



YOUR SOURCE FOR ALL THINGS RENAL & NUTRITIOUS

# 10 Steps to Healthy Eating

By Njeri Kai Jarvis MS, RD, LDN, Herbalist

Consider these 10 key **Components to Developing a Healthy Meal Plan**. For some it may help reverse disease for all it will support health and sustain energy proving a better quality of life.

When combined together they provide a high ORAC score (lots of antioxidants); Consistent and adequate Micronutrients (vitamins, minerals and phytochemicals); Sources of Anti-inflammatory and Immune modulating constituents; Adequate protein to support organ protein stores (the foundation of our immune system); Essential Fatty Acids needed for optimal brain function and so much more.

## #1 Eat Real Food (Whole / Primary Foods and Water)

Real foods are those your Great-Grandparent, Grandparent or parent would recognize as food depending on your age. They are primary and grow out of the ground. Choose Water as your primary beverage when drinking; eat a piece of fruit if you want fruit juice. **If you have Chronic Kidney Disease (CKD), you want to limit fluid to 32 oz daily and discuss with your RD.**

## #2 Keep Even blood sugars (No Spikes / No Falls)

The keys to keeping even blood sugars are: Having Fiber, Protein and or Fat included in whatever you eat, whenever you eat; Also, having consistent meals; Aim to eat every 2-3 hours a small meal or snack. Skipping meals is not good for good blood sugar control

## #3 Vegetables (Make Them Your Base)

Optimal Health for those of us living in the Western World requires about 6-9 servings/ cups of vegetables daily from all categories. If you have Chronic Kidney Disease the portions may be cut in half but the premise remains the same. Aim to eat vegetables from ALL CATEGORIES (Dark & light Green Leafy, Cruciferous / Sulfur Rich, Colorful & Roots, Liver Toning Bitter Vegetables, Beans/ Legumes/ Pulses, Culinary Herbs / Spices / Teas). Aim to include Herbal Teas, Tinctures, Tablets along with powdered vegetables to support and assist as needed. Fresh and Dried herbs daily for cooking and in the form of Herbal Teas and Coffees is another option.

# Nutrition

Metro Renal Associates Chillum Kidney Care

Spring 2017

CREATED BY NJERI K JARVIS MS, RD, LDN/HERBALIST

## Dirty Dozen (Veggies & Fruits)

Be Mindful of the Dirty dozen produce that has the highest amounts of pesticide residues, so organic versions are best

## Clean 15 (Vegetables & Fruits)

Be Mindful of the Clean 15 produce that has the least amount of pesticide residues, so conventionally grown foods are fine to purchase and eat

*EWG's*  
**Clean 15 Dirty Dozen**  
2016  
*By Living Naturally Autoimmune*

Dirty X Dozen		Clean ♥ Fifteen
 1) Strawberries	 7) Cherries	 1) Avocados
 2) Apples	 8) Spinach	 8) Mangoes
 3) Nectarines	 9) Bell Peppers	 2) Sweet Corn
 4) Peaches	 10) Tomatoes	 9) Papayas
 5) Celery	 11) Cherry Tomatoes	 3) Pineapples
 6) Grapes	 12) Cucumbers	 4) Cabbage
 13) Hot Peppers	 14) Kale	 5) Sweet Peas
		 6) Onions
		 7) Asparagus
		 15) Cauliflower
		 10) Kiwi
		 11) Egg Plant
		 12) Honeydew Melon
		 13) Grapefruit
		 14) Cantaloupe

# Quality Protein

Not All Protein is Created Equal... be in the know!

## #4 Choose Quality and Variety over Quantity for Protein

Aim to eat unprocessed, non-feed-lot meats from animals that were raised without hormones, antibiotics. If possible take it a step further and aim for animals fed organically and or fed or finished on grass.

### Keeping the Variety:

Eat good quality **Organ Meats**. These should ONLY be organic or of the highest quality. Know your farmer and or your source. These organ meats provide the semi-essential co-enzymes needed by our cells power houses for energy production (Co Enzyme A, Co Enzyme Q10, Alpha lipoic acid and more)

Eat **Fish, Shell-Fish, Whole Eggs**; Good Quality **Well tolerated Dairy** (best if organic and free of hormones and antibiotics); **Vegetable Protein** (Beans, Legumes, Pulses); Mineral and Protein Rich **Bone Broth**

## #5 Beans daily

Aim to eat 1-2 Cups daily. For those with Chronic Kidney Disease – the portion and



frequency will be reduced. Start small if you need to with 1 Tablespoon daily and work your way up to avoid gastro-intestinal distress and gas

cantaloupe, honey dew melon, oranges, bananas – ask your RD for a list)

## #6 Fruits (what's the right amount)

Choose High Fiber Low sugar first; limit to 3 servings or less daily if Diabetic. Aim to eat the low sugar, high fiber, colorful fruits (Berries, Granny smith Apples, Pomegranates, lemons, limes); Choose Low Potassium Fruits if you have Chronic Kidney Disease (lemons, limes, apples, berries, peaches, plums, cherries, grapes; avoid



### Healthy High-Fat Foods



# Good Quality Fats

These are essential for brain health, immunity, controlling inflammation and reducing cardiovascular risk

## #7 Good Quality Fat is key

Aim to eat foods rich in Essential Fatty Acids Daily (Cold Water Fish and shellfish , Fish Oil, Flax Seed oil). Don't be afraid of butter (choose organic preferably) avoid margarine and hydrogenated fats. Choose raw Nuts and Nut butters over roasted if possible (limit nuts and nut butters if you have chronic kidney disease).

