

# Changing Your Plate Part II: Breakfast

Last week I kicked off a new series about taking steps toward a plant based diet one meal at a time. In my first post, Changing Your Plate: Part I, I shared the news that so many of my client families are making headway in shifting what goes on their plates one meal at a time. Over the next few weeks I will be featuring a few of these families and sharing the tips they have gleaned to make the changes sustainable.

I suggest a cleansing meal of raw whole fruit to my clients to start their day. This first mini-meal of the day should be a kick-start, not a slow down, for the elimination system that has laid at rest all night. We want fresh, raw, whole alkalizing foods to be the first on an empty stomach in order to wake up the lymphatic system, digest quickly, and promote morning elimination. The best foods to fit that description are these raw fruits: **Apples, Berries, Citrus, Grapes, Mangoes, Melons and Pears.** These can be eaten as whole foods, blended into a smoothie, or juiced. Individuals who are in a very acidic state will do best starting slow with a piece or two of raw fruit instead of a juice or smoothie. This meal can be extended to become your breakfast or be eaten at least 15 minutes prior to what you normally consume.

Supporting the body with Gemmotherapy extracts when beginning to make dietary change is important since the consumption of raw fruits and vegetables in the morning calls on organs that have likely not been performing optimally. The Gemmotherapy extracts gently support those organs, relieving any additional stress.

Let's take a look at how one family integrated this change to their breakfast as a team.

Meet the Thornton family. Rob and Susanna both worked full time as career educators until Lily Kai joined their family 17 months ago. Rob now serves as the Athletic Director for Elgin School district and Susanna, a newly licensed professional counselor, is substituting three days a week to allow for time home with Lily Kai.

Throughout her pregnancy Susanna was vigilant about her own diet, but as a couple they had not embraced any changes.

When Lily Kai came along and their routines and world changed dramatically, she resorted to old eating habits. At the start of 2016, however, the Thornton's agreed together they wanted to make changes as a couple. They were both dissatisfied with their lack of energy in the mornings and at the end of each day as well as the extra weight they were carrying. Rob and Susanna wanted to make a change now in order to set better examples as parents.

They each came to my practice individually to talk about the first steps to take in order to make a sustainable change. What I had to say about an all fruit breakfast was not news to Susanna but it sure was to Rob Thornton! Separating Rob from his morning routine of scrambled eggs with spinach, onions, and turkey bacon plus coffee was not an easy sell. As an athlete and coach, and raised in a Hispanic household, he was more than a little skeptical about a morning fruit smoothie. In fact, the thought of sweet fruit in the morning was actually even nauseating. So we took it one small step at a time.

And now, three months later, guess who the smoothie maker in the Thornton household is today? It's Rob who hits the kitchen at 5:30 AM while Susanna tends to Lily Kia.



*"We've been on the breakfast smoothie plan 100% since January. For us to be successful it is a big deal to have enough*

*product on hand. They have to be easy to make or we will fall back into our old patterns."*

The Thorntons keep a seven day supply of chopped fruit in the freezer and buy the organic Central Market brand. Because of their early start each day and tight schedule, they decided to go with convenience over price. Getting this built into their routine took some dialogue and most importantly some tangible benefits.

*"We stick with it because it really wakes us up. After we have our smoothie, we are alert and ready for our day. On top of that, Rob has lost over 25 pounds. The alertness really is addictive. We also found that discussing the improvements we each felt was very motivating."*

As you can see, the whole family is on board and Lily Kai knows to expect her morning smoothie in her own Mini Mouse cup!





So what advice does Susanna have for others just starting out?

*“Do what you have to do to make it work. Remembering why you are doing this is so important. Now that I am a mom it has changed how I see myself. I have come to realize that I am important too. If I am not good to myself, I am not being good to my daughter.”*

Read here to learn all about the first protocols I suggest for clients for opening elimination and why I recommend an all fruit breakfast.

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## **Changing Your Plate Part I: Getting Started**

We just finished a fantastic series featuring new mom Jane Catherine Sherman and how her baby daughter motivated her to shift what she feeds the whole family. Learning that dairy products were the cause of little Savanna's croup inspired Jane Catherine to research the benefits of a plant based diet and what it would take to embrace a new way of eating and living as a family. She and her husband Jason agreed that what wasn't good for their daughter probably wasn't good for them and began making changes just weeks ago.



In my practice I have clients who are brand new to the idea of plant based eating taking baby steps forward and families who have now embraced the changes for years. They all have inspiring stories to tell! Over the course of the next month I will highlight some of their experiences as I break down plant based eating one meal at a time.

