

# Packable Lunches VI: Sweet Treats!

Are you ready for a break from savory ideas? Here I share two of my favorite packable treats, one baked and the other raw. Both recipes are processed sugar free, dairy free, gluten free, and flavor-full!

These **Brookies** are new to my family but they certainly got rave reviews. They go together quickly and the baked bars keep for a few days fresh or can be frozen for later use.



**Here are the ingredients for the bottom “cookie” layer:**

- 1 cup almond flour
- 1 cup gluten free oat flour
- 1/4 tsp sea salt
- 1/2 tsp baking soda
- 2 Tbs coconut palm sugar
- 1/3 cup mini chocolate chips (I use Enjoy Life dairy free)
- 2 Tbs cashew butter (melted)
- 2 Tbs coconut oil (melted)
- 2 Tbs maple syrup
- 1 Tbs vanilla extract

**The brownie layer on top will need the following:**

- 1/4 cup + 1 Tbs almond flour
- 1/4 cup + 1 Tbs gluten free oat flour
- 4 Tbs (rounded) unsweetened cocoa (I use AH!LASKA dairy free)

brand)

1/4 tsp sea salt

1/4 agave (please use maple syrup or honey as a better replacement)

3 Tbs almond milk

1 Tbs vanilla extract

3 Tbs coconut oil

[Full Instructions Here](#)

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## Raw Energy Bites



You will find a wide variety of recipes in this category but I'm particular and prefer one that is grain free, naturally sweetened, a bit chocolaty, AND nutty. Because Deliciously Ella never disappoints, I turned to her for a place to start. Here is what she suggests you use, my alternatives are in parenthesis.

### Ingredients

1 cup of medjool dates

3/4 of a cup of almonds (you can exchange this for fresh ground almond butter)

3/4 of a cup of walnuts or any other nut (cashews and or sunflower seeds are excellent)

2 Tbs of chia seeds  
2 Tbs of ground flax seed  
1 Tbs of coconut oil  
1 Tbs of hemp protein powder (not a fan of protein powder, so I used hems seeds)  
1 Tbsn of raw cacao powder (1 Tbs of crushed cocoa nibs are also good addition as well)

This basic list makes about 12-15 balls. You might consider using a mini ice cream scoop for quick portioning.

[Full Instructions Here](#)

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## There's A Better Way V: Urinary Tract Infections

If you are one who is plagued by, or even just susceptible to, urinary tract infections don't you ever wonder why that is the case? Before you reach for that box of AZO or fill that prescription of antibiotics, let's talk. There is a reason your urinary tract gets inflamed, whether it is once or every other month, and while it's uncomfortable, masking that pain only increases the likelihood that the symptom will reoccur and more often.



## **The Root of the Problem**

The body is actually perfectly designed with a system to clean and organs to eliminate waste. These elimination organs include the kidneys, bowels and (in women) the uterus. When men experience UTI's the root of the problem is less than optimal bowel elimination over time. In women the root can be either less than optimal bowel elimination over time or the loss of a regular menstrual cycle due to birth control. While intercourse can seem to bring on urinary tract infections, the irritation would not likely occur if the bowel eliminates optimal. When the root of the problem is not addressed, as in most cases with UTI's, then it remains and the inflammation that occurs only relocates. That is never the right answer as it leads to further chronic symptoms.

What if this is a one off urinary tract infection? The answer is still the same and even more the reason to handle it naturally so you don't begin a cycle of suppressing and relocating inflammation. If you contact my practice with the symptoms of a urinary tract infection, I have a tried and true protocol that resolves that inflammation by doing exactly what your body needs: support bowel elimination.

## **The Plan**

If the symptoms began within the last twenty-four hours they can be resolved by Gemmotherapy and diet alone. If they have been allowed to linger and the immune system has been working without support it is likely a second therapy is needed to support the vital force. In my practice that therapy is Homeopathy.



### **First 24 Hours of Symptoms**

1. Increase intake of warm and room temperature fluids (water, coconut water, alkalizing teas, and fresh pressed juices).
2. Gemmotherapy: Black Currant and Lingonberry – 25 drops of each, 4x daily.
3. Refrain from physical activities giving the body as much rest a possible.
4. Apply heat in the form of a pad or hot water bottle to the kidneys to help with elimination.