Fats should always be FRESH and never RANCID or STALE. Rancidity means the oil is less stable and again will be less stable in your body.

Note that uncovered oils or used, saved and used again oils (like the can of oil we used to keep on the stove to cook again and again with) will not be your best option

or first choice for fat use. Consider alternatives.

Vegetable Oils should be chosen based on how high the fat can be heated safely. The less heat used on your fat the better and more stable it is in your body. The more stable the less cardiovascular risk. This is one reason why fried foods are not the best. They are heated to a very high heat and become unstable.

Aim to eat vegetable oils raw or lightly heated (Olive oil, Avocado Oil, Coconut Oil, sesame oil, peanut oil). Remember, oil and fats by themselves are not WHOLE FOODS. So they are best consumed in a whole foods format (coconut meat, avocado, cashews, almond, animal meats). **If you have CKD talk to your RD about low Potassium sources.**

Quinoa – DRied and Cooked



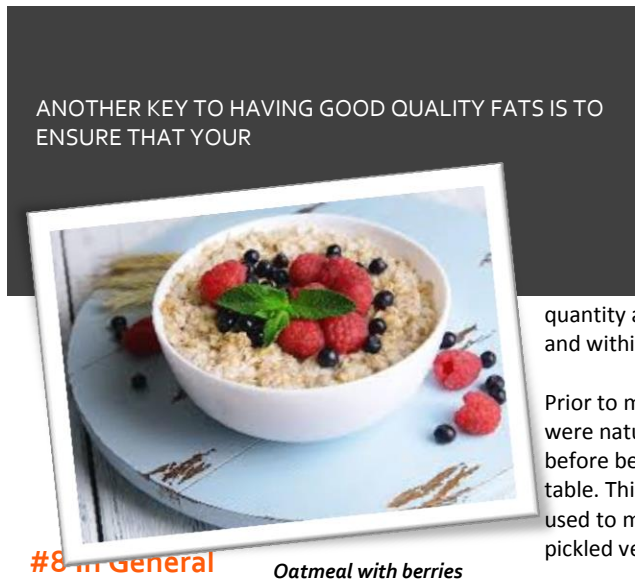
Millet - Growing



MILLET - COOKED



Amaranth Growing Harvested and Cooked



# Whole Grains

Recommendations for grain intake is extremely **VARIABLE**. It really should be individualized! ...Based on your Tolerance

Aim to eat well tolerated, easily digested Whole Grains in moderation. Typically, the grains that tend to be best tolerated by many are (the ancient grains - oats, quinoa, millet, amaranth, spelt, rice-aim for whole grain brown rice).

Individualization is needed because what one person can tolerate and digest is not necessarily what another person can.

This potential poor digestion can lead to a host of other nutrition related problems that if not recognized and addressed properly, can and do become disease states triggered by the inflammation that the initial poor digestion caused.

Issues can range from mild to extreme (constipation, nausea, vomiting, asthma, unclear thinking / brain fog, extreme tiredness, headaches, cough, acid reflux, celiac disease, auto-immune diseases, autism, bipolar schizophrenia, malnutrition, hypothyroidism, hyperthyroidism and many more).

Most people know what they are sensitive to but may not be fully conscious of it. Some of these sensitivities can take up to 4 day to show up. This can make it that much more difficult to spot. Working with your RD on an **elimination diet** can be helpful in helping you identify some of these sensitive grains as well as other foods.

## #9 Fermented Foods

This is component of our modern diets that has perhaps changed the most and the one that we have forgotten and not supported over the last few generations. This has led to many of us being deficient in the quantity and quality of beneficial microbes on and within us.

Prior to modern times, many of our grains were naturally allowed to ferment in silos before being processed into grains for the table. This no longer happens regularly. We used to make naturally fermented and pickled vegetables that were used as condiments with meals. We now eat pickled foods that have been pasteurized removing most of these beneficial components

Because we have a symbiotic relationship with beneficial microbes (they help us digest our food, make energy and help us crowd out microbes that could cause problems) if our intake is low or non-existent this could lead to problems. Problems that the research is still uncovering

Fermented foods have healthy microbes and enzymes that assist with digestion and inflammation. Aim to eat Fermented foods (Cultured Plain Yogurt, sour cream, kefir, Kombucha (fermented Black tea), Live Sauerkraut and Kimchi, Vinegars with "The Mother" and more) daily.