- Part II: We will take a look at the all fruit breakfast, why it is important, and how to make it happen.
- Part III: We break down plant based lunch options, whether you are packing for a child or yourself or eating at home.
- Part IV: Is all about the evening meal, starting with a raw veggie salad and ending with a plate that is 80% plant based.
- Part V: Will contain a list of staples every plant based kitchen needs on hand and tips to keep you going.

You will also want to keep your eye on Lauren's Kitchen during this month as I plan to feature some favorite plant based recipes from these clients.

While you are waiting for next week's installment here are a few supporting articles to get you thinking and possibly even taking action.

Want to learn a bit more about the plant based eating movement? A great documentary to start with is Forks over Knives.

Need some concrete reasons outside of your own motivation to join the plant based movement? Here are 10 from ultra-marathoner Rich Roll & Here are 7 from U.S. News & World Reports Health.

Finally, what motivates individuals to change is a fascinating study and one that psychotherapists have studied for years and the tech companies of today cash in on. If you are interested in a good book on the subject you may like to read "Change for Good".

In the mean time, consider this as you restock your fridge and pantry...

*"If it came from a plant eat it. If it was made from a plant don't."*

~Michael Pollan





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## A New Mom's Story Part IV

*I have so enjoyed this past month of posts by Jane Catherine Sherman. I hope many of you have gained from her real life experiences as a new mom, struggling with food choices and discerning the right path for her growing family. Last week we learned that croup can often be aggravated by sensitivities to dairy products and that healing symptoms can be as easy as eliminating those products from the diet. Unfortunately these early signs are often overlooked by new and even experienced parents who seldom make the association between what goes in and the symptoms the body produces. This happens to be a favorite topic of mine (just in case you haven't heard). I love nothing more to see these issues handled early in life before the body learns compensations and work-arounds so it can keep going. Here's a classic post I have written and*

*recently revised that sums up what parents should be on the lookout for and why.*

*Enjoy!*

*– Lauren*

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#### Feeding Baby Part 4: Feeding the Whole Family

As my husband so bluntly put it, if our daughter can't eat it, then we all won't eat it. It's not fair for us to all eat separate things. I'm paraphrasing a bit, but this sentiment started a whole new trend in our family.



(Savannah  
age 1)

As we watched our daughter struggle with her diet, we saw how certain foods can really wreak havoc on your body and even how some good foods just may not sit well. So, for the last few months, I've delved into the proverbial research rabbit hole

to learn as much as I could about diet and what to feed our family. I was learning what to put in my daughter's body, but what I didn't expect was that it would cause me to want to change my diet and that of my husband.



Working with Lauren over the years has taught me to rethink what I put in my body but, truth be told, I was never able to completely give up the dairy and the meat. These were integral parts of my diet, and who doesn't love a good hamburger or a nice blue cheese. But, I came across the movie "Forks Over Knives," and everything finally clicked in my brain. I began to think, if we could do this at least 85%- 90% of the time, then we would definitely be improving our health drastically. As with any life change, it doesn't matter how much you read or hear about something, you have to be ready to change in order to be successful. And, our daughter had taught us that we were both now ready.



Although we have been progressively eating better as a family, this was a big step. You don't realize how much meat and dairy you eat until you try to eliminate it from your diet. But, here we were, adopting a plant-based diet.

Within the first week, we immediately saw improvement in our health. I didn't wake up with that bloated feeling in the morning, and my husband and I both started having less headaches. Our clothes were looser because we weren't carrying around that extra water weight, and our sleep was improving. Seeing those immediate effects encouraged us to stick with this new diet.

We've just started down this road, and it takes time to change years of eating habits. But, in the meantime, we've found some great recipes that don't make us miss meat or dairy.

Middle-Eastern Spiced Squash + Bean Stew (*Courtesy of Sprouted Kitchen*)

This recipe lends itself to lots of adaptations depending on your mood. You can use an almond milk or coconut milk yogurt for garnish as well.

Yotam Ottolenghi's Tamara's Ratatouille

Yotam Ottolenghi's "Plenty" cookbook has some great recipes that can be adapted to various diets. This is one of our favorites, and it's a great way to get our daughter to eat vegetables.

