

PATIENT GUIDE

CHANGING THE COURSE

Metabolic Syndrome



THORNE RESEARCH

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What is Metabolic Syndrome?

Metabolic syndrome is a constellation of conditions that can result in one or more negative impacts on your heart, blood vessels, and liver, as well as your ability to metabolize sugar and fat.

If your health-care practitioner has told you that you might have metabolic syndrome, you are not alone. Also referred to as syndrome X or insulin resistance, it is estimated that 25 percent of the world's adult population (and it is believed to be closer to 34 percent in the United States) has signs and symptoms associated with metabolic syndrome.

While metabolic syndrome can seriously impact your health, there are steps that can be taken to reduce or

reverse these potential negative health consequences. Your health-care practitioner has taken the first of those steps by identifying your possible condition and educating you about potential solutions.

In this Patient Guide, you will learn about the potential causes of metabolic syndrome, what factors help determine a metabolic syndrome diagnosis, and what nutritional and lifestyle recommendations can help guide you along the path toward good health.

Your risk for having metabolic syndrome generally increases as you age and when your body mass index (or BMI) increases.

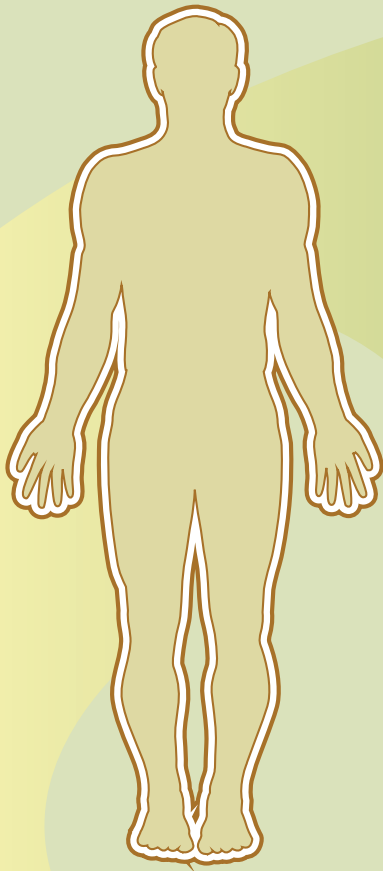
Association Between BMI and Metabolic Syndrome Risk for Men and Women

BMI/Gender	Prevalence of Metabolic Syndrome	Risk Compared to Normal Weight
BMI < 25 (normal or underweight males)	7%	Baseline
BMI 25-29.9 (overweight males)	30%	6 times the risk
BMI ≥ 30 (obese males)	65%	32 times the risk
BMI < 25 (normal or underweight females)	9%	Baseline
BMI 25-29.9 (overweight females)	33%	5.5 times the risk
BMI ≥ 30 (obese females)	56%	17 times the risk

Body Mass Index

A person's body mass index takes into account height and weight, although it does not take into account percent body fat. Thus, if you are a person who exercises regularly and you are muscular, your

BMI could be higher than your risk for developing metabolic syndrome. You can determine your BMI by following the formula below:



HOW TO DETERMINE YOUR BODY MASS INDEX

Multiply your weight in pounds by 703

Square your height in inches

Divide the first number (weight x 703)
by the second number (height squared)

ALTERNATE METRIC METHOD:

Divide your weight in kilograms by
your height in meters squared (kg/m^2)

Your health-care practitioner has put you on this program because you have been diagnosed as having metabolic syndrome or being at risk for developing it. Some of the various factors used to determine a diagnosis of metabolic syndrome include: elevated blood sugar, elevated triglycerides, elevated blood pressure, increased

waist circumference, and low HDL-cholesterol (the "good" cholesterol).

The very best way to approach readjusting your metabolism is to combine dietary changes, exercise, stress reduction, and targeted nutritional supplementation.



Nutritional Supplementation

Nutritional supplementation is an important factor in helping to reverse the course of metabolic syndrome and improving your metabolism. The cornerstone of a good program to reverse metabolic syndrome is a powdered nutritional supplement called **MediBolic®**.* **MediBolic** combines protein and fiber with a complete assortment of vitamins, minerals, nutrients, and botanicals to address various aspects of metabolic syndrome* – all in a delightful vanilla cinnamon flavored product that is gluten-free and dairy-free. **MediBolic** can be mixed with water or the beverage of your choice (see page 9 for **MediBolic** smoothie recipes). Each serving of **MediBolic** will provide you with 12 grams of easily digestible fiber.*

Fish oil (**Super EPA** or **Super EPA Pro**) is an essential component of a well-rounded nutritional supplement program for general health.* Fish oil has particular importance in the case of metabolic syndrome because it helps maintain healthy levels of insulin and blood fats (cholesterol and triglycerides) and helps maintain healthy, elastic blood vessels.*