## #10 Assess your Tolerance

We have all heard the adage, "You are what you eat." However, in reality, we are what we ABSORB and SYNTHESIZE.

We can eat something but have a difficult time digesting it and turning it into fuel and other needed resources for the body.

This difficulty can stem from a number of reasons. One could have true allergy to a food that shows up immediately with symptoms. One could also have a sensitivity that may not show up for 4 days after eating the food in question.

This sensitivity can also result from inadequate or unbalanced intake of needed vitamins, minerals, proteins and fats causing nutritional deficiencies that show up as hormone and or neurotransmitter imbalances or enzyme and microbiome imbalance in addition to other imbalances.

These sensitivities can result from imbalances that result from medication use over time.

Consider that, regular or long term

eaten. **Assess your tolerance** of any foods in your current meal plan and even in the recommendations noted in this guide.

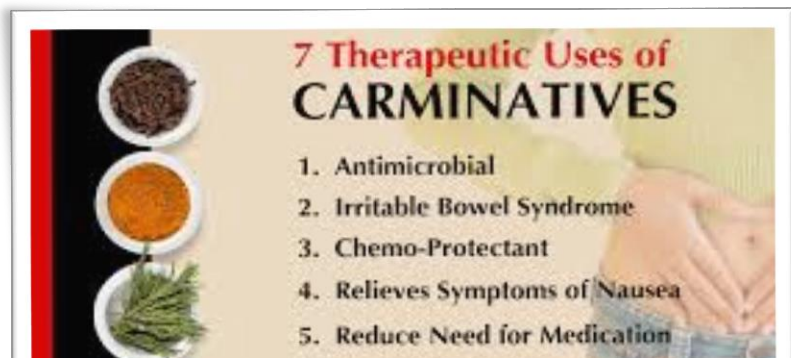
**Pull anything out** that is causing gastro-intestinal distress or other issues that you may suspect are triggered by certain foods (constipation, diarrhea, nausea, vomiting, excessive gas, acid reflux, heart burn, headaches, eczema, yeast infections, asthma, poor mental clarity).



use of antibiotics without effort to replenish with probiotics can wipe out the beneficial microbes that assist with digestion and immunity, causing a chain reaction of tight junction cell wall failures that can lead to "leaky gut".

This leaky gut then increases the risk of having more digestive intolerances and less absorption of needed nutrients. This can create a cycle that turns in on it-self leading to disease and less than optimum health.

The key to good absorption and synthesis is being able to tolerate what is



**Consider Working with a Registered Dietitian or Nutritionist** to help you heal your Gastro-intestinal tract and determine the best foods to include and limit in your meal planning moving forward. Consider working with an **Herbalist** to incorporate carminative, adaptogenic, antispasmodic, alterative and nervine herbs to assist you with better digestion and health.



# Recipe #1

## Good Quality Salad Dressing

### Home Made Salad Dressing:

a starting point for implementing 11 Key Components to better health.

I like using Home Made Salad Dressing as a starting point because you can quickly and easily *incorporate All 11 Key Components* in one quick and easy recipe that requires little preparation and no cooking.

It allows us to experiment with new tastes, fresh and dried herbs and spices that can be a source of additional flavoring for the increased vegetables that you will be increasing in your diet. It can also act as marinades for your proteins and beans.

A batch can be made weekly and will last for several days in your refrigerator.

The raw good quality oil used as the base will provide cardiovascular support particularly if a good quality olive oil is used.

The herbs and spices will provide anti-inflammatory, anti-microbial, immune-modulating, vitamin and mineral rich nutrients.

The vinegars can provide a moderate amount of acid to help stimulate your gastric juices which assists in better metabolism and decreased gastrointestinal discomfort in addition to be a source of enzyme rich, probiotic rich live ferments that support our microbiome

It will be a low sodium dressing or a no added salt dressing. Surprisingly, off the shelf salad dressing tend to be high sodium foods especially when consumed in greater than 1 Tablespoon portions.

And Finally, It tastes Great!!!

### Classic Vinaigrette #1

#### Ingredients

- 1/3 cup good-quality extra virgin olive oil
- 2 tablespoons apple cider vinegar (or red wine vinegar)
- 2 tablespoons honey
- 1/2 tablespoon Dijon mustard
- 1 tablespoon poppy seeds
- 1 tablespoon sesame seeds
- 1 to 2 teaspoons seasoned salt (more or less to taste)
- 1/4 teaspoon black pepper
- 1/2 small white onion, minced
- 1 small clove garlic, grated on a microplane or chopped fine by hand.

