an organic sulfur compound that is critical in the rebuilding of ligaments, joints, and tissues. It works best in conjunction with Vitamin C, which together help to create new tissues.

Sunlight/ Vitamin D: Sunlight interacts with cholesterol in our bodies to form the hormone Vitamin D. Vitamin D protects cartilage from degeneration and modulates cell growth.

Alkalinity: Acids and bases (alkaline) play a key role in maintaining the healing conditions in the body. Optimally, you want your body to be in a net alkaline balance. The excess acids from metabolic process and inflammation from healing need to be intelligently buffered by adding in net alkaline nutrition.

Structured Water: All water is not the same. The chemical structure H_2O is the only similarity, but the mineral content and crystal structure vary greatly. The knees are not noted to be very well vascularized structures, so healing requires the right type of water to interact with the cells aquaporins (allows uptake of water) and the right amounts of water overall.



Section 6: Local Stem Cell Mobilization and Topical Treatments

Triggering stem cells to be localized in the knee for regeneration is a smart way to accelerate results. And dealing with pain and discomfort on a daily basis while recovering can be largely eliminated with the use of topical treatments that DON'T BLOCK the bodies natural process of healing.

The Proven Method of Localization of Stem Cells: *Acupuncture*

Harvard researchers have found powerful evidence in the ability of acupuncture to stimulate stem cell mobilization to local areas of the body. The hypothesis is that the acupuncture system and stem cells are closely linked through an “organizing center network” composed of under-differentiated, electromagnetically sensitive cells.

Some of the benefits seen with acupuncture are:

- Decreasing the levels of proteins and cells fostering injury-site scar formation
- Reducing the creation of damage-perpetuating, free-radical molecules
- Decreasing stress-related hormones
- Increasing various regeneration-enhancing molecules
- Stimulating blood flow to the injury area

*Seek an experienced acupuncturist who has worked with knee injuries.

Add course notes here:

Topical Treatments That Work

Fill in the course notes for each item below citing WHY these are so effective:

DMSO (Dimethyl sulfoxide):

Magnesium Oil (The best source can be found here: [AM Magnesium Oil](#))

Traumeel

Section 7: Complimentary Practices to Incorporate

Below are some excellent complimentary practices that can be utilized in your knee regeneration program. Fill in each section with your course notes citing the numerous benefits of each complimentary practice and WHY they are effective versus the standard treatments.



Bioelectrical Stimulation & Grounding

Stem Cell Therapy

Expert Physical Therapy & Self-Therapy

Meditation/ Stress Reduction Practices

Sun Exposure (Increased Increments)

Progress Journal

“You Can’t Manage What You Can’t Measure!”

Rate yourself on a scale of 1 to 10, with **1 being excellent and 10 being extremely dysfunctional**. Retest yourself every 2 weeks (exactly 14 days) to track your improvement. This is likely the most important action-step of the program, so don’t let yourself lose out on this!

	Today’s Date (Beginning Program)	14 Day Performance Check	14 Day Performance Check
Inflammation (1 to 10)	_____	_____	_____
Pain	_____	_____	_____
Mobility	_____	_____	_____
Overall Function Lemonade Recipe	_____	_____	_____

Regeneration Recipes

Daily Detox Drink

24 ounces of spring water
Fresh juice from one whole lemon
1 tsp of MSM
A pinch of sea salt
A couple dashes of cayenne pepper

Strength & Flexibility Lemonade

16 ounces of spring water
Fresh juice from one whole lemon
1 tsp of MSM
1 to 2 dropper fulls of lemon stevia (or another flavor that you like with lemonade)
A pinch of sea salt
A couple dashes of cayenne pepper
1/2 tsp of organic raw honey (optional)
1 tsp of Camu Camu Berry Powder

For 1/2 gallon:

Fresh Juice from 3 lemons
1 1/2 tbsp of MSM
3 1/2 dropper fulls of lemon stevia (or another flavor that you like with lemonade)
1/8 tsp of sea salt
1/8 tsp of of cayenne pepper
1 tbsp of organic raw honey (optional)
2 tsp of Camu Camu Berry Powder

NOTE: Never mix these beverages with metal utensils. Either shake them in a bottle or stir them with a wooden utensil to retain maximum vitamin C content

Max Regeneration Chocolate Milk

12 ounces of cold "SuperTea" (Gynostemma, Yerba Mate, Pau D'arco, and/ or Rooibos)
1 tbsp of coconut oil
3 tbsp of soaked chia seeds
2 tbsp of colostrum powder (build up to 3 to 4 heaping tbsp over the following weeks)
2 dropper fulls of english toffee, vanilla creme, OR chocolate stevia
1 tsp of raw honey
4 tbsp of hemp seeds
3 caps of shiitake (and or mixed mushroom formula; open and pour in)

1 1/2 tbsp of raw cacao powder
1 tsp of maca (optional)
1/4 tsp of cinnamon
Dash of cayenne pepper
Pinch of sea salt
Blend

Blender Chef Tip: Blend all of the ingredients with just 6 ounces of the tea so that all of the items are blended well. Then add the remaining tea until you reach your desired consistency.

Superfood Strength & Flexibility Shake

12 ounces of Rooibos Tea (or another SuperTea)
1/3 cup of Goji Berries (soaked in the tea)
1 1/2 cup of frozen blueberries
1 1/2 tbsp of Raw Cacao Powder
1 tbsp of Cacao nibs
4 tbsp of hemp seeds
1 tsp of Ashwagandha
1/2 tsp of Spirulina
3 to 4 square inch piece of aloe vera gel freshly filleted from the skin
1 tsp of Raw Honey
1 dropper full of English Toffee Stevia
Pinch of sea salt
(optionally add medicinal mushrooms maca, and/ or ant extract)
Blend

Blender Chef Tip: You can stir the cacao nibs in last to retain that “chocolate chip” consistency. The Aloe Vera is clinically proven to help you build muscle and lose fat.

Incredible Hulk (From The Key to Quantum Health)

10 Ounces of Spring water
1 cup of frozen mango chunks
1 ripe banana
1 Huge handful of kale (de-stemmed)
3 tbsp of hemp seeds
1 tbsp of Ormus Supergreens
1 tsp of chlorella powder
1 tbsp of hemp oil or flax oil
A few drops of stevia (Optional)
A pinch of salt
Blend adding water to reach desired consistency

Regeneration Salad

Large bowls of spinach and baby lettuces

Shredded carrot

1 large tomato, diced

½ avocado, cubed

½ tsp of kelp powder

4 ounces of chosen protein (ex. chickpeas, walnut pate, grass-fed beef, eggs, tuna, sardines)

1 tbsp of spirulina

DRESSING

2 tbsp of fresh lemon juice

2 tbsp of Apple Cider Vinegar

2 tbsp of coconut aminos (or Noma Shoyu)

2 tbsp of Extra Virgin Olive Oil

1 garlic clove minced

Add all dressing ingredients to a glass bottle with a lid (It's best to triple or quadruple the recipe for easy access. It stays fresh for about 7 days if kept refrigerated). Mix all of the salad ingredients together in a bowl add. Sprinkle on the kelp powder and a dash of ground black pepper to taste.

Primal Dinner

Have one protein item from the list below, one to two vegetable from the list below, and one essential fat from the list below to create hundreds of different meal combinations.