### **Second 24 Hours of Symptoms**

1. If the symptoms have not improved by 50%, seek the support from your health care provider.
2. If symptoms have improved by 50%, continue with the above protocol until all symptoms have improved and then for another two full days. (Usually this is a total of one week.)

### **Future Consideration**

Should you experience a UTI once a year or more it is important to consider further support from Gemmotherapy and an alkalizing diet to resolve the less than optimal bowel elimination the contributes to the reoccurring symptom.



In the case of UTIs and a wide variety of acute and chronic symptoms, Gemmotherapy is able to offer the body something no other natural therapy can- the action of cleaning, draining, and fortifying the affected organ tissue. This powerful action is due to the inclusion of the plant meristem cells in each extract.

Gemmotherapy is the youngest plant based medicine and is fascinating to study as a home user or as a practitioner. While you can find many more acute protocols in my blog you can now read them together in my newly released, Gemmotherapy for Everyone: An Introduction to Acute Care. In this first book of the series you'll learn Gemmotherapy history, fundamentals, and find 36 proven reliable protocols for acute symptoms.

Want to dive a bit deeper? Check out this online self-paced Acute Care with Gemmotherapy course or join me live in Berkely California on 21 October when I will present both Acute Care with Gemmotherapy and Gemmotherapy for Chronic Symptoms 101 and 102.

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# Packable Lunches V: Noodle Bowls In A Jar

There are so many things I love about this packable lunch and the top of my list is its versatility. When it comes to lunch preparation, having a base recipe with multiple options is truly a life saver. Whether you pack this delightful lunch along in a mason jar or opt for a wide mouth thermos it will be equally satisfying. (No doubt the glass jar is a gorgeous presentation but it's not so child friendly.)



While this recipe is open for interpretation here's a list of suggested ingredients along with some alternatives:

par-cooked ramen style noodles (gluten free options galore by Lotus Foods)

1 green onion, chopped

1 Tbsp fresh ginger, grated

1/4 cup sautéed shitake mushrooms (or oyster mushrooms, baby bella's, etc)

1/4 – 1/2 carrot, julienned (and/or chopped fresh broccoli, bok choy, fresh spinach)

3 tbsp peas (and/ or shelled edamame)

1 tbsp Tamari (or coconut aminos)

1 tbsp toasted sesame seed oil

1 veggie bouillon cube (I prefer Rapunzel brand) or 2 Tbsp of Miso (I prefer Miso Master)  
1-2 tsp spicy chili oil, or Sriracha sauce  
1 liter mason jar or wide mouth thermos

Directions are as easy as this:

1. Combine all ingredients in a mason jar, or any other re-sealable jar.
2. To serve, add boiling water just to cover your noodles and veggies- this can be done ahead of time if you are packing it in a wide mouth thermos. Be sure broth cube or miso paste dissolve.
3. Enjoy!

My version here was inspired by Jana's at Nutritionicity.

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## There's A Better Way IV: Flu Virus

Think the flu season is still a long way off? Think again. With the changeable weather pattern we've experienced across the nation, I'm predicting an early season and have seen a case or two already in my practice.





In this fourth post in my current series I'm taking a look at how to respond to the acute symptoms of a flu or virus naturally and discussing why that is truly a better option. If you are just joining in and have missed the first few weeks you may want to catch up by reading the dangers behind suppressing symptoms, what to have on hand to be prepared for the coming allergy, cold, and flu season, and last week's post on resolving seasonal allergy symptoms.

There is no doubt the flu isn't fun, especially when it drags on for weeks with your energy slow to return. Imagine, however, that this doesn't always have to be the case. Understanding the why behind your symptoms and making a few changes in your approach will make all the difference in the world.