#### Instructions

1. Whisk together all ingredients.  
<http://www.anediblemosaic.com/best-dressing/>

### Classic Vinaigrette #2

#### Ingredients

- 1/2 clove minced garlic
- 2 tablespoons good-tasting extra virgin olive oil
- 1 scant tablespoon vinegar
- Freshly ground pepper
- 1/2 teaspoon minced fresh herbs
- 1 scant teaspoon mustard
- 1 dash white wine
- 1 pinch sugar

#### Instructions

Combine all the ingredients in a jar with a tight-fitting lid and shake until the ingredients are well mixed. Pour over clean greens and toss.

<https://www.splendidtable.org/recipes/vinaigrette>



#### Consider This -

Home-made dressings have better fat, less salt and less sugar than store-bought options.



#### Consider This -

Once you have the classic vinaigrette's down, feel free to experiment with other flavors, keeping the ratio of oil to vinegar the same.



#### Consider This

This vinaigrette and other home-made salad dressings can act as marinades for other vegetables and for your protein sources.

They are great ways to add delicious flavor to meals without adding salt.

# Consider This: Tips for better Digestion

by Dr.Murray - [http://doctormurray.com/digestion\\_aging/](http://doctormurray.com/digestion_aging/)

*If you are have Chronic Kidney Disease, be sure to discuss these with your nephrologist and your dietitian.*

including improved bowel function (reducing constipation and/or diarrhea), enhanced immunity, and reduced inflammation. Use a formula that provides a minimum of 3 billion *Bifidobacteria* per dosage.

Although most people with indigestion think they have too much stomach acid (hyperacidity), a lack of gastric acid secretion is actually a more common cause of indigestion and heartburn. That's why hydrochloric acid (HCL) supplements help produce complete relief of indigestion in many individuals.

There are many symptoms and signs that suggest impaired gastric acid secretion, including bloating, belching, food allergies, diarrhea, constipation, cracked or peeling fingernails, and iron deficiency.

In addition, a number of diseases have been linked with insufficient gastric acid output, including asthma, celiac disease, diabetes, chronic autoimmune disorders, lupus, osteoporosis, and more.

## Hydrochloric Acid

Since not everyone can have detailed gastric acid analysis to determine the need for HCL supplements, here is one way to determine your perfect dosage:

- Start by taking one tablet or capsule containing 500–600 mg of HCL with a large meal. If it doesn't aggravate your symptoms, try upping the dosage—one tablet or capsule with your first meal, two with the meal after that, three with the next meal, and so on.
- Continue to increase the dose until you reach seven tablets, or until you feel warmth in your stomach, whichever occurs first. A feeling of warmth in the stomach means that you have taken too many tablets with that meal, and you need to take one less tablet for a meal that size. It's a good idea to try larger doses again with another meal—you want to make sure that HCL caused the warmth and not something else.
- After you've determined the most you can take with large meals without feeling any warmth, maintain that dose at all meals of a similar size, and take less with smaller meals.
- When taking a number of tablets or capsules, take them throughout the meal.

- As your stomach starts producing enough HCL on its own, you will notice that warm sensation again; when this happens, reduce your dosage accordingly.

## Digestive Enzymes

- Lack of digestive enzymes from the pancreas is another functional cause of indigestion. When heartburn, abdominal bloating and discomfort, and gas occur within the first 15–30 minutes after eating, it's usually due to a lack of HCL secretion. But if these symptoms occur more than 45 minutes after eating, it's usually a sign that you are lacking pancreatic enzymes. Keep in mind that the release of pancreatic enzymes is triggered by the HCL secreted in the stomach, so taking HCL supplements can sometimes lead to improved release of pancreatic enzymes.
- Digestive enzyme products, however, are the most effective treatment for pancreatic insufficiency. These preparations can include enzymes from fresh hog pancreas (pancreatin) or vegetarian sources such as bromelain and papain (protein-digesting enzymes from pineapple and papaya) and fungal enzymes. In my experience, the best results are found from multi-enzyme preparations from vegetarian and fungal sources. They are more resistant to digestive secretions and have a broader range of activity.

## Probiotics

As people age, there are some major changes in the type of probiotics that inhabit the intestinal tract. These changes are the result of many factors, including diet, prescription drugs (mainly history of antibiotic or antacid use), and a decline in digestive secretions. Several recent studies have shown that one of the key goals in older adults is to increase the levels of *Bifidobacteria* species.

Supplementing with *Bifidobacteria* has been shown to produce a multitude of benefits in baby boomers and older adults,

### DIGESTIVE ENZYMES GARDEN OF LIFE'S OMEGA-ZYME ULTRA



### Betain with Hydrochloric Acid (HCL)



### Probiotics

Garden of Life's "Primal Defense"

Klaire Labs "Thera Biotic Complete"



### Foods that contain All 3



# More Quick Salad Dressing Recipes

1. **Classic Vinaigrette:** Whisk 2 tablespoons red wine vinegar, 2 teaspoons dijon mustard, pepper to taste. Gradually whisk in 1/3 to 1/2 cup olive oil.

2. **Shallot–White Wine:** Make Classic Vinaigrette (No. 1), replacing the red wine vinegar with white wine vinegar; add 1 minced shallot.