Protein

Grass-fed beef (london broil, ground sirloin, T-bone, etc)

Grass-fed Bison

Free-range/ pasteur-raised chicken

Free-range/ pasteur-raised turkey

Free-range/ pasteur-raised eggs

Organic pork (pork loin, bacon, etc)

Grass-fed lamb

Wild game (deer, moose, boar, duck, etc)

Wild caught fish (salmon, trout, mahi mahi, cod, sole, etc)

Wild caught shell fish (clams, lobster, crab, shrimp, mussels, etc)

Veggies

Kale Collard Celery

Cabbage Broccoli Mustard greens

Bell pepper	Carrot	Yam
Sweet potato	Asparagus	Parsley
Zucchini	Squash	Pumpkin
Bok Choy	Cucumber	Onion
Garlic	Artichoke	Tomato
Cauliflower	Radish	Watercress
Arugula	Romaine	Chard
Okra	Eggplant	Brussels sprouts
Beet	Spring mix	Bamboo shoots
Ginger	Sea veggies	Sprouts
Cilantro	Sauerkraut	Kim Chi

Essential Fats

Coconut milk
 Coconut meat
 Coconut oil
 Avocado
 Olives
 Cultured butter
 Ghee
 Olive oil
 Pumpkin seed oil
 Seeds (pumpkin, hemp, sunflower, etc)
 Nuts (macadamia, walnuts, almonds, etc)

As an adept, health-conscious adult, you should have a MINIMUM of 20 herbs and spices in your cabinet to make thousands of different meal combinations along with your building block food items. With spices like curry powder and turmeric, you can make a chicken curry with coconut milk and cabbage. With spices like oregano and thyme you can make an italian salad with olives and grass-fed lamb.

Here are a few ideas to get you started:

Grilled Trout with Honey Mustard Marinade:

Mix 2 tbsp Dijon Mustard,
 1 tbsp raw honey,
 1 tsp Coconut Aminos,
 1 tsp Apple Cider Vinegar, and
 1/8 tsp of cayenne pepper in a bowl and then coat 4 oz of Trout Steak.

Marinate for 30 min, then Grill in a tbsp of coconut oil for 5 to 6 minutes on top of sauteed onions (until it is nicely charred on the skin only). Have with brussels sprouts covered in a handful of almonds slivers and a serving of kim chi

“No Shell” Burrito Bowl

4 ounces of sauteed grass-fed beef
4 big cups of romaine lettuce
1/2 cup of organic salsa
1/4 cup Grilled onions
1 tbsp of spirulina
4 heaping tbsp of guacamole

Add all ingredients to a large bowl and enjoy.

Braised Duck with Vegetables

4 Duck Legs
2 celery stalks
1 carrot
1/3 medium white onion (diced)
2 tbsp of olive oil
1 tbsp coconut aminos
1 1/2 tbsp finely chopped ginger
1 tbsp Spike Seasoning Mix

Preheat your oven to 350. Add the chopped carrot, celery, onion, and ginger to a saute pan and drizzle over the sesame oil. Place the duck legs on top, sprinkle them with Spike seasoning mix and the coconut aminos. Put it on the oven and let it bake for 1 1/2 to 2 hours (depending on the temp of your oven, the skin will have a lightly crisp texture).

When its finished, tear all of the meat off of the bone in small pieces. Discard the bones. Added the pieces of meat back into the pan and mix it around with the veggies. Drizzle in a bit of red wine vinegar, and it's complete. *-Recipe adapted compliments of Jean George*

BONUS: Recommended Green Superfood Blends!

In our society today we're bombarded by thousands of different toxins and carcinogens each day that play havoc on our immune system, weakening our ability to regenerate. Our ancestors never had to deal with the pollution and stress of civilization, and that is why EVERYONE in our modern society needs to have a nutritional insurance policy in the form of a enzymatically active green superfood blend.

Below are some of my favorite sources that my clients and family have used for many years. Simply add a tbsp to your juices, smoothies, water, or coconut water to get a huge nutritional boost, and more importantly, ensuring that your getting everything that your body needs.

Click on any of them for more information:

[Sunwarrior Ormus Greens](#)

[Vitamineral Green Powder](#)

[Organic Pure Synergy Green Food](#)