

Lauren's Kitchen: Detox Slaw



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bele house the past two weeks as I have played around with

different ingredient combinations. Clearly no one has tired of it as I am sure I would have heard some rumblings. Quite frankly everything I added only made it better, so what you are getting here is the full compliment. Feel free to eliminate what you might not have on hand or replace with another suitable veg.

What I appreciate most is that I can make a sizable batch and it keeps for up to two days. I'm sharing it during the holidays because this fresh, nutrient dense slaw is the absolute perfect antidote to any "accidental" over indulging you might encounter. Because the recipe requires some intense chopping I suggest making enough for a dinner salad and several leftover portions for lunches. Its vibrant appeal also makes it a welcome addition to any holiday spread.

Salad Ingredients:

2 bunches of organic lacinito kale, de-stemmed and chopped fine (curly kale varieties also work well)

1 medium head of organic Napa or Savoy cabbage, chopped fine

$\frac{1}{2}$ head of organic red cabbage grated or chopped fine

3 peeled and grated large organic carrots

2 bunches of chopped organic baby broccolini, trimming tough stem ends first

$\frac{1}{2}$ cup of organic golden raisins, rinsed well with warm water and drained

$\frac{1}{2}$ cup toasted organic sunflower and/or pumpkin seeds

$\frac{1}{2}$ cup organic hemp seeds

Dressing Ingredients:

Juice from 4 organic limes

$\frac{3}{4}$ cup of olive oil

3 tablespoons of coconut aminos teriyaki sauce

Maple Syrup to taste

2 heaping tablespoons of fresh organic almond butter (optional)

$\frac{1}{2}$ seeded and finely chopped seranno pepper (optional)

Directions:

Mix all salad ingredients thoroughly in a very large bowl. Blend dressing ingredients in a blender, with an immersion blender or shake until blended in a jar. Pour half of dressing over chopped salad ingredients using your hands, massaging dressing into the kale to break down the fibers. Add remaining dressing as needed. Enjoy!!

Photo Credit to Vegan Feast Catering

Healthful Holidays



It's no coincidence that I see more acute flu, bronchial infections, digestive disturbances, and UTIs the ten weeks between Halloween and the first week of January than the next

ten months all put together. This, according to my colleagues, plays out in their practices as well, aligning perfectly with the high season of parties at the office, with neighbors and family. So what is it about holiday fare that takes its toll on our immune system? The holiday spreads we have grown up with that signal celebration in our minds are all heavy in three of the most inflammatory foods:

Sugar – Wheat Flour – Dairy Products

When washed down with an alcoholic beverage or two by adults or with soda or punch by the young ones, a recipe for disaster is created in the gut.

Need some further support to why you might consider abstaining from the sugar laced, cheese laden, flour based spreads? Here's some articles for back up.

Sugar and Immunity

How inflammatory diets impact immunity

Ditching Dairy

There is no doubt you have already encountered a holiday feast or two with more ahead so may I offer these practical tips to help you navigate your way through these next weeks, keeping yourself as healthy as possible.

7 Tips for Holiday Thriving

1. **Eat ahead:** This is a foundational rule to live by when you are making the effort to eat a whole, plant-based diet. If it's a lunch meal have a smoothie or juice before attending and if it's an evening affair eat a large veggie full salad.
2. **Take your Gemmos:** Good elimination is the key to a healthy body and that is all the more true if you partake in foods that you normally have avoided. Double up on your protocol if it supports digestion and if not protect yourself with 2-3 doses of Walnut Gemmotherapy

Extract the day of and after indulging. Walnut has both prebiotic and probiotic qualities that will provide the extra protection needed.

3. **Probiotic protection:** Good advice continuously through the season and on in to January. I recommend this product taken 1x daily for maintenance and 2x daily on days you may challenge your digestion.
4. **Bring a dish to share:** You may think you will be the geeky one showing up with a chopped kale salad or a vegan casserole to share, but trust me, yours will be the first food to go. It happens without fail because it's something different for others to try. Check out some of my suggested main course recipes here on Pinterest.
5. **Choose wisely:** Scanning that spread in search of the safest options? Look for items still in their most natural forms; what most resembles real fruits and real vegetables?
6. **Recharge & Restart:** Sleep is one of the greatest revitalizing tool we have outside of our diet. So catch up on your sleep the next day and start your morning fresh by juicing and staying raw until dinner if possible.
7. **Watch for warning signs:** Check out my last blog posts on Acute Care and another on the early signs we often ignore.