3. **Roasted Garlic:** Slice the top off 1 head garlic; drizzle with olive oil, wrap in aluminum foil and roast at 400 degrees F until tender, 35 minutes. Cool, then squeeze out the cloves. Make Classic Vinaigrette (No. 1) in a blender, adding the roasted garlic and 3 tablespoons grated Parmesan.

4. **Bistro Bacon:** Make Classic Vinaigrette (No. 1); add 1/3 cup crumbled blue cheese, 3 slices crumbled cooked bacon and 2 tablespoons chopped chives.

5. **Mediterranean:** Make Classic Vinaigrette (No. 1); mash in 1/2 cup crumbled feta, then whisk in 1 tablespoon chopped parsley, 1 teaspoon dried oregano and 1 diced plum tomato.

6. **Dijon:** Whisk 3 tablespoons each dijon mustard and champagne vinegar, 1/2 teaspoon kosher salt, and pepper to taste. Gradually whisk in 1/2 cup olive oil.

7. **Spicy Honey-Mustard:** Whisk 2 teaspoons each honey and dijon mustard, 2 tablespoons lime juice, and 1/2 teaspoon each lime zest and kosher salt. Gradually whisk in 1/4 cup each olive oil and vegetable oil, then add 2 teaspoons chopped thyme and 1/2 minced jalapeno.

<http://www.foodnetwork.com/recipes/articles/50-salad-dressing-recipes>



**Nutrition  
Metro Renal  
Associates  
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Created by BNH for Metro Renal  
Associates - Chillum Kidney Care -

**Njeri Kai Jarvis** is Registered and Licensed Dietitian as well as an Herbalist. Her focus in Nutrition, Health and Wellness stems from a Functional Nutrition and Integrative point of view. She has been in Renal Kidney Care for 15 years and heads her independent nutrition consulting company Bear Nutrition and Herbs (BNH), specializing in one on one clinical care, nutrition education, presentations and nutrition content development.

[Bear Nutrition & Herbs \(BNH\).](#)

[www.BNH-BearNutritionandHerbs.com.](http://www.BNH-BearNutritionandHerbs.com)

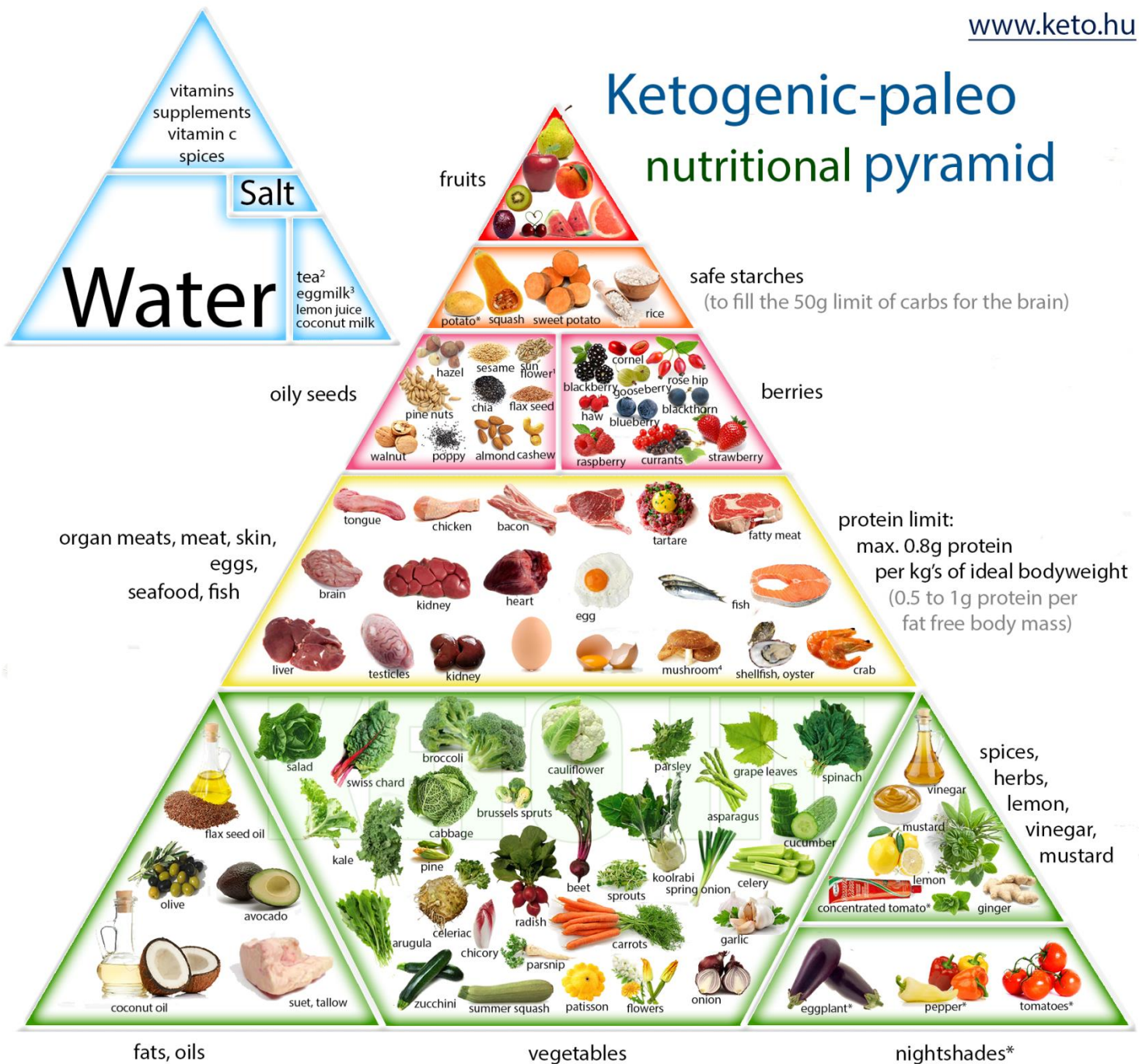
She believes in KISS (Keep It Simple Successful !) and encourages each and all to "Expect Miracles !" where you cultivate the belief, establish a plan and then work the plan to make the Miracle happen.

