

# Plant Based Eating on the Go

## IV: Navigating Restaurants

No matter how much you pack along or stock up on at your destination, it is likely you will be faced with eating out at some point on your travels. If you are with colleagues or meeting clients it's a given and important that you have a plan in action before you open that menu.

Granted, some cities such as D.C., Philadelphia, or Boston are a snap- Trust me it is possible to also keep it *clean and green* in the likes of Helena, Montana and Timisoara, Romania with just a bit more effort.

Let's face the fact, however, that there are going to be times when you have a choice in the destination for a meal and times when it will be completely out of your hands. The goal is to just do your best so I'd like to help you with some simple tips whatever the circumstance.

### **Lunch**

Lunch time on the road is getting easier with the growth of high-end salad chains that not only accommodate dietary choices but clearly advocate for those who must or choose to omit particular foods.

Hands down my all time favorite is Sweet Green, however there are other options as reviewed here by Business Insider. Not feeling so salad-y? Nearly all of the salad chains feature daily soups as well.

And, if there is one in the neighborhood, Whole Foods is also a great alternative with plenty of lunchtime options from smoothies to build your own salads to stir fry bars.



## **Dinner (if it's your choice)**

Unless your companions are game to try the local vegan/vegetarian restaurant, look for establishments that are highly rated and heavy on plant items.

Consider the many farm to table restaurants that are available in nearly every city. While not vegetarian, they can certainly offer you a wonderful selection of sides.

I favor Thai or Indian restaurants as most have easily adopted gluten free and vegan options and yet still include a wide array of other choices for colleagues.

Look for menus online that call out vegan and gluten free options as this is always a great sign.

Phone ahead and ask what they can do for you. Today many chef's will offer an off-menu vegan plate. If not, they will have options. Trust me- You aren't likely the first plant-based eater they have served.



## **Dinner (making the best of it)**

So, your local client has the reservations made and your job is to show up and enjoy the hospitality, right? When that's it, you could be dining at anything from a steak house to a wine bar. And guess what- You can still do this!

These are the times when the rubber meets the road and it comes down to your owning the desire to walk a different path with the way you feed yourself. Although there may honestly be times a large salad is your only choice, that's why you have back up snacks in your hotel room. Be pleasant, not pouty, and enjoy the company you are with and the best that that

establishment can offer you. The truth is the more you can be clear and honest with yourself, the easier it will be to have your desires met. Here are some ideas to make not the best scenario still work:

Grab a salad or smoothie ahead of dinner so you don't hit the restaurant famished.

Consider putting together a set of veggie sides if you are at a steak house.

If it's a small plates establishment there are sure to be a few options to meet your needs or that can be modified.

Or, if you are my husband you will ask the wait staff for the largest vegan salad the kitchen can produce. And he has had some beauties!



## **Wherever You Go**

Be upfront with the wait staff as to your dietary needs and really be ok with sending something back that comes out laden with cheese from the kitchen when you specifically asked for

dairy free. This is can be a real test for many. However, if your colleague or dining partner had ordered chicken and received a steak he or she would send it back. Get comfortable with taking care of yourself and your needs.

I have so enjoyed sharing this series with you these past weeks. I do hope that my suggestions on how to prep ahead, avoid airport non-food, and stock up your hotel room have provided you with just the tools you need to stay plant based on your next journey. Safe travels and stay well!

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## **Your Home Guide to Gemmotherapy VII: Urinary Tract Infection**

Oh, the plague of a Urinary Tract Infection! You seem to be feeling at the top of the world one moment and then suddenly you sense that uncomfortable pressure, pain upon urination, and an achy feeling overall. It can be just misery. So is it really off to the urgent care clinic for an antibiotic prescription? Or is there another way to stop this inflammation in its tracks?



There IS another option, and better one in fact, if you happen to be savvy enough to catch your symptoms before they have you doubled over in pain with a raging fever. Being in tune with your body and its early warning signs is the key to being able to engage your own immune resources and one of the core principles of my practice.

If you happen to have caught your symptoms in the early stage, there are two Gemmotherapy extracts that will bring symptomatic relief, clear the inflammation, and support healthy elimination of the acidic waste: Black Currant and Lingonberry. In the case of any inflammation/ infection, the first action you need from a protocol is adrenal support for a strong immune response and the stamina to go the distance. **Black Currant** is THE Gemmotherapy extract that provides exactly this in countless acute conditions from fevers to seasonal allergies. The next action needed in the case of UTI's is the support of healthy elimination of the inflammation of acidic waste, **Lingonberry** provides the answer

by cleaning and restoring both healthy bowel and urinary function.