May the weeks ahead bring you time with those you love and time to love and care for yourself.

Stay Well!

Lauren's Kitchen: Hubele Family Kohlrabi Soup



So, long ago, back in an earlier chapter of my life, I taught at Heidelberg American High and after a full day of reigning in teenagers I spent my evenings trying to keep up with truly the world's most active two year old boy. Some days there just wasn't enough steam left and preparing a home cooked meal felt completely out of reach. I found an angel, however, who came to my rescue in Irma. Irma ran a perfectly idyllic corner shop located in a village on my route home. She only sold a few essentials, local produce, the bread of the day, and a fresh seasonal soup. Her one-stop-shop became the light at the end of the tunnel for me each Thursday afternoon. In 15 minutes I had all I needed to put a lovely spread on the table without having to face an hour in the kitchen. One particular Thursday, she had prepared a kohlrabi potato soup. I have to admit twelve years ago I had no idea what a kohlrabi was but back then I also still ate bread! Irma not only dished me up a sample bowl that convinced me on the first bite. She then very proudly shared her recipe. Here you will find my

interpretation of Irma's soup that has become a Hubele family standby, eaten now after a gorgeous green salad and no bread.

Ingredients:

2 leeks, chopped (I use most of the tender part of the green leaves too)

2 large russet potatoes, peeled and chopped

4 medium-large kohlrabi bulbs, peeled and chopped

2 tablespoons coconut oil

2 teaspoons of cumin

1 teaspoon of curry powder

Pinch of cayenne pepper

2 cubes of vegetable bouillon

1 jar of chopped tomatoes or 8 Roma tomatoes chopped

1 cup of nut milk (I prefer cashew)

Water

Heat oil in bottom of heavy saucepan or pressure cooker, add spices heating through and then add in the leeks.

Once the leeks have become limp, put in your chopped potatoes, kohlrabi, and tomatoes. Mix well and add water to just cover. If using a pressure cooker follow the instructions for potatoes, if cooking in a conventional saucepan bring water to boil, cover and reduce heat to simmer. When the vegetables are tender add the 2 broth cubes and the 1 cup of nut milk and blend until smooth with an immersion blender or in batches in a standard blender. More liquid may be needed depending on the thickness desired. Garnish with chopped parsley or cilantro. Enjoy!

Acute Care 101: The Three Stages of Acute Care – Continued

Last week I shared Kelly's story and discussed the early signs of an acute illness and the first two stages of treatment. In today's post we'll take a look at the third stage of care for acute illness—convalescence.

Stage Three

So, Kelly followed her protocols perfectly and now three days later she is 80% better, with just a hint of a lingering cough and slightly less energy than usual. This is the sign of a strong immune system and good elimination. Those going into the same situation without such a good starting point will respond differently.

To prevent Kelly from the very common occurrence of relapsing or falling ill again in another two weeks, I will have her follow what I call a convalescence plan in this 3rd Stage. She is back to her normal routine, yet due to her weakened state I would like to give her immune system continued support.

Therapies for Stage Three

- The **Convalescence Gemmotherapy Protocol** is one that I will select individually for my clients.
- **The Plant-Based Diet** returns to The Hubele Method standard suggested plan keeping with the all fruit breakfast and returning to include more cooked foods at the midday if that was the normal routine. As always, keeping any animal protein consumed to the evening meal and eliminating all foods that are made with dairy products.
- **Reduced Activity** if symptoms linger. I suggest that my

clients do not return to their full schedule of activities, especially strenuous workouts, which should be replaced temporarily by gentle exercise such as walking.

- **Increased Fluids** as need to keep well hydrated.
- **Homeopathy** if introduced in stage two may require a follow on dose in weeks to come or lead to a different constitutional remedy to treat the underlying condition.

So there you have it. Knowing what to look for and what to do is half the battle this coming season. In order to be prepared and respond appropriately those first 24 hours it may make sense to purchase a Gemmotherapy Acute Care kit from the Vital Extract store, stock up on alkalizing teas, and keep fresh lemons, ginger and honey on hand. Having the right tools always helps.