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**BNH**  
Bear Nutrition & Herbs

Other Items and Ideas to consider



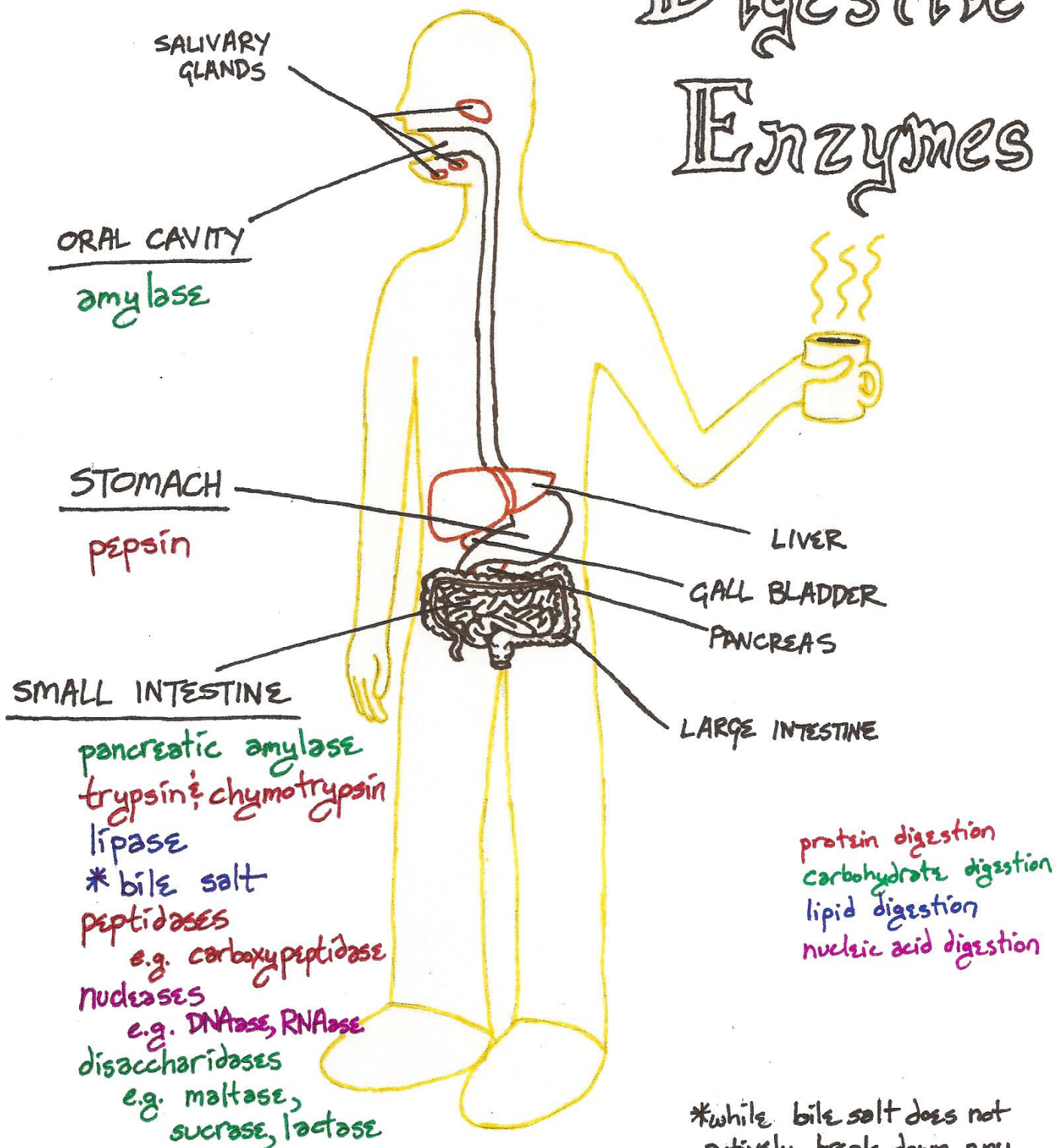
Talk with your Dietitian on Ways to Adapt this pyramid to a Renal Friendly Pyramid.