Take these two Gemmotherapy extracts separately in an alternating fashion, beginning with Black Currant the first hour and Lingonberry the following hour. This pattern should continue for a 24 hour period and then, if improved, the frequency can be reduced. If, however, the condition worsens at any time or does not improve seek the advice of your health care practitioner as soon as possible.

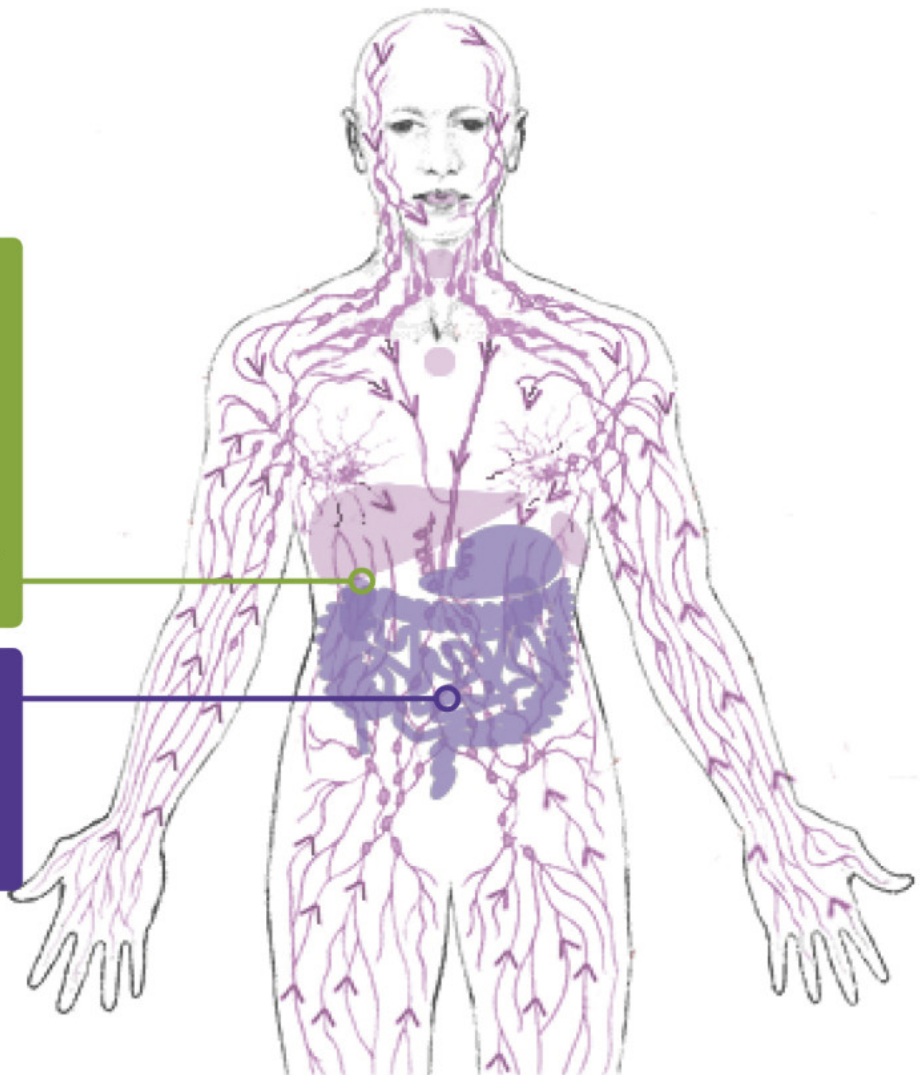
This diagram will explain further the specific action of the Gemmotherapy protocol for early symptoms of a UTI.

# An Acute Protocol for Urinary Tract Infections

Black Currant, Lingonberry

**Black Currant:**  
(*Ribes Nigrum*)  
At the acute onset of frequent urination or discomfort upon urination Black Currant encourages and optimizes an adrenal response to the immune system and reduces inflammation in the urinary tract.