By the way, it is no coincidence that I, along all health practitioners, see and treat the most acute episodes of flu, sinusitis, digestive disturbances, and bronchial inflammation between Halloween and New Year's. What we now know about the consumption of sugar, dairy products and processed foods and their immediate suppression of the immune system is powerful information. Next week I'll share some tips for navigating the upcoming holiday spreads so you can celebrate AND stay healthy.

Lauren's Kitchen: Roasted Beet and Quinoa Salad



There is not a holiday meal that would not be honored to share the stage with this first course beauty! The vibrant colors of this Roasted Beet Salad pales only in comparison to its taste. While this is a gluten free and dairy free recipe it will please all the guests at your table even if it happens to just be the ones who join you every night.

In the case you like to play with flavors like I do and want to mix this up a bit, may I suggest roasted butternut squash cubes to replace the beets and toasted pumpkin seeds instead of the pecans? Just as colorful and it feels like an entirely new dish.

Ingredients

4 med red beets (about 1 bunch), washed, stems remove and ends trimmed

3/4 c dry red quinoa

2 t grapeseed or melted coconut oil

1 T + 1 t maple syrup

1 tablespoon tamari (I also would try Coconut Teriyaki *Aminos*)

1/4 c roughly chopped pecans

2 T walnut, hazelnut, or extra-virgin olive oil

2 t apple cider vinegar (*or lime juice*)

1/2 t salt

1 T chopped shallots

5 heaping cups baby spinach (about 5 oz) (*or baby kale mix*)

Full instruction can be found [here](#).

Acute Care 101: Three Stages of Acute Care

Last week I shared with you a story about Kelsey and how her acute symptoms appeared over the course of twenty four hours. The first symptoms, mental and emotional, were very subtle and are generally misinterpreted or go unnoticed by most. Her physical symptoms appeared within the next twenty four hours. This information is particularly important now as we are approaching flu and cold season. I hope you may begin to take note of these early symptoms in yourself and those whom you

care for.

Today I'm going to pick up where we left off with Kelsey's story and explain the 3 different stages of care required for the acute illness.

Stage One

So, the morning after what seemed like a "bad day at work" Kelsey woke with a fever and pounding headache. These were the first symptoms she recognized and knew she was going to need some support. The care Kelsey chooses to provide herself this first twenty four hours of physical symptoms plays a critical role in how long her symptoms will last, how intense they will be, and how soon she will be back in action. Here's what I suggested for Kelsey and suggest for all acute illness during these first twenty four hours.

Therapies for Stage One

- An **Acute Gemmotherapy Protocol** (per presenting symptoms) with frequent, hourly dosing.
- A **Restricted Plant Based Diet** that alkalizes the body's pH, supports optimal elimination and lymphatic cleansing, hydrates and is easy to digest. My recommendation is only raw fruits and vegetables in the form of smoothies, juices, or peeled and cut throughout the day. If there is an appetite and no vomiting or diarrhea, then a vegan soup of miso broth or vegan pho broth with rice noodles and greens is good for an evening meal. By limiting yourself to foods that keep the body alkalized, eliminating, and hydrated, the energy needed to heal is not diverted for digesting.
- **Bed Rest** for the first 24 hours with the onset of physical symptoms. With adults this is the most controversial part of my advised protocol. It is important to note however that there is a substantial difference in time of recovery between those who take to bed immediately and those who wait until they have worn

down their adrenal glands by “powering through.”

- **Increased Fluids** to include warm lemon water with honey, herbal alkalizing teas (Ginger, Tulsi, Dandelion are all good) and coconut water.
- **Warmth** on the kidneys by using a heated pad or water bottle to support them in this important stage of filtration and elimination.



Stage Two

After the first twenty four hours, Kelsey’s body’s response to the therapy would be clear. As a practitioner, I am looking to determine if further support is needed from a Homeopathic remedy and additional Gemmotherapy. Questions I would ask Kelsey include:

1. Is your energy level improving or decreasing?
2. Is your appetite increasing or decreasing?
3. Is your thirst increasing or decreasing?
4. Is your mood improving (from irritability or sadness)?
5. Are there new physical symptoms?