- Determine the **high potassium** foods to limit in portion and frequency
- Determine the **lower potassium** foods to choose daily and consume in ½ -1 cup portions.



alimentary canal  
additional digestive enzyme  
storage and production

# Digestive Enzymes



Enzyme Type	Enzyme	Function
Carbohydrate-Specific Enzymes	Amylase, Alpha-Amylase	Converts complex starch in root vegetables and grains into maltose (a disaccharide), maltotriose (a trisaccharide), dextrans, and oligosaccharides
	Glucoamylase	Converts maltose, maltotriose, and oligosaccharides into glucose
Sugar-Specific (Disaccharide) Enzymes	Lactase	Converts lactose (milk sugar) into glucose and galactose
	Maltase	Digests maltose in malt, cereal grains, and processed foods into glucose
	Sucrase (Invertase)	Converts sucrose (table sugar) into glucose and fructose; forms sucrase-isomaltase complex in the intestinal lining that breaks down dextrans
	Pullulanase	Breaks down amylopectin starch molecules resistant to degradation that may otherwise remain trapped in the microvilli and contribute to inflammation
Vegetable/Fiber-Specific Enzymes	Cellulase, Hemicellulase	Liberates nutrients from fruits and vegetables, making them more bioavailable
	Alpha-Galactosidase	Breaks down hard-to-digest carbohydrates found in legumes and cruciferous vegetables
	Pectinase	Hydrolyzes pectin; reduces the bulking effect of some fibrous foods
	Phytase	Breaks down phytates in grains (wheat, oats, barley) and legumes
	Beta-Glucanase	Breaks down glucans in cereal grains and in yeast cell walls
	Galactomannase	Degrades hemicellulose, cellulose, and cell walls with mannose
Protein and Peptide-Specific Enzymes	Acid and Alkaline Protease	Breaks down plant, vegetable, and meat derived proteins
	Peptidase and Dipeptidyl Peptidase IV (DPP-IV)	Breaks down casein (dairy products) and gluten (wheat, barley, rye) and their exorphin peptides
Fat-Specific Enzymes	Lipase	Hydrolyzes fats in meat and dairy products, oils in nuts and seeds, and triglycerides
Specialty Enzymes	Lysozyme (highly purified from egg white)	Degrades polysaccharides found in the cell walls of many bacteria, yeast, and other pathogens
	Serratia Peptidase	Breaks down casein protein peptides; breaks down fibrin and protects sensitive GI tissues from irritation and inflammation

# Chicken and Fajita Salad – Recipe #2

Adapted from 'The Paleo Kitchen – Steak Fajita Salad' by Julie Bauer and George Bryant

## Ingredients A

- 2 Tablespoons coconut oil
- Juice of 1 lime
- 1 tablespoon of smoked paprika
- ½ tablespoon chilli powder
- 1 teaspoon onion powder
- 1 teaspoon coarse sea salt
- ½ teaspoon ground cumin
- 1 teaspoon dried ground oregano

## Ingredients B

- 1 lb chicken strips
- 2 Tablespoons coconut oil
- 1 Red onion thinly sliced
- 1 red bell pepper, seeded and thinly sliced
- 1 orange bell pepper, seeded and thinly sliced
- 2-4 Garlic cloves – decrease or increase to taste
- 2 cups Shitaki Mushrooms sliced
- freshly ground pepper to taste
- 2 romain hearts
- Lime wedges for garnish
- Avocado slice for garnish

## Step 1

- **In a large bowl, combine** the ingredients from A (Wet Rub)
- Add the chicken to the bowl and rub the paste all over massage it into the meat
- Cover the bowl and set in the refrigerator to marinate for a minimum of 1 hour and a maximum of 24 hours
- After marinating, thin slice the chicken into ½ inch wide pieces



## Step 2

- **Heat the coconut oil in** a large saute pan over medium heat
- Add the onion and bell peppers and cook until translucent 4-5 minutes
- Then add the mushrooms and mix well
- Sprinkle with salt and pepper and cook until the mushrooms have browned- about 3 minutes

## Step 3

- **While the veggies are cooking, preheat a cast iron or stainless steel** skillet over high heat
- Once hot, sear the chicken strips – don't crowd the pan
- Cook for 2-3 minutes or until done. Repeat with all the chicken
- Once the chicken is cooked, add the slices to the pan with the vegetables and toss to mix together.