### **The Root of the Problem**

I'd like to challenge your belief system when it comes to "catching" a flu or virus. Our everyday world is full of opportunities to "catch" something. If we caught something only because we were exposed, we would be sick 24/7. Here is why we "catch" something and how the body uses it as an opportunity to clean:

- The body is a self cleaning and self healing organism.
- When the body cannot clean optimally over time through our primary organs of elimination it looks for opportunities to clean through the emergency exits- skin, sinuses, mouth, ears, and or vagina in women creating inflammatory states.
- This process weakens the immune system as it must be in continual response to the inflammation present.
- A flu or virus becomes an opportunity for the body to flush out what has built up over time as from the primary organs of elimination and a weakened immune system. This flushing out can occur as diarrhea, vomiting, sinus congestion, or bronchial congestion all releases of the buildup.

The truth is- We are most susceptible to viral and bacterial inflammations when our body needs to clean. All of our bodies need this seasonally in late fall and spring at times of transitions for nature. So suppressing the body's natural means to clean what has already built up is a move in a dangerous direction. Every act of suppression is returning that inflammation right back to the organs that are trying to clean and adding to your whole inflammatory load. This suppression can look like antibiotics, nasal spray for congestion, Mucinex for cough, or Imodium for diarrhea. It is all equally problematic. The inflammatory load that is increased is what leads to chronic symptoms and chronic disease.



### **The Plan**

So what's my natural plan? Instead of suppressing, we must support the organs affected and the immune response so the body can resolve the inflammation.

Here are the steps to follow at the first sign of acute flu or virus symptoms:

1. Immediately reduce the energy spent on digestion and inflammatory load by nourishing your body only with alkalizing fresh juices, coconut water, teas, and broth or miso soup.
2. The first 24 hours are the most critical as your immune system is called into duty. Give your body the energy it needs in the moment. Taking off work three days from now is of no use.
3. Keep especially your kidneys warm to help with their extra load. A hot water bottle or heating pad is most helpful.
4. Begin the Gemmotherapy flu protocol of alternating doses of Black Currant and Oak.

### **First 24 Hours**

Take one dose every hour, alternating one dose Black Currant, the next hour Oak.

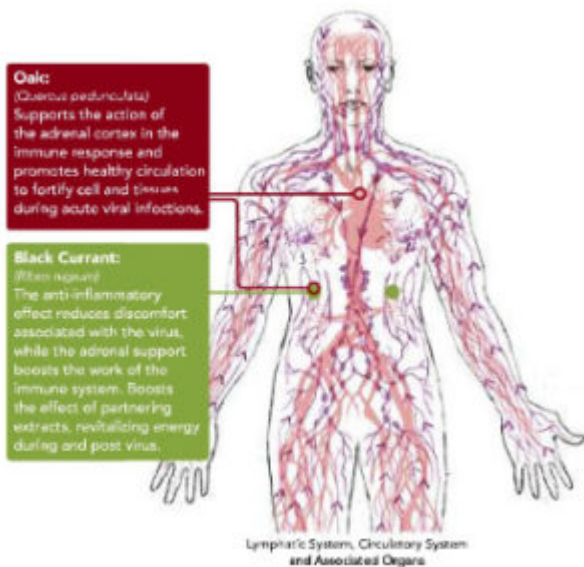
### **Next 48 Hours**

Take one dose every two hours, still alternating one dose Black Currant, the next hour Oak.

*If there is not a 50% improvement in energy after a full 48 hours of rest and care, contact your natural health care practitioner for further support to strengthen your vital force.*

### **The Remaining Days**

Continue on the alternating doses of Black Currant and Oak, one dose of each every 4 hours two days past the point of all symptoms being completely resolved



Our flu protocol of Black Currant and Oak is tried and true and is used by clients across the country. It has been adopted by many of my colleagues in their practices including my mentor Dr. Frei in Switzerland! Gemmotherapy offers the body something no other natural therapy can- the action of cleaning, draining, and fortifying the affected organ tissue. This powerful action is due to the inclusion of the plan meristem cells in each extract.

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# Packable Lunches IV: Mejadra

Not only is Yotam Ottolenghi's recipe for Mejadra totally packable it's also an amazing comfort food! This is a Hubele family standby and the leftovers are coveted for sure. What takes this lentil pilaf over the top is the healthy portion of sweet fried onions. But don't despair if onions aren't your thing or you have a finicky eater you are trying to satisfy. Simply skip the additional step of frying onions separately and add a small portion of finely minced onions when you heat the spices.