**Lingonberry:**  
(*Vaccinium Vitis-Idaea*)  
Gently supports healthy elimination through the bowel, kidneys, lungs and all renal functions



Immune System, Lymphatic System and Associated Organs

Avoiding the side effects of antibiotics is not the only benefit of using Gemmotherapy protocols for acute symptoms. Gemmotherapy is the only medicine today that simultaneously cleans, feeds, and fortifies the organ tissue leaving it cleaner and stronger than before the symptoms appeared. While traditional herbal remedies can relieve the symptoms, they do not possess the meristem plant tissue that makes Gemmotherapy and its capabilities unique.

Do keep in mind that UTI's are not generally a "one off", especially in women (of all ages), and the underlying chronic condition needs to be addressed at the cause. If you or



someone you know has experienced reoccurring UTI's, then this blog post on opening and optimizing elimination may be of interest.

Speaking of elimination, my favorite topic, next week's post will discuss another acute condition, Ear Aches and Infections, which are also a result of poor elimination. This applies to babies and adults so be sure to check back in for the full story.

Have you personally had any experience with this protocol? We'd love to hear from you! Send us your story.

Are you a practitioner and would like to learn more about using Gemmotherapy with your clients? Take a look at my series of online training modules, including the latest one on Acute Care. Or perhaps you might also want to join me in Boston this week for my next live teaching seminars, February 27, 2016 or in Pittsburgh on March 26, 2016. It's my 2016 mission to see that there are more of us out there trained to use effective and affordable therapies. If you have any questions, contact me. I'd love to help out!

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## **Plant Based Eating on the Go III: Stocking Your Hotel Room**

Eating plant based on the go doesn't have to be a challenge but it does require some advance planning. With all the traveling I do, I have discovered some great tips to make eating healthy on the road a snap. In this month's series, I have shared my thoughts on what to pack in your carry-on and checked luggage and how to survive from airport to airport. So now let's take a look at what to do once you've hit the ground

at your destination.

You've ordered your ride or picked up your rental car and you are ready to go. Do plan to make your first stop the local natural grocers or Whole Foods Market nearest your destination. This will save you from heading out later when you are ready to settle in or are off to meet colleagues. In a perfect world, I have luck finding accommodations within walking distance of real food shopping. I realize this isn't always an option, but in metropolitan areas it can be and I'm all about making eating plant based easy and accessible. If a good store is not within walking distance from your hotel, then be sure to take the time to make a quick pit stop at one on the way.



So what's on my shopping list? Here are just a few items to cover breakfast each morning and provide me with a back up meal should I need to supplement or cover a lunch or dinner. Consider any of the following:

- **Fresh pressed juices** (One for each morning, keeping in mind that these days even the local Safeway-type grocer will have fresh pressed orange juice in the produce section.)
- **Fresh, pre-cut, raw veggies from the salad bar or produce section**
- **Organic berries, cut pineapple, or other fresh organic fruits you enjoy**
- **Locally made, organic hummus**
- **Organic fresh ground almond butter**
- **A meal sized portion of fresh salad with a gluten free dressing on the side**
- **Pre-packaged vegan sushi** (Watch out for side sauces that may contain gluten and/or dairy.)

Obviously all of this will need some refrigeration and here are some solutions:

1. The easiest option, of course, is booking a room with a mini- fridge.
2. Request a mini- fridge upon making your reservation due to the special diet/ medication you are on – nearly all hotels will honor this. (Food is YOUR medicine!)
3. Bring along a soft-sided insulated cooler bag that you can fill with ice.
4. If cold storage is at a premium, I buy whole fruit that I can leave at room temp, saving the limited space for the most perishable items such as fresh juices.



So now, given what I brought along in my checked luggage and my recent purchases, I am set. I may choose to go out to eat for the experience and/ or the company, but I won't be dependent on restaurants to stay well fed and nourished.

While bringing along and stocking up your own supplies is a life saver when traveling, trying out a local restaurant can also be part of the fun. Choosing a destination that welcomes dietary accommodations is key and there are more and more eating establishments that pride themselves in just that. Alternatively, learning to navigate those that don't is a skill especially when you aren't the one choosing the restaurant. I'll be wrapping up this series next week with some advice on just this... Wherever your travels may take you.

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# Your Home Guide to Gemmotherapy VI: Headaches



You've been at it on your computer since the wee hours of the morning, with your eyes not coming off the screen to break for even a few minutes. It starts right at your temples as a dull sensation and before long the throb of a tension headache is making itself known. Your impulse will be to reach for the bottle of Advil in your desk drawer but I want you to know there is another option and your liver, which really doesn't have room for more toxins, will thank you.