Nutiva Unrefined Coconut Cooking Oil

## Step 4

- Chop the romain hearts and divide among 4 plates
- then top with the fajita mixture
- serve with lime wedges on the side and 1 thinly sliced piece of an avocado (*If you have CKD, Limit avocados as they are high in Potassium*)

## Cilantro-Lime

# Honey Garlic Salmon – Recipe #3

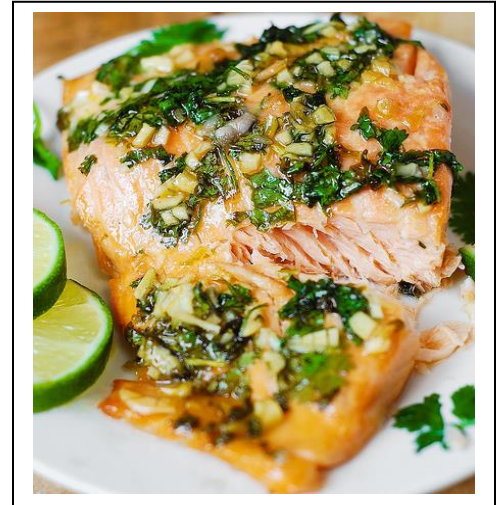
## (baked in stainless pan)

(Adapted from Julia's Album - Reference: <http://juliasalbum.com/2015/08/cilantro-lime-honey-garlic-salmon/> )

Prep Time: 10 minutes Cook Time: 20 minutes Total Time: 30 minutes Yield: 2 servings

### Ingredients

- 1 lb salmon
- 1 tablespoon olive oil
- Pepper
- Limit or avoid salt if possible
- 2 tablespoons honey
- 1 tablespoon freshly squeezed lime juice
- 2 tablespoons chopped fresh cilantro
- 3 garlic cloves minced



### Instructions

1. Preheat oven to 400 F.
  - Pat dry salmon. Brush with 1 tablespoon of olive oil from all sides. Season with pepper.
  - Place the salmon on a large pan with 1-2 inch sides. Can be cooked in foil but limit use of cooking foods in aluminum foil. Fold foil sides and ends up (1 or 2 inches high) tightly around the salmon. Place the salmon in foil on a baking sheet.
2. In a small bowl, combine honey, lime juice, chopped cilantro, and garlic.
  - Mix to combine
  - Spread this mixture over the salmon.
3. Bake it just like that, at 400 F for 15-20 minutes. If using foil, do not cover salmon with foil, leave it open (with foil sides up) and
4. Carefully remove salmon from the pot
  - separating the salmon from the skin which may remain stuck to the pan.
  - Place the salmon onto a serving plate.
  - Carefully scoop the sauce from around the salmon and pour over the salmon.

**NOTE** Place your Salmon over a Bed of Lettuce and drizzle with one of the home-made vinaigrette salad dressings you made earlier. You will find no need for salt.

# Turmeric Tea Recipes #4



## Recipe #B

<https://thetruthaboutcancer.com/turmeric-tea-recipe/>

Yield: 1-2 servings

Preparation Time: 5-10 minutes

### Ingredients:

- 1 1/2 teaspoons turmeric powder
- 1/2 teaspoon Ceylon or regular cinnamon
- 1/2 teaspoon fresh ginger, chopped OR 1/4 tsp ground ginger
- 1/8 teaspoon ground cloves
- 2 pinches of ground cardamom
- 1 teaspoon raw cold pressed coconut oil
- 1 1/2 cups fresh coconut or almond milk OR purified water (water makes it less creamy)
- Dash of black pepper, freshly ground
- Raw honey OR coconut nectar<sup>1</sup> OR Lakanto<sup>2</sup> to taste
- Cinnamon stick or a sprinkle of spices for garnish (optional)

### Directions:

1. Blend all ingredients in a blender on high speed setting until smooth.
2. Pour into a small pot and heat on low temperature until nearly simmering, approximately three minutes.
3. Remove from heat and serve immediately in a mug, garnished with a cinnamon stick.
4. For an Iced Turmeric Tea Latté, allow to cool and pour into a glass filled with ice cubes. Sprinkle with extra spices if desired.

## Recipe #A

<http://theheartysoul.com/anti-cancer-turmeric-tea/>

### Ingredients:

- 1/4 teaspoon cumin
- 1/2 teaspoon coconut oil (organic cold-press unrefined)
- 1/4 teaspoon caraway seeds
- 1/2 teaspoon turmeric
- 1 cup of almond milk (*you can also use regular milk or coconut milk*)
- 4 Black peppercorns

### Instructions:

1. In a small pot, sauté together the coconut oil, cumin, caraway seeds, turmeric\* and bell pepper corns for about 1 minute, until you can start to smell an aroma.\*\*
2. Add in the milk, and bring to boil.
3. When it begins to boil, cook for 3 – 4 more minutes.
4. Turn off the heat and let the pot sit for 5 minutes, covered with the lid.
5. Strain to remove the solids, and drink

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for

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Bear Nutrition & Herbs

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202-390-4938