Nutritional Supplement Protocol



BASIC FOUNDATIONAL PROGRAM



COMPREHENSIVE NUTRITIONAL PROGRAM

(ADD TO BASIC FOUNDATIONAL PROGRAM)

- ☐ **MediBolic®:** Take ____ scoops (1 serving = 2 scoops) ____ daily with | breakfast | lunch | dinner |
(circle the appropriate meal or meals)
- ☐ **Super EPA** or ☐ **Super EPA Pro:** Take ____ gelcaps ____ daily with | breakfast | lunch | dinner |
(circle the appropriate meal or meals)

Your health-care practitioner may recommend additional supplementation:

- ☐ **NiaCel®:** Take ____ capsule(s) ____ daily with | breakfast | lunch | dinner |
*promotes good metabolism** (circle the appropriate meal or meals)
- ☐ **Meriva-500:** Take ____ capsule(s) ____ daily with | breakfast | lunch | dinner |
*helps maintain healthy inflammatory processes in fat cells** (circle the appropriate meal or meals)
- ☐ **Thiocid-300®:** Take ____ capsule(s) ____ daily with | breakfast | lunch | dinner |
*supports several aspects of metabolic syndrome** (circle the appropriate meal or meals)

Additional Recommended Nutritional Supplements

Product	Suggested Use (capsules/scoops)	Times daily



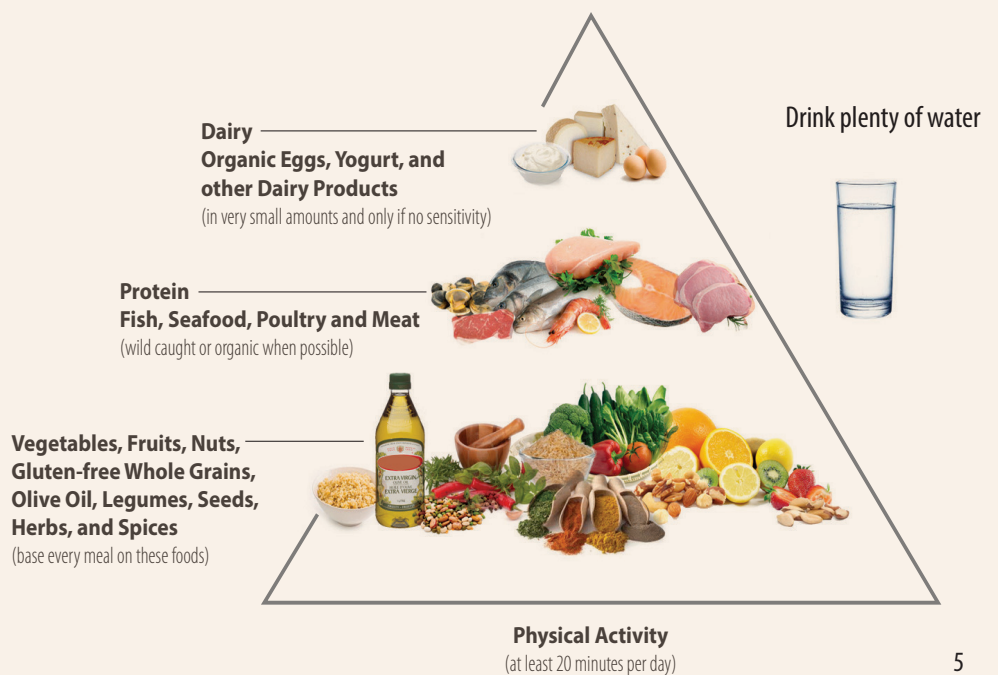
Thorne Modified MediTerranean Diet

The largest body of evidence in relation to what is the best diet for metabolic syndrome clearly points toward what is referred to as the “Mediterranean Diet.” Long-term research has conclusively demonstrated that the diet eaten in the regions surrounding the Mediterranean Sea provides protection against a number of diseases and disorders, including the health markers associated with metabolic syndrome.

The Mediterranean Diet consists of large amounts of fruits and vegetables (of a variety of colors), in addition to whole

grains, beans, nuts, and seeds. Fish, and to a lesser extent low-fat meat and poultry, are eaten in moderation. Fresh fruit is the typical daily dessert and olive oil is the primary fat source. The **Thorne Modified MediTerranean Diet** goes a step further to help assure you are not including common allergens, such as gluten, in your diet that can contribute to inflammation and weight gain. The dietary guidelines will also help steer you toward lower carbohydrate foods to help manage healthy blood sugar levels.

The Thorne Modified MediTerranean Diet goes a step further to exclude common food allergens.