Kelsey’s response will help me determine how I apply the following therapies for Stage Two of care. If she is still

feverish and weak, she needs to continue all of the Stage One therapies another day and I will suggest a Homeopathic remedy. If she is improving and her energy level and mood is as well, she can continue with the Stage One therapies according to these directions:

Therapies for Stage Two

- The **Acute Gemmotherapy Protocol** doses may become less frequent if there is improvement.
- **The Restricted Plant Based Diet** continues until 80% recovered—still avoiding all animal proteins and processed foods.
- **Bed Rest/Physical Rest** after the 24 hours of complete rest is dependent on symptoms and of course adjusted to what is realistic. In a perfect world one would stay home and take regular breaks to actually lay flat to support the work of the kidneys if there is improvement from Stage One.
- **Increased Fluids** continue as in Stage One.
- **Warmth continues** if still on bed rest or each evening.
- **Homeopathy as** needed, based on symptoms.

If Kelsey is following this plan I can be sure she won't be down for long. Whether she has lingering symptoms or not is more of a matter of the state of her elimination before all this began. Check in next week to see what I suggest for her in Stage Three of Acute Care.

Lauren's Kitchen: Herbed

Falafel



I have been preparing family meals since I was ten years old, and I have to admit, it has taken me a full 45 years to try my hand at falafels. Now there is no turning back because these are just incredible and the family is hooked. I was pleasantly surprised to find they were much simpler to prepare than expected. It's not often I can cite Bon Appetite for a whole food plant-based recipe but here you go, in their October issue, Fresh Herb Falafel.

Here is the ingredient list:

8 ounces dried chickpeas, soaked overnight, drained

$\frac{1}{2}$ onion, coarsely chopped

1 jalapeño, coarsely chopped

1 garlic clove, crushed

$\frac{3}{4}$ cup chopped fresh cilantro

$\frac{1}{2}$ cup chopped fresh parsley

3 tablespoons chickpea flour

$2\frac{1}{2}$ teaspoons kosher salt

1 teaspoon baking powder

1 teaspoon ground cardamom

$\frac{1}{2}$ teaspoon ground cumin

Oil for frying

You will see in the instructions that this recipe calls for deep frying which just isn't a method I can endorse. I can, however, tell you that cooking the falafel balls in a small amount of olive oil in a non stick pan works quite well. Additionally the balls can be flattened into small patties and baked for 30-40 mins, flipping each patty after 15-20 minutes.

Full instructions can be found [here](#).

I can also highly recommend this [Spiced Green Tahini](#)

Sauce that is mentioned in the same article. We enjoyed the leftover sauce leftovers on roasted potatoes the following day.

While I opted to serve ours on their own with a large kale salad, you may want to test out this gluten and dairy free pita recipe. Although baked goods are not considered whole foods, when following an 80/20 plant based diet (80% whole food plant based & 20% processed foods) it certainly qualifies as part of your twenty percent.



Acute Care 101: Acute Illness Warning Signs

Last week I introduced this series on caring for acute cases by explaining the difference between acute and chronic symptoms. Because each one requires a different approach, the protocols and care vary. Today I'm going to break down Kelsey's experience with the onset of the flu. I will point out typical early warning symptoms that, like most individuals, she didn't recognize, and I will suggest a different scenario.



Just like every Wednesday at Kelsey's house, she was up at 6 am, preparing lunches for her children, checking her email, and then getting her son and daughter up and going. Until drop off at 7:30 am, she chugged through what she did day in and out, taking care the children were ready for their day, and eating a banana for breakfast in the car. Kelsey made it to the office at 8 am. Feeling a bit more blurry than usual, she went ahead and grabbed a coffee on her way to her desk, passing the feeling off to the fact she hadn't slept as deep as usual the night before. Because Kelsey faced a 3 pm deadline to submit a project for a client, she desperately needed a clear brain and got right to work. After two hours of powering away and having given the coffee a chance to kick in she still struggled with finding the sharpness she needed for today's task. Annoyed with herself, she pushed on making progress, but certainly slower than normal and really feeling every bit of the effort it took.