There is, in fact, a small set of Gemmotherapy extracts that lend themselves beautifully to home use for acute symptoms just like this headache you are experiencing. For the past few weeks in my series, Your Home Guide to Gemmotherapy, I have shared simple, straightforward protocols for Seasonal Allergies, Acute Coughs, Digestive Woes, Bites, Stings or

Allergic Reactions, and Back Pain or Spasms. Each of these uses one or more Gemmotherapy extract to quickly reduce the inflammatory condition and support the elimination of that inflammation. Gemmotherapy is much preferred to OTC, prescription medications, or supplements because of its ability to address rather than suppress symptoms AND clean and fortify the weakened organ(s).

So back to that headache- hopefully, on behalf of your liver, you have patiently avoided the pain relief tablets. The Gemmotherapy protocol you need to relieve a tension headache includes Dog Rose and Fig extracts. These can be taken together every 15 minutes during the acute state. Please keep in mind this protocol will address only acute tension headaches not chronic headaches or migraines. If you are unclear as to whether your condition is acute or chronic this blog post may be helpful. While the use of Gemmotherapy protocols can relieve chronic pain, that is a path that requires a full assessment under the guidance of your health practitioner.

Wondering why Dog Rose and Fig are the Gemmotherapy extracts of choice for acute headaches? This diagram explains why:

# An Acute Protocol for Headaches

Dog Rose, Fig

## Dog Rose:

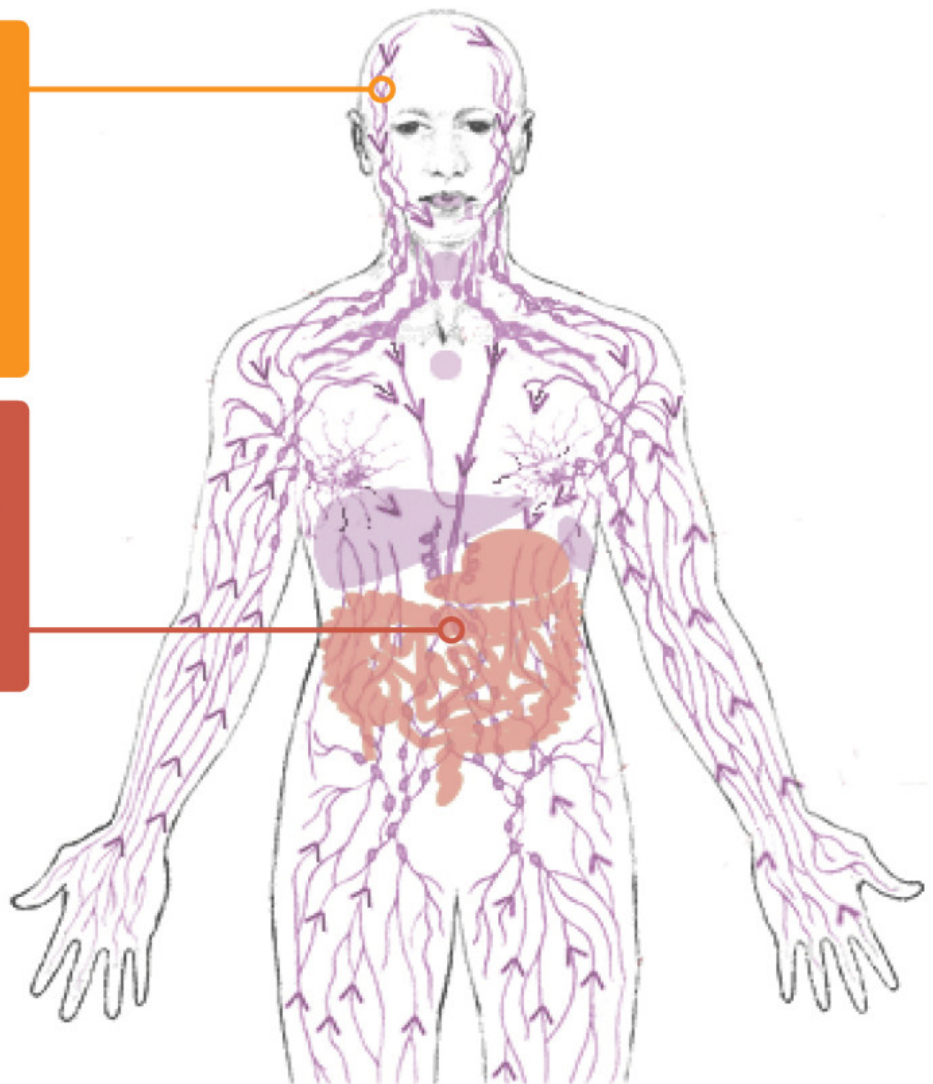
*(Rosa Canina)*

At the onset of the occasional tension or sinus headache Dog Rose has anti-inflammatory action and reduces pressure in all areas with mucus membranes.