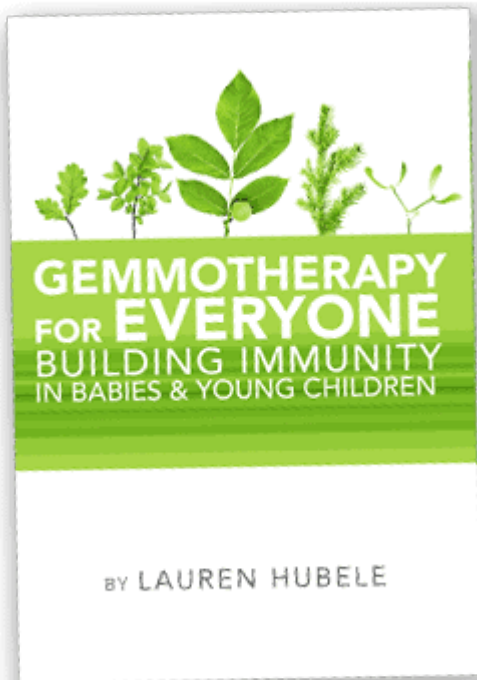


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*I commend Jane Catherine and her husband for not only their awareness of their daughter's needs but also for seeing the benefits in making dietary changes themselves. As she said, knowing something intellectually and taking steps toward change are two different things. Sometimes what we need is a catalyst. For Jane Catherine and Jason it was the symptoms expressed by their sweet daughter. Unfortunately for some it takes a more serious diagnosis before real lasting changes take hold. Trust me early symptoms like sinus congestion or croup are much easier to heal than chronic conditions that having taken root in the body.*

*A big thank you to Jane Catherine for her amazing 4 weeks of blog posts. No doubt we will hear from her in the future. And, because what we eat should always be our first medicine, I will continue more on the benefits of going plant based next*

*month.*



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# A New Mom's Story Part III

*Over the past weeks I have had the pleasure of co-authoring with longtime client Jane Catherine Sherman. Jane Catherine, like all new moms, discovered there were some surprises in store for her and her husband as they integrated a new family member into their two career household. The challenges they faced involved food and how to integrate the sometimes conflicting messages heard from their pediatrician, family members, and their homeopath while responding to the responses from their sweet daughter.*

*In the first installment of this series Jane Catherine shares their experience with formula and the surprising solution they discovered. In today's article she shares what happens when they are advised by their pediatrician, like all parents of one year olds, to begin the standard issue whole milk. Having reactions to formula was one thing but all toddlers need whole milk, right?*

*Enjoy!*

*– Lauren*

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## Feeding Baby Part 3: The Great Milk Debate

We were not a dairy free household, so when my pediatrician told me to start my daughter on whole milk I didn't think twice about it. Yes, she did have issues with formula but my husband and I were fine with milk so it seemed like a natural choice. Besides, whole milk is meant to be the perfect food especially for picky toddlers – full of protein, calcium, vitamin D and vitamin B-12.





The first few weeks all went well, but then we started to notice a definite change in her digestion – more gas, bellyaches and painful constipation. We immediately started the Fig and Walnut Gemmotherapy protocol just as we had done when she was on formula. Unfortunately, this time it wasn't enough. Her digestive system was already so inflamed that her symptoms kept getting worse. The constant runny nose started next followed by congestion and cough. We started a different Gemmotherapy protocol to combat the “cold” symptoms, which helped her heal each time she got sick. But, what we didn't realize was that it was the dairy in her diet that caused these symptoms.



The final straw for me came was when she was diagnosed with croup and had a choking cough so terrible it would bring any mom to tears. Until that point, it had not even occurred to us that it could all be from the whole milk we had added to her diet. We just thought that these were normal toddler sicknesses and growing pains. However, by this time we had progressed from adding only whole milk to include yogurt and cheese also in her diet – all typical toddler staples.

We met with Lauren to discuss the croup diagnosis we had received. She made it clear that, from her perspective, the dairy in our daughter's diet was the root cause of these problems and with the appropriate Gemmotherapy protocol and removal of dairy, she would be much better. We immediately replaced the whole milk with almond milk. This decision was definitely met by an onslaught of questions from our family. Where will she get her calcium? Where will she get the fat and vitamins? Whole milk is good for babies. There is no way that's the cause. The same questions and concerns ran through my head, but I knew in my gut I was making the right decision.

Confirmation to me that we had made the right choice was the fact that almost overnight, my daughter's symptoms improved. The rash on her face was the first to clear up followed by less gas and no constipation. The cough and congestion took a bit longer, but once it cleared up it hasn't returned. We had spent a lot of time and energy with humidifiers, easy breathing rubs, eucalyptus oil, and sleeping upright in a chair, anything that would help her breathe and be comfortable. Now she's been clear for over a month despite our crazy hot and cold weather.