Maintaining Stable Blood Sugar:

The Benefits of Choosing Low Glycemic Index/Load Foods

The glycemic index (GI) is a way to rank carbohydrates on a scale of 0-100, based on the extent to which the carbohydrates in food increase fasting blood sugar in healthy people. The lower the glycemic index number the lower the food's impact on blood sugar.

The glycemic load is based on the glycemic index but it takes into account the amount of carbohydrates in a specific serving.

Recommended Values for Glycemic Index and Glycemic Load

Glycemic Index	55 or less	Recommended
Glycemic Load	10 or less	Recommended



Making it Easy!

The following website allows you to type in a food and receive its glycemic index and glycemic load. Use it as a general guide. Whenever possible, replace highly processed grains, cereals, and sugars with minimally processed whole grain products.

<http://www.glycemicindex.com/index.php>



My Daily Carb Count?

Carbohydrate-containing foods can increase your blood sugar and triglyceride levels, making it hard to lose weight and stay healthy. Total carb count should not exceed 75 grams daily (50 grams or less if you have diabetes or pre-diabetes). Your health-care practitioner might advise a different guideline based on your specific needs.

Grains	Grams of carbohydrate per ½ cup (cooked)
Steel-cut Oats	14
Wild Rice	17
Buckwheat	18
Quinoa	20
Millet	20
Brown Rice	21
White Rice	22
Amaranth	23
Teff	25
Tapioca	67
Legumes	
Lima Beans	18
White Beans	20
Mung Beans	20
Black-eyed Peas	20
Lentils	20
Black Beans	20
Kidney Beans	20
Organic Soy Beans	20
Split Peas	21
Pinto Beans	22
Chickpeas (Garbanzo beans)	22
Starchy Vegetables	
Carrots	6
Beets	7
Parsnips	10
Pumpkin	10
Winter Squash	10
Yellow Corn	15
Green Peas	15
Yams	20
Sweet Potatoes	20
White Potatoes	30
Fruits (raw)	
Watermelon	6
Strawberries	6
Oranges	8
Cantaloupe	8
Honeydew	8
Raspberries	8
Blueberries	10
Pears	14
Bananas	15
Grapes	15

Foods to Eat

Thorne Modified MediTerranean Diet

These foods are low on the glycemic index, and provide the protein, fiber, vitamins, and minerals needed to sustain your body's daily demands. Remember to use the

Thorne Modified MediTerranean Diet food pyramid to help guide your daily intake of these foods.

FOODS TO EAT

Food Category	Eat
Vegetables (fresh – either raw, steamed, grilled, roasted, sautéed in olive oil, juiced)	arugula, asparagus, artichokes, bean sprouts, bell peppers, bok choy, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, celery, collard greens, cucumbers, eggplant, endive, escarole, green beans, jicama, kale, mushrooms, okra, parsnips, peas, radishes, rutabaga, spinach, sweet potatoes, Swiss chard, squash (summer and winter), taro, tomatoes, turnips, yams, zucchini (potatoes should be eaten in moderation because they have a high glycemic index)
Fruits/Juices (in moderation) (fresh, frozen, dried, canned without sugar or other added sweeteners)	apples, apricots, avocados, bananas, blackberries, blueberries, cherries, cranberries, grapes, lemons, limes, kiwis, mangos, melons, nectarines, oranges, papayas, pears, peaches, plums, pomegranates, raspberries, strawberries, tangerines (although dried fruit and unsweetened fruit juices should be limited due to high natural sugar content)
Gluten-free Whole Grains	amaranth, rice, buckwheat, millet, oats, quinoa, teff, wild rice
Legumes	adzuki beans, red beans, black beans, navy beans, garbanzo beans, lima beans, pinto beans, mung beans, lentils, split peas, soybeans (if tolerated)
Meat/Fish	fresh or frozen fish (wild when possible), chicken (organic when possible), occasional beef, pork, or lamb (organic when possible), wild game
Eggs/Dairy	limited amounts of organic yogurt, cheese, and eggs; avoid entirely if you have a sensitivity to these foods or if you are having trouble losing weight
Fats	olive oil (source of monounsaturated fat), coconut oil, salmon, mackerel, sardines (as sources of omega-3 fats), nuts and seeds, avocados
Sweeteners	coconut sugar, stevia, monk fruit



Foods to Avoid

Thorne Modified MediTerranean Diet

The foods on this list are high in carbohydrates, trans fats, or other unhealthy ingredients.