## Fig:

*(Ficus Carica)*

The calming ability reduces overall tension and aides in the emotional and physical digestion of stressful events.



Immune System, Lymphatic System  
and Associated Organs

Have you personally had any experience with this protocol? We'd love to hear from you! Send us your story.

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affordable therapies. If you have any questions, contact me. I'd love to help out!

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## **Plant Based Eating on the Go II: An Airport Survival Guide**

Last week I began a new series, Plant Based Eating on the Go, in order to pass along my tips on staying Plant Based while traveling. It's a concern that comes up with clients over and over again in my office. Fortunately, I have had a few years now of solid experience and never had to break my diet or go hungry! Eating is serious business to me and eating Plant Based while traveling is an even higher priority due to the added stress and strain that is put on our eliminating organs. Unfortunately, this is often when many choose to go unconscious about what they are consuming and it is really the time to be more mindful.

Last week I got you all packed up with probably more produce than you have ever traveled with! As I mentioned, there is certainly over-planning built in, but who knows when you'll get grounded for several hours or arrive at your destination too late or too tired to go out for food. The choices I included are all quite shelf-stable and can even tide you over on the return flight home.

So, now you've made it through security and are headed to your gate. Lots of crazy "not really food" is calling out your name from cheese stuffed pretzels to coffee frappé. Keep walking. Here's what you will need and, like everything else in life, getting clear about your needs helps illuminate solutions.

**Look for:**



## **A Large Hot Tea**

Check out the tea selection. If there isn't one to your liking, no problem! You brought your own (a small selection of tea bags -green, herbal to support digestion, herbal to support sleep) remember? Ask for a large hot water or hot water with lemon if that sounds appealing. Sipping a warm tea on the plane is just what your kidneys want and need. You will definitely want to forego the complimentary ice filled water or drinks offered on board that put added stress on your kidneys.

While getting your hot water/ hot tea, you can also fill the thermos you packed along with miso and veggies. I don't do this if I am headed out on a morning flight, but I've done it a few times when I have a late arrival or a long stretch of flying. It has been the perfect nourishing comfort food whether I choose to eat it on board, on a layover, or wait and make the soup in my hotel room. Just imagine opening up thermos full of this:



**A Large Bottle Of Water (room temp)**

This is to fill the empty water bottle that you brought along, with an already measured in dose of a Gemmotherapy extract to support kidneys during the day of your flight (Silver Birch Sap, Lingonberry, or Blueberry), Arrowhead, Evian, Essentia, and Figi appear to be the most alkaline brands of bottled water.



## **Fresh Pressed Juice**

If you are leaving out of Austin, I am delighted to say that Juiceland has arrived! My favorite refuge when out and about in Austin is now offering a full cold case of bottled fresh pressed juices at the main Austin Java in the center of the concourse. On my last flight, I grabbed two and was so happy I did when I was stuck in a hour long Friday evening traffic jam. That impulsive buy was a treat for sure. More and more airports are doing the same and you can discover if your departure or layover location does by performing a quick search.



While I would never want to be dependent on what I can forage at an airport, here is a fantastic 2015 report by Physicians for Responsible Medicine on rating domestic airports on their ability to serve up real plant based options. If you are delayed this can come in quite handy.

Once you've boarded you can sit back and enjoy your flight while sipping away on your tea, Gemmo-water, and snacking as needed on the goodies you packed along. Be sure to check back next week to discover what I buy at my Whole Foods or Natural Grocery pit stop on the way to the hotel to stock my room fridge.

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## Your Home Guide to Gemmotherapy V: Back Pain or

# Spasms

Arghhh, a back ache! No one wants to be slowed down by acute symptoms, but a back ache can be oh so debilitating – particularly if you need to care for children or have physical work to do. Yes, Advil can take the edge off but at what cost to your liver? What if I were to offer you a solution that works AND strengthens what caused the symptoms in the first place? As part of my Home Guide to Gemmotherapy Series I would like to offer my go-to for back pain or back spasms.