To make sure she got all the same vitamins she would be getting from whole milk, we chose organic unsweetened almond milk fortified with calcium and vitamin D. I've seen some recipes for making your own fortified almond milk, which may be my next venture when I have more time. We also increased the amount of calcium enriched foods and fat in her diet including oranges, dried figs, almond butter, white beans and broccoli. This white bean hummus recipe is a fan favorite around our house. The white beans are easier than chickpeas to digest. I also substitute roasted garlic for fresh since fresh garlic can also upset some stomachs. It's also great for "hiding" other healthy foods she may not want to eat that day.

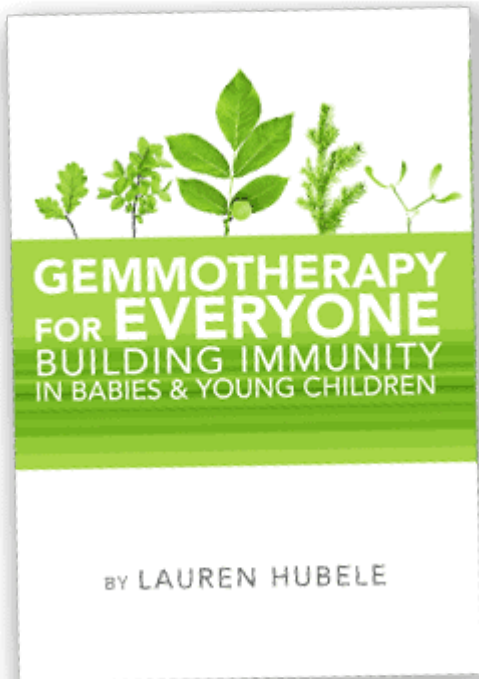


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*If you or someone you know is interested in learning more about feeding babies and toddlers and keeping them symptom free I'd love to hear from you. Guiding new moms and families is one of the favorite parts of my job. Are you new to the Gemmotherapy products mentioned in this series? If so here is an article to get you started.*

*Be sure to join us next week as we share the final installment of Jane Catherine's story. You'll appreciate hearing where all this has led them as a family.*





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## **A New Mom's Story: Part II**

*Last week I introduced you to Jane Catherine, a long time client and new mom who, when faced with some challenges in feeding her baby, was opened up to an entirely new*

*perspective. Last week she shared the struggles that followed the sudden end to her breast milk supply. This week she will take you through her thought process regarding the introduction to solid foods.*

*Enjoy!*

*– Lauren*

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## **Starting Solid Foods – Why Rice Cereal Didn't Make Sense**

As someone who tries to eat a healthy balanced diet, I never understood how rice cereal made sense as the first food for my daughter. Why should my goal be to just fill her up as many people recommended? Is it only because she'll sleep better? I understand the value of sleep, especially with a daughter who didn't sleep through the night until 10 months, but I'm not going to feed her something just to make her feel full. Why would I not feed her fruits and vegetables that are nutrient dense **and** fill her up? I understand that rice cereal is supposedly "easy" on little ones' digestive systems so the risk of gas or any other unfortunate mild side effect is low, but the same could be said for avocado or bananas or butternut squash. We opted to forgo the "filler" foods and instead chose to feed her avocado, bananas, butternut squash, pears, and other similar types of fruits and vegetables.

The battle to resist filler foods has only increased as she has gotten older. Everywhere you look there is a new "snack" for toddlers from Cheerios to puffs to cookies. But, I couldn't shake the feeling that these are no different than adult snack foods – sweet, salty, addicting, and no nutritional benefit. Of course, she will eat them, that's not a problem, which is more than I can say about her homemade dinners some days, but I'm not going to have chips and cookies every day, so why should my toddler? It has not been easy, and we've succumb to the snack foods every once in a while. But,

for the most part, we try to make homemade meals and snacks or at least choose healthier options like squeezable apple sauce or frozen spinach nuggets. Below are some of our favorite recipes so far:

### **Sprouted Kitchen Muesli Bars** *(Courtesy of Sprouted Kitchen)*



[Full Ingredients & Instructions Here](#)

This is a great option for breakfast, snack, or whenever my daughter just feels like being picky. I'm not a fan of brown rice syrup given the recent arsenic warnings, so I opt for Bee Free Honee or regular honey. For babies under one or those with a vegan diet, the Bee Free Honee is a nice option. There are also plenty of gluten free muesli alternatives should you prefer to keep them gluten-free

## Overnight Oats



For some reason my daughter prefers these overnight oats to the traditional oatmeal I make on the stove top. I'm not complaining, though, because these are much easier. This is also a great vehicle for hiding healthy stuff like ground flaxseeds and chia seeds.