## Ingredients

250ml sunflower oil

4 medium onions, thinly sliced (*amount can be reduced*)

250g green or brown lentils

2 tsp cumin seeds

1½ tbsp coriander seeds

200g basmati rice

2 tbsp olive oil

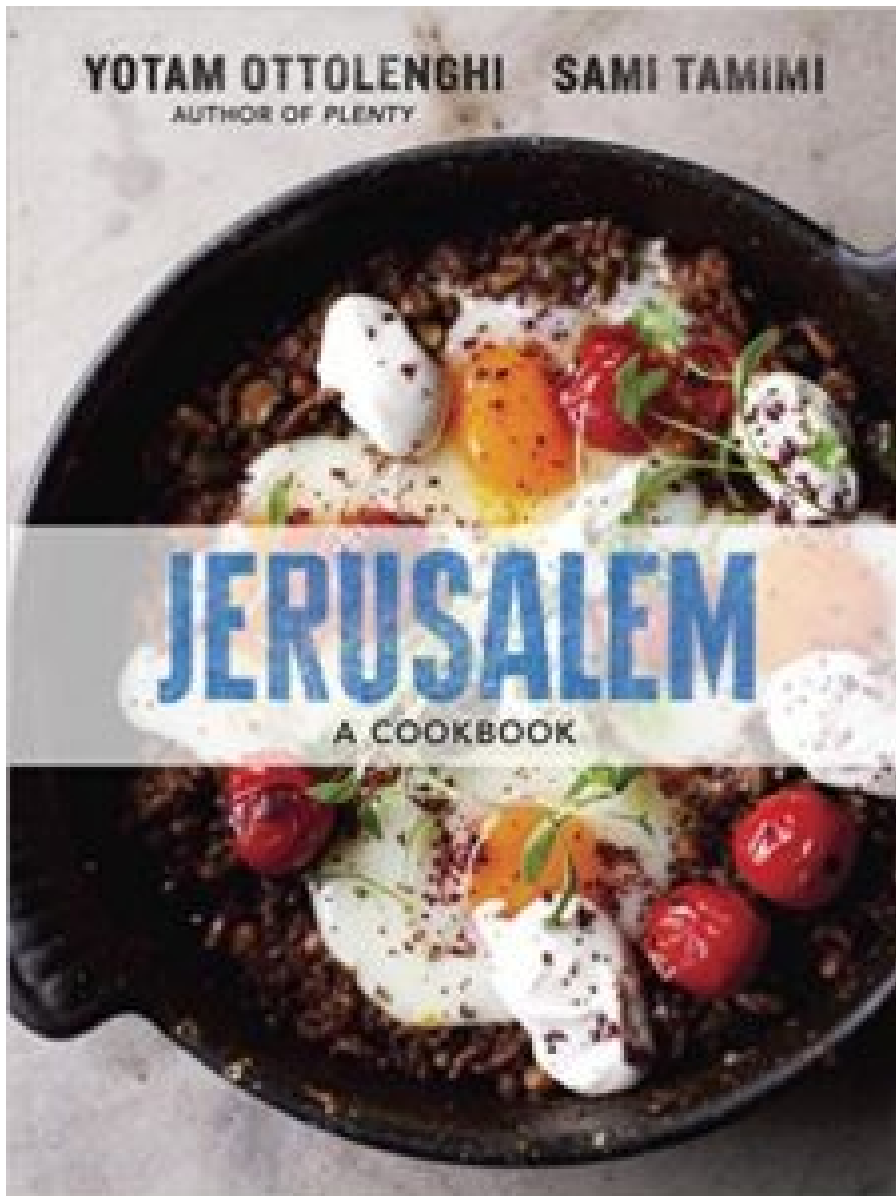
½ tsp ground turmeric

1½ tsp ground allspice

1½ tsp ground cinnamon

1 tsp sugar (I use coconut sugar)  
Salt and black pepper  
350ml water

Full directions can be found [here](#) or with a beautiful collection of Ottolenghi favorites in Jerusalem.



This pilaf packs well in a wide mouth thermos for a warm lunch or is equally good at room temperature. Any way you serve it, it is delightful and no doubt this recipe will be a favorite in your kitchen as well.