In the case of sudden back pain as a result of lifting, a wrong movement, or physical exercise Giant Redwood along with Silver Fir and Black Currant should be given in alternating doses each hour. Begin with Silver Fir and Black Currant followed by Giant Redwood the next hour, continue throughout waking hours for 24 hours. If improved, reduce doses to every two hours the next 24 hours, continuing until there is no longer any discomfort. If there is no improvement after 24 hours or you are experiencing chronic back pain please contact your health care provider for further advice.

Curious as to why the winning combination is Giant Redwood, Silver Fir, and Black Currant? Have a look at the graphic below for further information.

## An Acute Protocol for Back Pain or Spasms

Giant Redwood, Silver Fir, Black Currant

### Giant Redwood:

*(Sequoia Gigantea)*

Addresses inflammation and improves flexibility in articulations associated with the back.

### Silver Fir:

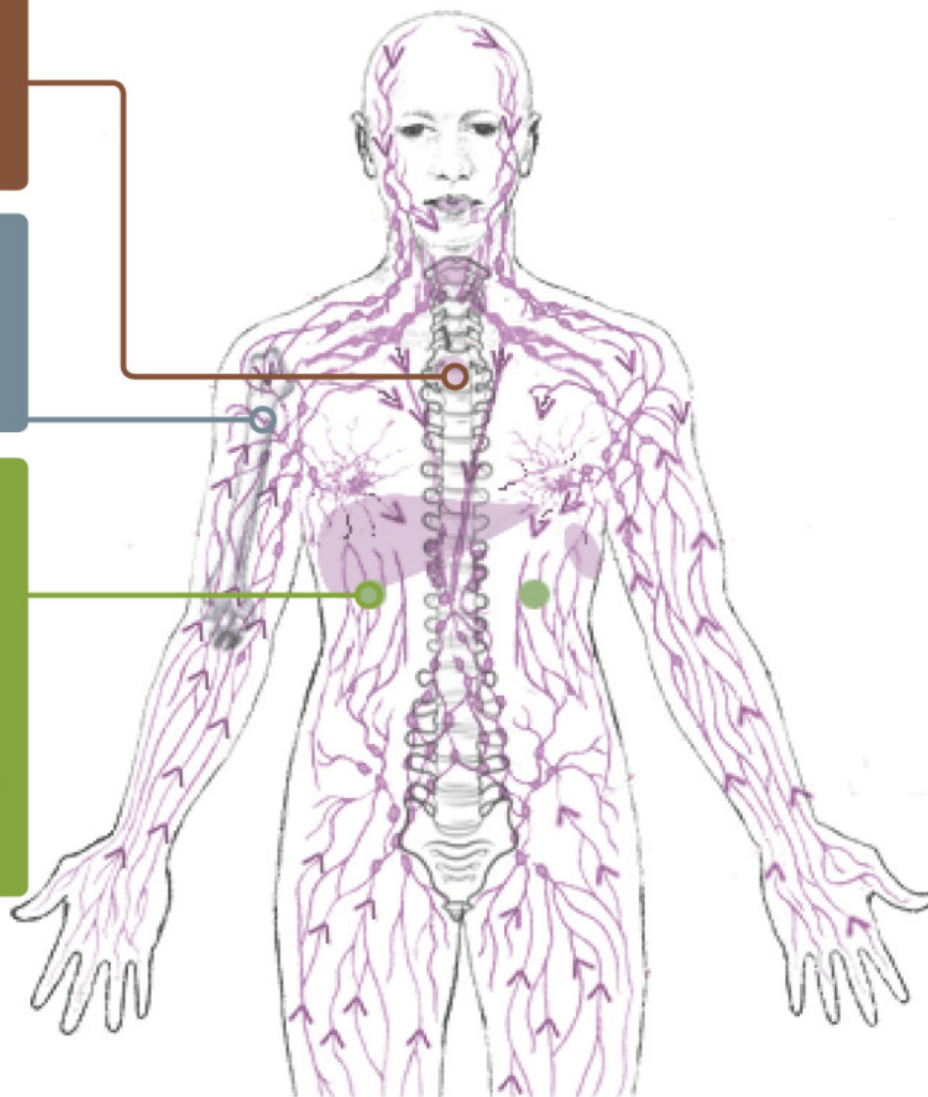
*(Abies Pectinata)*

Addresses bone inflammation and supports the vertical stance of the body.