### **Ingredients & Instructions**

1 banana, mashed very smooth  
 $\frac{1}{2}$  cup rolled oats (gluten-free if you prefer)  
1 cup almond milk (I've also done  $\frac{1}{2}$  almond milk and  $\frac{1}{2}$  coconut milk, which tastes great, too.)  
2 tablespoons ground flaxseed  
1 tablespoon chia seed  
1 tablespoon almond butter (optional)  
Cinnamon and vanilla extract to taste



Put all the ingredients in a mason jar and mix well. Let sit overnight. Stir again and serve.

## **Red Lentil Soup**



Lentils are amazing sources of nutrition for little ones, and the red ones are much easier to digest for their little bellies (i.e. less gas). Add carrots, sweet potatoes and red pepper, and you've got tons of vitamins in one little soup.

### **Ingredients & Instructions**

- 1 large onion, chopped
- 1 tablespoon olive oil
- 4 garlic cloves, finely chopped
- 1 teaspoon ground cumin
- 1 cup red lentils, picked over and rinsed
- 3 1/2 cups reduced-sodium chicken broth

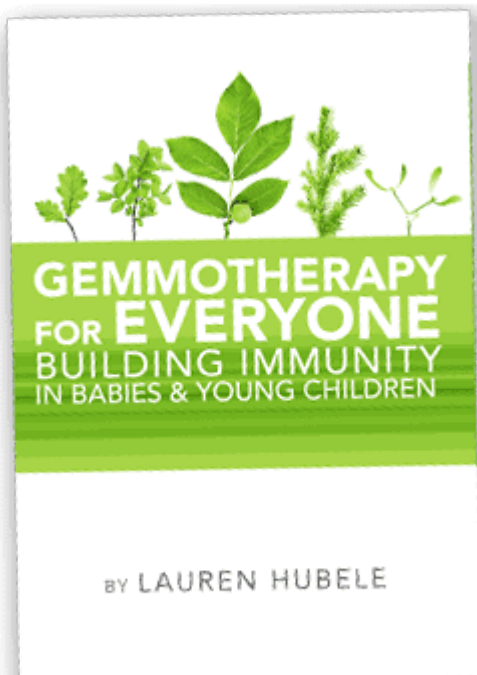


3 cups water  
1 sweet potato, roasted and cubed  
1 red pepper, chopped  
2 carrots, chopped

Cook onion and garlic in oil and a pinch of salt until soft and translucent. Add carrot and red pepper and sauté for 5 minutes. Add lentils, broth, water, another pinch of salt and pinch of pepper and simmer, stirring occasionally, until lentils are very soft and falling apart. Once soft, add cubed roasted sweet potato. Serve.

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## **A New Mom's Story: Part I**

*May I introduce you to Jane Catherine Sherman, a long time client, who has spent the last year learning the ropes of being a new mom while juggling her role as wife and a full-time career. I have had the pleasure of working with this sweet family pre and post baby. I've watched these past months with both curiosity and great respect as several of their beliefs regarding the "right way" to care and feed baby have been challenged one by one and pushing them to open up to alternatives not so widely accepted.*

*As they have navigated these changes so beautifully as a family, I asked Jane Catherine if she would be willing to share their story. I believe it to be insightful and encouraging for expectant and new moms as well as grandparents.*

*Join us for the next four weeks as this new mother exposes some real life situations that can and did throw even the most well researched parents. Their story clearly depicts the*

*importance of remaining open and not attaching to fixed ideas of the right way with our children. I believe their sweet daughter has only just begun to lead them down a path of shedding old concepts and opening to the new.*

*Enjoy!*

*– Lauren*

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## **Feeding Baby**

To know me is to know I'm a planner, so, of course, I had everything planned out for how I would feed my daughter once she was born. It seemed simple. Breastfeed exclusively until she was six months old, then slowly start incorporating nutritious, whole foods into her diet. But alas, as with all things pregnancy and baby, nothing goes according to plan.

Fast forward ten months, I've just had my healthy, eight-pound baby who wants nothing more than to eat constantly, and after the first weeks I have nothing to give her. I'm bone dry with no milk in sight. If pregnancy taught me anything, it taught me that your body has a mind of its own, and there is no sense in forcing it. So, I turned to the next best thing – formula. Or, so I thought.



My husband and I spent days agonizing over what formula to get – soy, non-soy, organic, non-organic, sensitive stomach, etc. We even thought about ordering overseas for a goat's milk based formula. In the end, we opted for an organic, cow's milk based formula, which was the best fit for our budget and dietary practices. Unfortunately, this was not the best choice for our daughter's digestive system.

