

Natural Healing Express Weekly

Column Volume 24 Weigh Loss Program Week Three

Here we go into Week Three where our protocol is fairly simple. As you know, we are using the Eat Clean Diet by Tosca Reno as a complement to our Supplements and Fitness elements as part of our overall Weight Loss Agenda. This week we found some of us were down a dress size, most reported more energy and almost everyone had reported losing some pounds. Very Good!

The learning topic we focused on this week was concentrating on the EAT CLEAN Principles, some of which have been mentioned previously. They are as follows:

Eat 5 -6 Small Meals every day. Eat every 2-3 hours. Combine lean proteins and complex carbs at every meal. Drink at least 2 liters or 8 cups of water each day. Carry a cooler loaded with Clean-Eating food to get through the day. Avoid all over-processed, refined foods, especially white flour and sugar. Avoid all saturated and Trans fats. Avoid sugar-loaded colas and juices. Consume adequate health fats (EFA) each day. Avoid Alcohol-another form of sugar. Avoid all calorie-dense foods containing no nutritional value (hello, ding dongs) Depend on fresh fruits and vegetables for fiber, vitamins and enzymes. Stick to proper portion sizes and give up SUPER SIZING.

With those basic principles stated, one attendee came up with a much easier acronym to remember the formula (please forgive the slang) Here goes. Eat Less Crap, Eat More Food.

Eat less CRAP ---- C = Carbonated Drinks, R = Refined Sugars, A=Artificial Sweeteners and Colors, P=Processed Foods.

Eat more FOOD----- F=Fruits and Veggies, O=Organic Lean Protein, O=Omega 3, D=Drink more water.

What we are attempting to do is get everyone to understand they can control their bodies and the health of their bodies by controlling what is consumed daily. Literally, there are hundreds of testimonials out there about healing the body by changing the way one eats. And, it's true. So, please, even if you are not working through this segment with us regarding weight loss, take the time to learn the principles of the eat clean diet, especially if you are suffering from one ailment or another. You will be surprised at how quickly the body can make a turnaround for the better.

Since we are on the meal preparation topic, I would like to take an informal survey. You don't have to call on this one, but if you would like to email your opinion or your request, please do so to [skscham@aol.com](mailto:skscham@aol.com)

How many folks out there would consider purchasing freshly prepared (then refrigerated/ frozen) Eat Clean Diet inspired meals if we were to make them available at Natural Healing Express? Or perhaps a kit where all ingredients are measured out and all you have to do is mix them in your kitchen? You can probably guess where this may be leading. Please let us know your thoughts on this, emails please.

Our recipe of the week is listed below. Thanks again to Lisa Hanson for her continued commitment to making our class some delicious samples of the Eat Clean Diet as adapted by Lisa's Kitchen.

## **Applesauce Oatmeal Muffins (Makes 12 Muffins)**

1 cup old fashioned oats	1/2 teaspoon baking soda
1 cup unsweetened applesauce	1 teaspoon cinnamon
1/2 cup skim, soy, rice or almond milk	1/2 teaspoon ground nutmeg
2 egg whites, beaten	3/4 cup whole wheat flour
2 tablespoons ground flaxseed (meal)	1/4 cup dried cranberries
2 tablespoons + 1 teaspoon canola oil	1/4 cup dried cherries
1 tablespoon baking powder	1/4 cup raisins

Preheat oven to 375 degrees. Prepare muffin tins by lining with paper liners or cooking spray. Combine oatmeal, applesauce, milk, eggs, flax and oil in a medium bowl. In another medium bowl, combine dry ingredients, including dried fruit. Make a well in the center of the dry ingredients and pour wet ingredients into it. Stir until all ingredients are just combined. Using a small scoop or spoon, fill muffin cups 2/3 full. Bake for 15 to 20 minutes. Cool on wire rack.

Try a little unsweetened applesauce on your muffin rather than butter. (I added about 10 drops of the liquid vanilla Stevia too, as well as 4 tablespoons of agave syrup for a little added sweetness.)

### *Nutritional Value:*

Calories: 120	Total carbs: 20 g	Sodium: 17 mg
Calories from fat: 31	Fiber: 3 g	Sugars: 3 g
Fat: 3 g	Protein: 3 g	

As always, please contact us via one of the following methods. Natural Healing Express: Phone 815 990 8732, email: [Susan@naturalhealingexpress.com](mailto:Susan@naturalhealingexpress.com) 204 W Main St, Lena, IL 61048.

Website: [www.naturalhealingexpress.com](http://www.naturalhealingexpress.com) Facebook: Susan Schafer or like Natural Healing Express

ENJOY YOUR WEEK.