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# There's A Better Way III: Seasonal Allergies

Welcome back to my series on responding to acute care symptoms naturally. In the first two weeks I shared the dangers behind suppressing symptoms and what to have on hand to be prepared for the coming allergy, cold, and flu season.

While June through August can be a reprieve for seasonal allergy sufferers in Austin and along the southern states, the symptoms all return again in the fall. There is no doubt that those affected really struggle and life is miserable with clogged throbbing sinuses. Imagine, however, that this doesn't always have to be the case. Understanding the why behind your symptoms and making a few lifestyle changes can rid you of this annoying pattern for the rest of your life.

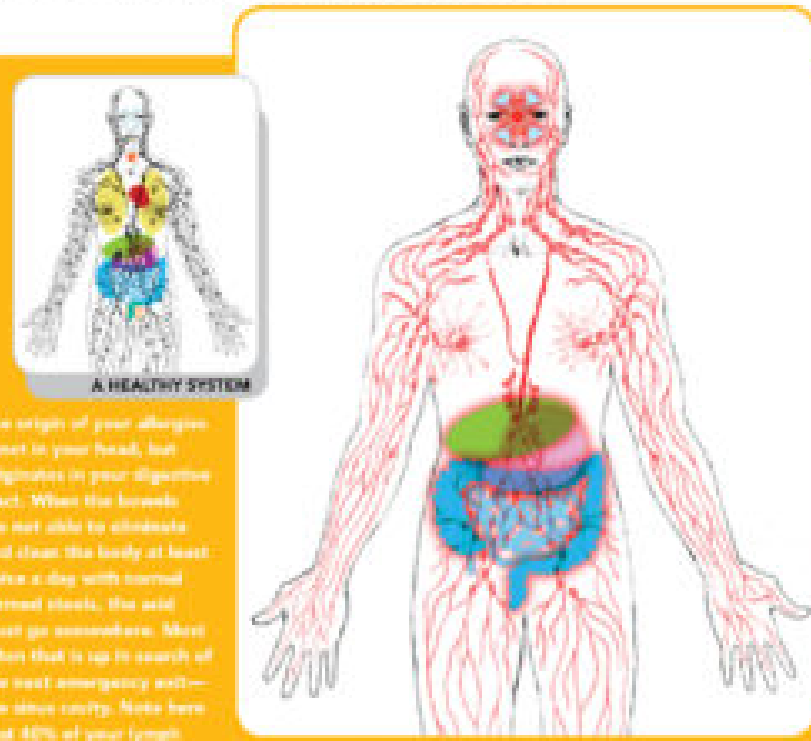


## **The Root of the Problem**

Because symptoms are merely messages from the body alerting you of a deeper imbalance, let's take a look at what's behind

the always irritating itchy runny eyes and stuffed sinuses. The root of this problem is surprisingly not in your head. It is in your digestive system, including your liver! When the digestive system has to work overtime to break down food that our body was not designed to digest, our elimination slows. When elimination slows, the lymphatic system looks for emergency exits to clean the body. The most common emergency exits are the sinuses and skin. These are followed by the eyes, ears, mouth (cold, canker sores) and for women the vagina (candida). An important point however is that the sooner you begin to address your symptoms the better the more improvement you will see this season. So get started now with the following course of action.

#### THE ROOT OF THE PROBLEM: ALLERGIES



**A HEALTHY SYSTEM**

The origin of your allergies is not in your head, but originates in your digestive tract. When the bowels are not able to eliminate and clean the body at least twice a day with normal formed stools, the acid must go somewhere. Most often that is up to search of the next emergency exit—the skin or eyes. Note here that 40% of your lymph nodes are actually in the abdominal area and all the lymph fluid from the body's clean-up process empties right here. If the elimination organs are compromised in any way, this creates quite a traffic jam of acids, waste. Your body is well designed and it compensates by establishing emergency exits when the primary ones are clogging on the job. This occurs repeated day after day, year after year can create quite the chronic condition. Allergy season exacerbates a situation that is really going on all year long.

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#### The Plan

So if the root of the sinus symptoms exists in the digestive system what are the steps to resolve the inflammation



experienced?