### Black Currant:

*(Ribes Nigrum)*

Black Currant is used often in acute protocols due to its ability to support the adrenal gland/immune response. In the case of back pain or spasms Black Currant's added ability to reduce articular (joint) inflammation is helpful.



Immune System, Lymphatic System  
and Associated Organs

Have you personally had any experience with this protocol? We'd love to hear from you! Send us your story.

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Pittsburgh on March 26, 2016. It's my 2016 mission to see that there are more of us out there trained to use effective and affordable therapies. If you have any questions, contact me. I'd love to help out!

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## **Plant Based Eating on the Go I: Packable Snacks**



Traveling and maintaining a Plant Based Diet does take some prior planning but, once you get the knack of it, you should experience smooth sailing. Being on the road for a month each summer in Europe along with this past year of monthly stateside business travel has certainly helped hone my skills and allowed me to share a good recipe for success. There is clearly some over-prep in my plan but that is built in for the

occasional long delays while on board with no access to services or being stranded in the real food desert that many airports tend to be.

Like everything else in life, having the correct tools helps make the job so much easier. Good containers that don't leak, will pass through security, and hold up trip after trip are essential. I store mine with my suitcase so they are ready to be filled when I need to head out. Here are my personal favorites:

Whatever appeals to you from the Blue Avocado Eat collection. I like this set of 3 Zip Snack Packs



Any tight fitting stackable (when empty) containers. I like these by Preserve





A stainless steel wide-mouth thermos. I like this one by Laptop Lunch



### **What I include in my carry on:**

**Gemmotherapy Extracts** (1.7 oz bottles) in a zipper-locked plastic bag to meet TSA standards (I take Allergy Formula, Walnut, and Fig on board.)

Cloth Napkin

2 Preserve containers of sliced **fresh fruit** (peeled tangerines, apple or pear slices, or chopped melon all travel well)

2-3 containers of organic, sulfur free, **dried fruit** (dates,

figs, raisins, mango) packed in (Re) Zip bags

Container of fresh ground **almond butter** (in a 3 ounce container that is marked with the size) or individual pouches of Justin's in squeeze packs.

**Flackers** (raw flax seed crackers) packed in a (Re) Zip bag

A small selection of **tea bags** (green, herbal to support digestion, herbal to support sleep)

**Empty water bottle** with an already measured in dose of a Gemmo extract to support kidneys during day of flight (Silver Birch Sap, Lingonberry, or Blueberry) to be filled with water once I pass through security

For late afternoon/ evening flights: a **wide mouth thermos** packed with chopped raw greens, shredded carrots, and a heaping tablespoon of miso paste to be filled with hot water at the airport or my hotel room in the case of a late arrival

With the exception of the fresh fruit, I always keep a stash of all of the non-perishable items hidden in my pantry, ready to go. It certainly eases the whole process of preparing to depart.

### **My checked bag:**

Small bamboo cutting board, paring knife wrapped in a cloth dish towel

One Box of Flackers or Buckwheat Crispbread

4 pieces of packable fruit- apples, asian pears, and persimmons all travel well packed among your clothes

### **Not checking a bag?**

Obviously you will have to forgo the cutting board and knife if you aren't checking your luggage, but you can certainly add the box of crackers and fruit to your roll aboard luggage.

This plan ought to keep your tummy content for quite some time and eliminate any worry over finding something to eat before you settle in at your destination. Next week I'll help you navigate staying Plant Based once you hit the other side of airport security and beyond.

In the mean time, if you have discovered some helpful tips to support your plant based eating while traveling we'd love to hear from you here or on our Facebook page!

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# **Your Home Guide to Gemmotherapy IV: Bites, Stings, and Allergic Reactions**



Ready for a replacement to that drippy bottle of calamine lotion? There is actually an answer with Gemmotherapy! Gemmotherapy extracts are the perfect replacement for a host of OTC supplements and medicines that fill many home first-aid kits. Calamine lotion is just one more product that you can live without.