She spent the next 6 to 8 months of her life constantly battling painful constipation and gas. We researched tons of at-home remedies and tried even more from warm baths, prune juice, pureed prunes, and finally suppositories. And forget about sleep. She would wake up multiple times throughout the night each time for two hours at least. I will always have a not-too-fond memory of my husband running to the nearest 24-hour drugstore at 2:00 a.m. in search of infant suppositories while I tried to comfort a crying baby who had been up all night miserable from constipation. We spent our days hoping for dirty diapers and more often than not they didn't come regularly. According to our friends with kids, this was a normal part of baby growing pains. We were told babies could go a week without a bowel movement before we had to worry. Some even recommended adult medications like Miralax. None of

this felt right in my gut. She was an otherwise healthy baby, so surely there was a more natural solution.



We reached out to the Homeopath that had supported me through my pregnancy and her suggestion was a Gemmotherapy protocol to support healthy elimination. Our first step was starting her on a small dose of Fig and Walnut extracts two times a day. We quickly saw improvement with more regular, non-painful bowel movements. But, even with the Gemmotherapy, her digestive system still needed more support to deal with the formula as she was often waking at night with discomfort. After another discussion with our Homeopath, we made the difficult decision to slowly start weaning our 6 month old off formula and replace it with an organic, no sugar added coconut water and a well balanced diet of plant based foods. She would still have some formula but in much smaller quantities until we could wean her off completely. To say we were nervous is an understatement. Everything we had been told and read said that formula was the gold standard for nutrition after breast milk. What if she doesn't get enough vitamins? What if it stunts her development? What if she becomes a sickly baby? We had all the fears you would expect from parents deviating from the



pediatrician recommended norm. But, we kept going back to the idea of how could something supposedly so good for her make her a miserable wreck?

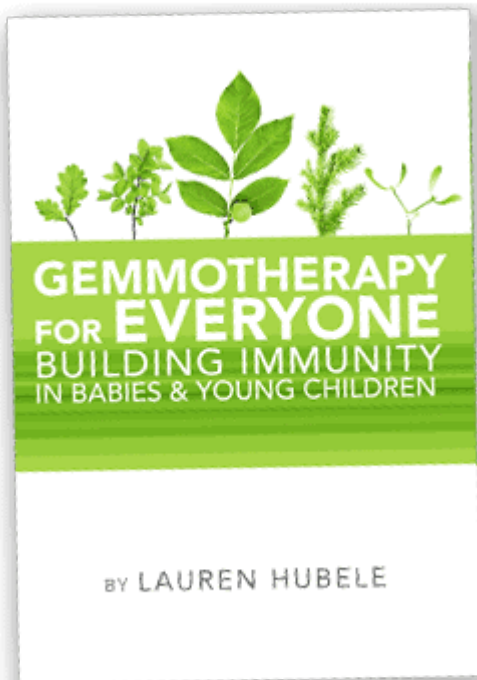


We immediately saw positive changes in her digestive system. Within a day, she started to have regular daily bowel movements without any pain, and she started to sleep more soundly through the night. And, as every parent knows, a baby who gets good rest is a happy baby.

As new parents, we tend to hang on our pediatrician's every word as if they have all the answers. But, sometimes we just have to go with what feels right in our gut. The combination of Gemmotherapy and coconut water worked better than we could have hoped, and our daughter continues to thrive and develop successfully without any of our fears coming true.

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# 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.