1. Eliminate foods that are difficult or impossible to digest, causing inflammation, at the very least during allergy season. The number one food source to avoid is dairy products. That includes all products made from milk (cow, goat, or sheep). Alcoholic beverages are next on the list to trigger allergy symptoms and that is because of the toll they put on the liver causing the lymphatic system to search for emergency exits to clean.
2. Further support your digestive system with probiotics. I recommend Lifybiotic. Be thoughtful regarding your purchase as there is no regulated testing of probiotics proving whether the item you purchase delivers what is on the label. Purchase from a knowledgeable practitioner or a natural pharmacy only.
3. Take the specific Gemmotherapy protocol for sinus congestion daily during allergy season to improve the adrenal response, resolve inflammation, and support lymphatic drainage. I recommend the following:

Morning & Midday

Common Alder, Black Currant, Dog Rose

Evening

Hornbeam

Adults & School Children

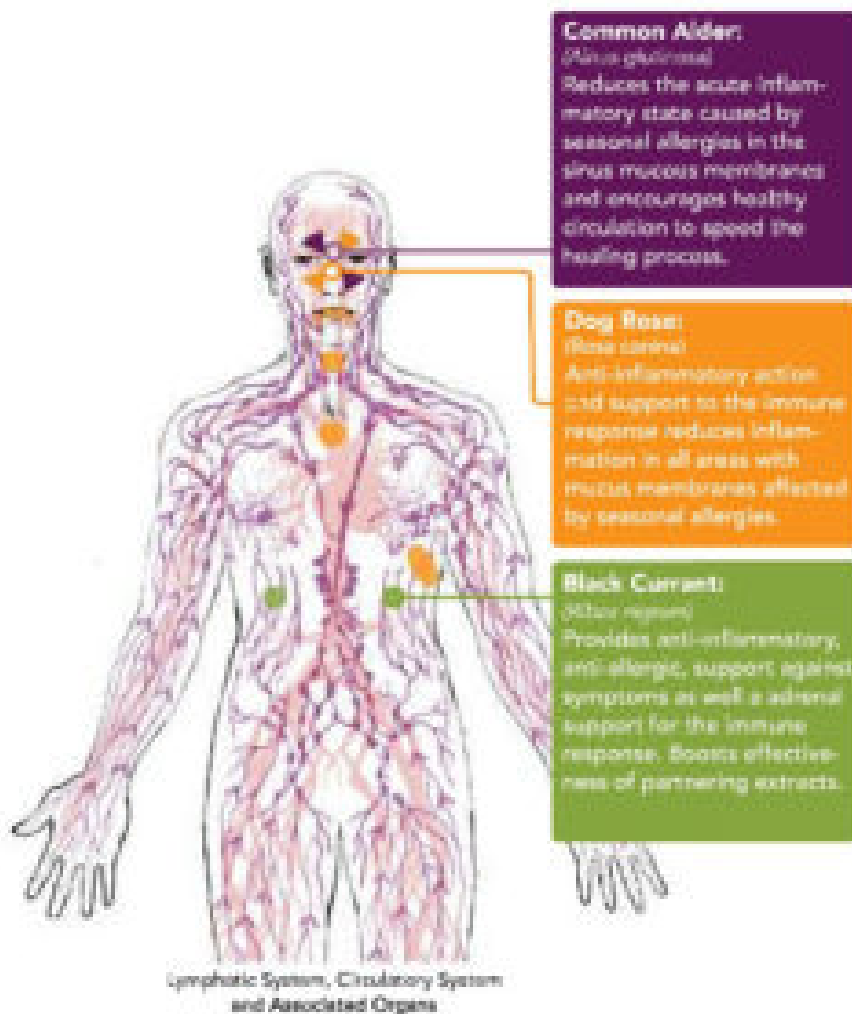
25 drops of each extract per dose

Toddlers- School Age Children

10 drops of each extract per dose

Babies

5 drops of each extract per dose



Here's an allergy symptom case story I shared a few years back you might enjoy.

Our allergy combination is one of the most popular Gemmotherapy protocols we offer and that is because it works. Gemmotherapy can offer the body something no other natural therapy can- the ability to clean, drain, and fortify the affected organ tissue. This powerful action is due to the inclusion of the plant meristem cells in each extract. Gemmotherapy is the youngest plant based medicine and is fascinating to study as a home user or as a practitioner.