As lunchtime rolled around, Kelsey decided to order food and keep going. As she continued to struggle with her focus she became increasingly annoyed by the conversations of her colleagues that seemed louder than normal for sure. Kelsey had the sudden desire to be home on her sofa in the quiet of her empty house to finish this work. Unfortunately, at this point

that wasn't going to happen. Her lunch arrived and it sat pushed aside as she continued with further determination. Time seemed to move much faster than her progress. When a team member, who Kelsey was particularly close to, stopped by to check on her and offer some words of encouragement Kelsey felt a cringe of irritability just wanting to be left alone. Finally, painstakingly, Kelsey finished her project at 2:30 pm just in time to give it a good review before sending it off. Now sitting back for a moment she opened her lunch and picked at it noticing it neither looked appealing nor did she have an appetite. After only a bite or two, what she did notice was that she was so thirsty, prompting her to head to the break area to make some tea.

With this deadline behind her Kelsey began to sort through the day's emails and felt as if she faced a sea of demands. Did literally everyone need something from her today? She found herself skimming them and literally unable to formulate answers due to the growing sense of being overwhelmed. The noise level in the office continued to increase and the voices of some colleagues seemed to especially grate on her nerves. Ok, "Pack it up," she thought. If she left now she could actually make it home and have enough time to sort the emails in peace and quiet before her husband arrived with the kids.

The rest of the evening didn't unfold quite so well for Kelsey. She worked through her emails leaving some responses for the morning when she was sure to have a clearer head and couldn't quite find interest in preparing a meal. Unable to find a creative way to pull together what she had in the kitchen she resorted to making everyone a salad and calling out for pizza. When the children and her husband arrived, she was hit with complete exhaustion. As their conversation and noise levels rose it was more than she could bear. She excused herself from dinner and opted for a bath and early to bed.

Kelsey will go to bed thinking she just had a bad day at work and will be shocked to find herself with a fever, burning

eyes, and pounding headache when she wakes the next morning.

As Kelsey's practitioner, however, I would say the first signs of her acute illness showed up early that morning with the lack of mental clarity she experienced. I have a theory, based on a classic law of healing by Constantine Hering, that mental symptoms are always the first to show in an acute illness, followed shortly by emotional sensitivity. In my experience this all appears up to 24 hours before any physical symptoms are clear. In Kelsey's case the symptoms appeared in exactly that order—her slower than usual thought process and the irritation she felt by the comments of her coworker. Add to that her lack of appetite and increased thirst and I would clearly see an acute illness unfolding. Kelsey, like most of my clients, did not and continued to power through missing the opportunity to support her immune system early on.

So what could Kelsey have done differently? In my approach I encourage my clients to learn the language of their body. That means listening early on to mental, emotional, and physical symptoms and knowing how to respond. In Kelsey's case, or your own similar situation, I would encourage you to use these therapies at the onset of the mental and emotional signs:

Gemmotherapy: At this very early stage Black Currant is the Gemmotherapy extract needed to boost the adrenal response and decrease any inflammation. A preemptive few doses for Kelsey during her day while she worked to meet a deadline would have done her wonders. A different protocol will be needed if physical symptoms arise.

Plant Based Die: Shift immediately to a completely alkaline and, if possible, raw diet of fruit and vegetables over not eating. Your body needs your lymphatic system to be fully active right now and fruit, green, and veggie juices are great, but so is whole fruit and vegetables. A light vegetarian miso or pho soup is ideal in the evening even if it is ordered out! Your body needs every bit of energy to heal

whatever is happening and no extra energy should be spent over difficult to digest foods such as animal proteins or processed items.

Physical Rest: Now that you have supported your body with Gemmotherapy and healthy alkalizing nourishment it is time to let your immune system do its work without you robbing the energy it needs. Physical rest is defined here as rest with your feet elevated as soon as you are able. Even better is lying with your kidneys flat and your feet raised.

Homeopathy: In my opinion it's still too early to isolate clear enough physical symptoms for an accurate remedy selection, so I suggest the above three therapies at this stage only.

I already know what you are saying... This is all fine and well, but I don't have the time for this! As hard as it is to slow down and focus on just your own well-being, taking some time now preemptively will keep you from losing much more time in the days ahead.

Check back next week and I will share what to do if you miss these signs.