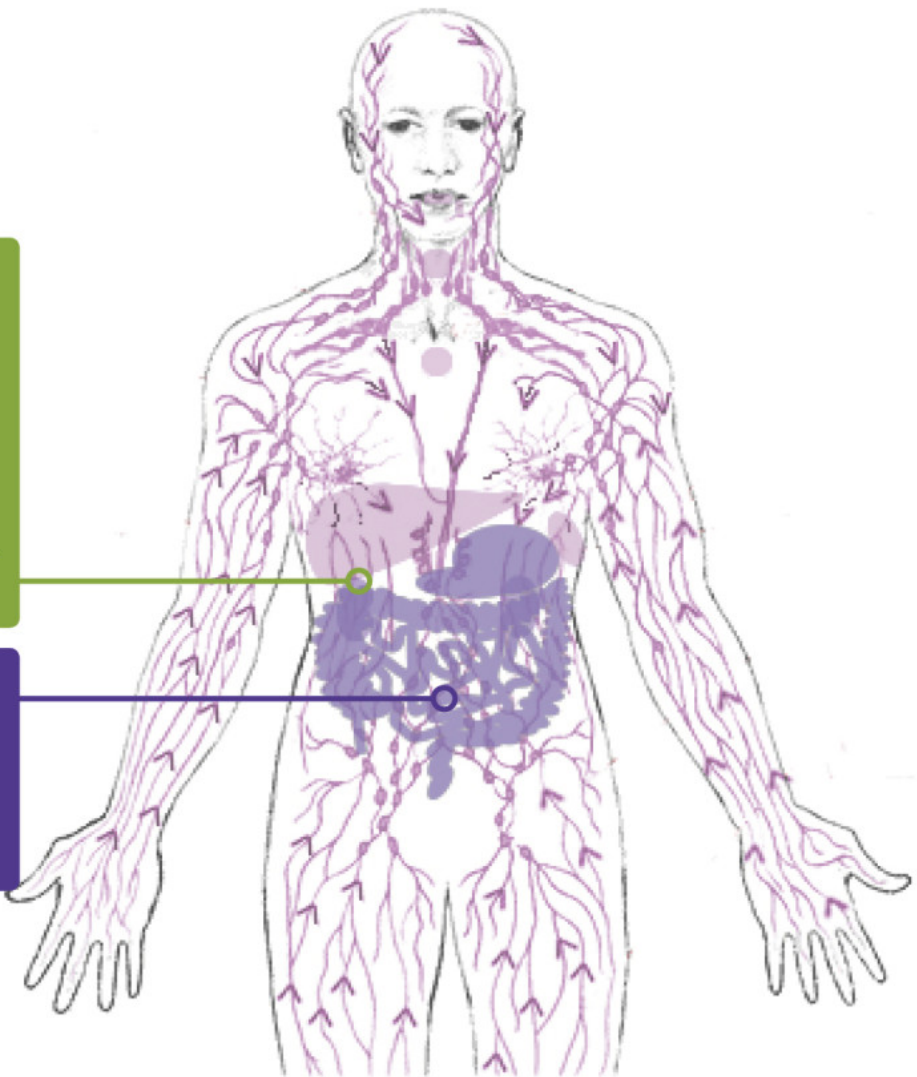
This diagram will explain further the specific action of the Gemmotherapy protocol for early symptoms of a UTI.

# 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.

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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:

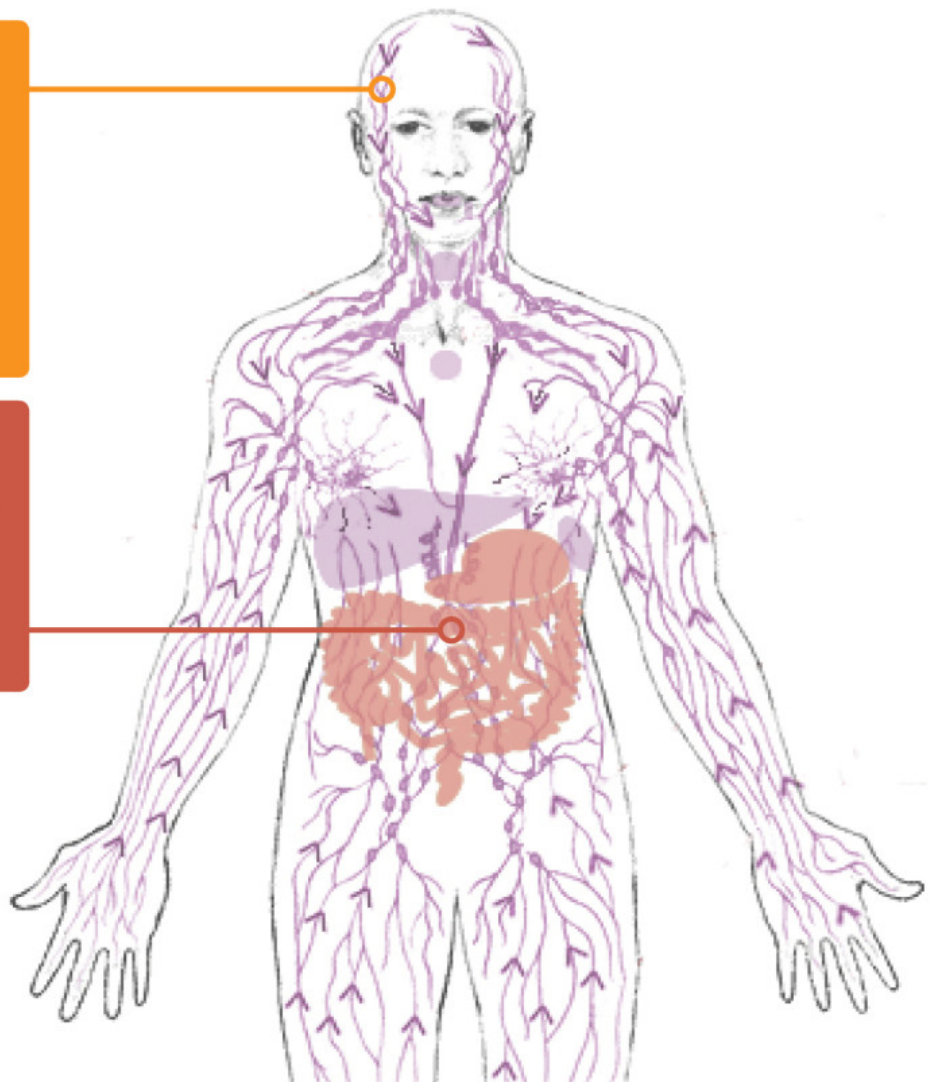
*(Rosa Canina)*

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

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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:

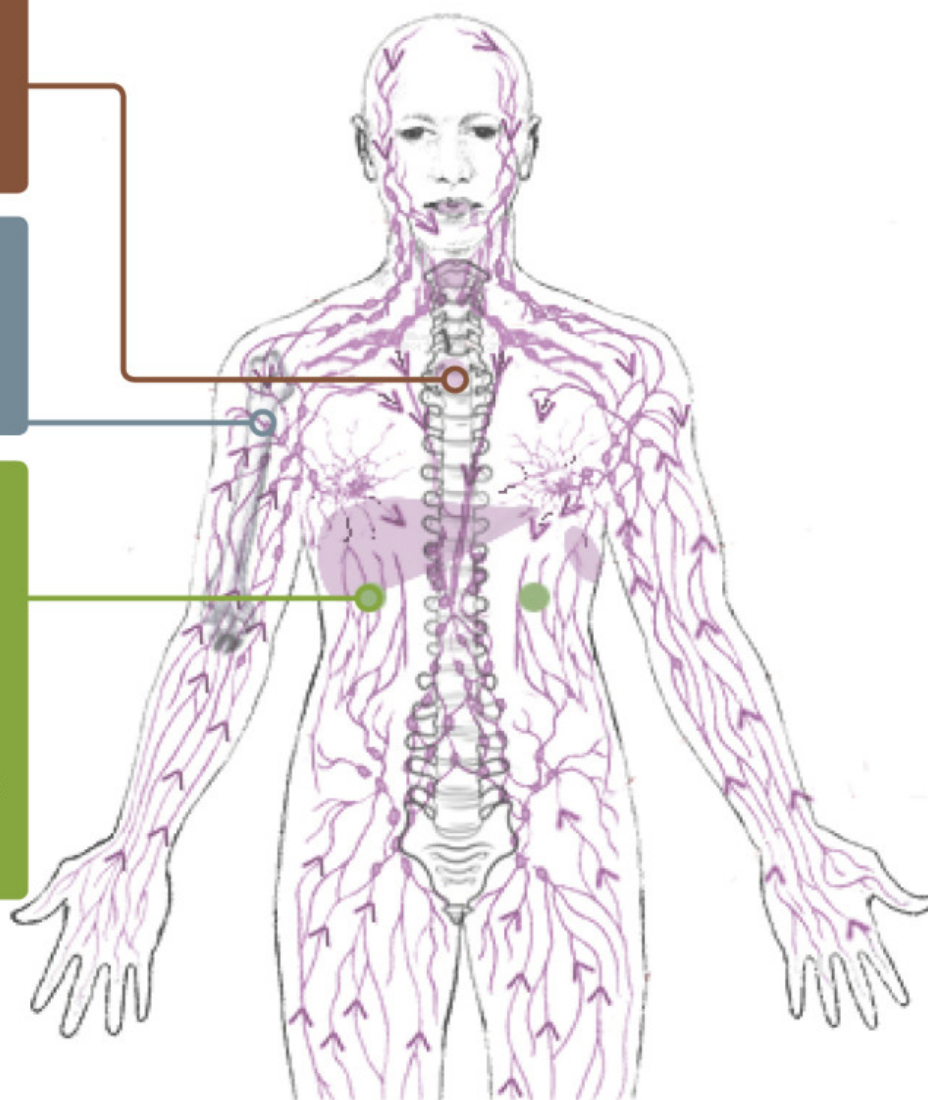
*(Abies Pectinata)*

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

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