From ant bites to wasp stings, Black Currant Gemmotherapy provides a solution. While calamine may offer some topical relief, the use of Black Currant Gemmotherapy goes much deeper. Used in a wide array of acute protocols, Black Currant raises the adrenal response needed in an acute situation, reduces inflammation, and has an antihistamine affect. Black Currant provides such quick action that relief to a swelling

bite or sting can be felt within minutes. It's been known to take the sting out a wasp bite seconds after application.

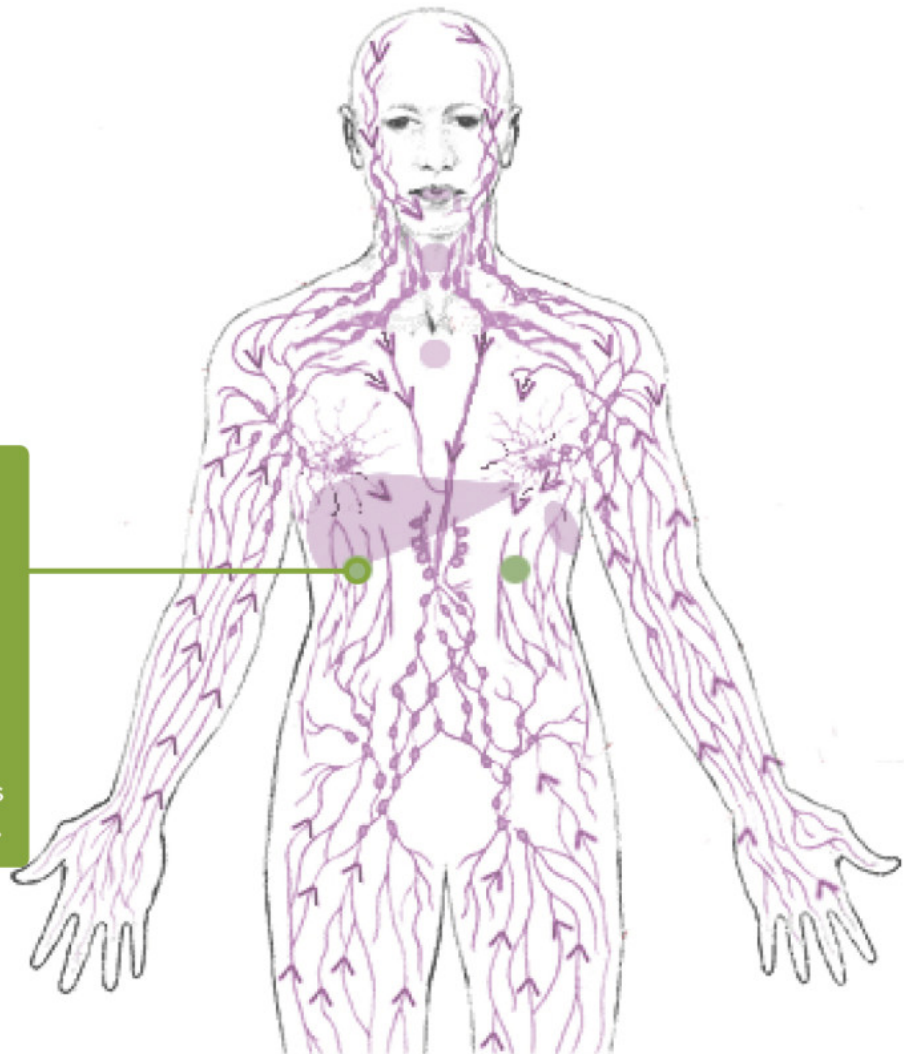
I recommend my clients apply Black Currant topically to the bite or sting in question immediately after affected using their finger tip and then take doses internally as well. The same advice can be true of any topical allergic reaction whether it be from plants or a non-toxic substance. As with all allergic reactions, always monitor carefully for more serious signs of distress and seek advice from your health practitioner.

If you or your family members tend to spend any time out and about in nature you may consider adding a bottle of Black Currant Gemmotherapy to the field first-aid kit.

# An Acute Protocol for Bites, Stings & Allergic Reactions

Black Currant

**Black Currant:**  
(*Ribes Nigrum*)  
As an emergency anti-dote to reactions from bites and stings. It can be used both topically and orally. Black Currant encourages and optimizes the adrenal response to an allergic reaction and acts as an anti-inflammatory agent.



Immune System, Lymphatic System  
and Associated Organs

Many of my clients have used this protocol with success over and over again. How about sharing your story with us? We'd love to hear from you!

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