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fundamentals, and find 36 proven, reliable protocols for acute symptoms.

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## **Join Our Team!**

***We're Hiring!***

Our order fulfillment position has grown further so we're back on the hunt for someone to join our team. Take a look this just released job announcement and spread the word with your like minded Austin contacts.

Full Description Here

If you or anyone you know might be interested in this opportunity, please contact Gail Hurt at [GailHurt@LivingAuthentically.com](mailto:GailHurt@LivingAuthentically.com) for more information.

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## **There's A Better Way II: Be**

# Prepared

Last week, in the first post from this new series I explained the dangers of suppressing acute symptoms. The majority of chronic symptoms that plague our culture today are a direct result of ill advice regarding simple acute symptoms. We live in a society that fears symptoms. When one appears there is a pill, cream, or spray to fix it. Symptoms are messages from your body though! Learning the language of these affections and responding appropriately to the root cause is what is needed.



So what is an appropriate response to acute symptoms? Therapies that support the immune system, the lymphatic system, and the organ/organs involved. In my practice I have found Gemmotherapy to provide the best first response. Homeopathy and /or Acupuncture are best to follow when the vital force of the individual needs further support. This would be evident after 24 hours on Gemmotherapy and the energy and appetite are not improving.

Supporting the body naturally during acute symptoms however requires an early response. In order to do that, one must be

prepared. Since Gemmotherapy isn't readily available in the U.S., it makes sense to keep a supply of extracts on hand to put to quick use when needed. What Gemmotherapy extracts should you keep on hand? To handle the majority of symptoms from an acute inflammation or accident you may want to invest in these ten:

- Black Currant
- Black Honeysuckle
- Blueberry
- Common Alder
- Dog Rose
- Fig
- Hornbeam
- Lingonberry
- Oak
- Walnut

These ten extracts, when combined into protocols, will support the body to resolve the following:

- Allergic Reactions
- Bites and Stings
- Burns
- Canker and Cold Sores
- Fever
- Headaches (tension not migraine)
- Acid Reflux
- Colic
- Food Related Digestive Discomfort
- Nausea/Vomiting
- Bronchitis
- Coughs, Wet and Dry
- Croup
- Ear Aches
- Flu
- Seasonal Allergies
- Sore Throat

Constipation

Diarrhea

UTI

Infected Wounds (including Staph)

As you can see, Gemmotherapy is quite versatile and having a small inventory on hand will get you through most common acute symptoms. You can find seven of these ten acute Gemmotherapy extracts ready to go in our Acute Care Kit or simply order what you need individually.

While you can find protocols for most of these symptoms in my blog you can now find them together along with much more information in my newly released, Gemmotherapy for Everyone: An Introduction to Acute Care. In this first book in the series you'll learn Gemmotherapy fundamentals and find 36 proven, reliable protocols for acute symptoms.

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## **Packable Lunches III: Black Bean Salad**

While in Germany last month I searched for recipes to prepare for my omnivore relatives. Looking for something hearty and with a taste of the southwest, I came across this salad by Deliciously Ella. I love her recipes and since she has yet to let me down I gave it a test spin for a family gathering. I'm proud to say it received rave reviews.



At the time I immediately thought that this would make a fantastic packable lunch. The colors are super appealing, it smells divine, and the taste is awesome. The fact that it received another thumbs-up the next day, after all the flavors had blended, made it a sure winner for this series. While the original recipe calls for sweet potatoes, I prepared it the first time with butternut squash as the price of sweet potatoes in Germany was outrageous. I honestly think you will find it equally delightful either way.

**Ingredients:**

1 cup black beans, cooked and drained  
1/2 cup cilantro, leaves separated and coarsely chopped  
1 clove garlic or shallot  
1 lime, juice and zest  
1 small red onion  
1 lb sweet potatoes or medium sized butternut squash  
1/2 tsp chili powder  
1/4 tsp salt  
3 tbsp olive oil  
Nuts & Seeds  
1/4 cup pepitas

[Full Instructions Here](#)

I hope you enjoy this as much as my family did!