FOODS TO AVOID



Food Category	Avoid
Vegetables	deep fried, canned
Fruit/Juices	canned in sugar; sweetened fruit juices
Baked Goods	cakes, cookies, cereals, pancakes, and pastries made from refined flours
Fats	trans fats (hydrogenated and partially hydrogenated vegetable oil); refined oils (e.g., safflower, corn)
Sweeteners	high fructose corn syrup, sugar, artificial sweeteners
Meat/Fish	fried fish, fried chicken, or fried meats; bacon, sausage, processed meats (cold cuts, hot dogs)
Beverages	soft drinks (sodas), diet sodas, sweetened fruit beverages
Other foods your health-care practitioner wants you to avoid	

THE MOST COMMON FOOD INTOLERANCES OR ALLERGIES:

GLUTEN (WHEAT, SPELT, BARLEY, RYE)

DAIRY PRODUCTS

EGGS

SOY

PEANUTS

CORN





Get Started with MediBolic®

Although you can take **MediBolic** any time of day, starting with a **MediBolic** smoothie is a great way to jump-start your day. **MediBolic** provides you with protein, fiber, and a complete assortment of vitamins, minerals, nutrients, and botanicals. **MediBolic** tastes great when simply mixed with water, or you can make a smoothie using other ingredient

combinations to add extra nutrition and flavor. The following recipes have been chosen as being extra tasty. If you split a daily serving in half during the day (i.e., take one scoop twice daily), then cut in half each of the recipes below. These smoothie recipes work best when blended in a high-speed blender.

Pumpkin Smoothie

- 1 serving (2 scoops) of MediBolic
- 12-14 ounces of coconut milk (another type of milk can be substituted)
- 3-4 tablespoons of canned organic pumpkin

For extra richness, two tablespoons of yogurt can be added (plain, vanilla, or honey yogurt, or a non-dairy "yogurt" such as yogurt made from coconut milk can be substituted). For additional spice, a dash of pumpkin pie spice can be added.

Apple Pie Smoothie

- 1 serving (2 scoops) of MediBolic
- 1 four-ounce container of unsweetened organic applesauce (which can be frozen ahead of time if you want your smoothie extra cold)
- 12-14 ounces of water or milk of choice (organic cow's milk, nut milk, coconut milk, etc.)

Coconut Cashew Banana Smoothie

- 1 serving (2 scoops) of MediBolic
- 8-10 finely ground cashews
- 12-14 ounces of coconut milk
- 1 tablespoon of coconut milk yogurt
- One-half of a banana

Latte and a Cinnamon Roll

- 1 serving (2 scoops) of MediBolic
- 12-14 ounces of organic non-fat milk (or nut milk of choice)
- 1 shot of espresso
- One-half of a banana can be added for extra thickness
- 1-2 ice cubes

Almond Cinnamon Roll Smoothie

- 1 serving (2 scoops) of MediBolic
- 12-14 ounces of almond milk
- 1/8 of a teaspoon of almond extract

For extra richness, one tablespoon of plain, honey, or vanilla yogurt, or one-half of a banana, or several almonds ground to a powder can be added.

Greek Honey Yogurt Smoothie

- 1 serving (2 scoops) of MediBolic
- 12-14 ounces of spring water
- 2 heaping tablespoons of Greek honey yogurt (or a non-dairy yogurt substitute)

Pecan Coconut Smoothie

- 1 serving (2 scoops) of MediBolic
- 1 tablespoon of finely ground pecans
- 12-14 ounces of coconut milk
- 2 ice cubes

Nutty Vanilla Smoothie

- 1 serving (2 scoops) of MediBolic
- 1/4 cup cashews blended with 4 ounces of water until creamy
- Add another 12-14 ounces of water
- 1/8 teaspoon organic vanilla powder or vanilla extract
- 1 tablespoon chia seeds
- For a strawberry twist, add 1/2 cup organic strawberries



Starting the week with a menu plan can make organizing ingredients and preparing food easier.

The sample menus to the right are examples of how your daily eating plan can be designed.



A simple rule of thumb for a meal:

1 palm-sized serving of protein

½ cup serving of starchy vegetables, grain, or fruit

Unlimited non-starchy vegetables*

(See pages 11-15 and 20-23 for more adventuresome menus and recipes)

**typically contain about 5 grams of carbohydrate per ½ cup cooked or 1 cup raw*

Sample Menu – Day 1

BREAKFAST

MediBolic® coconut cashew banana smoothie (recipe on page 9)

LUNCH

Italian white bean soup (1 cup) (recipe on page 21)

Mixed greens (1 cup) with oil/vinegar dressing (2 tablespoons)

DINNER

Poached salmon with spring onions and white wine
(3-4 ounces salmon; recipe on page 12)

Quinoa tabouli (½ cup) (recipe on page 14)

Roasted veggies (1 cup of any combination, cut in bite-sized pieces, toss in 1-2 tablespoons olive oil, minced garlic, and spices of your choice; spread on baking sheet and roast in 400° oven for about 45 minutes – until tender and slightly browned)

SNACK

Spicy unsalted roasted nuts (pecans, almonds, pistachios, pumpkin seeds, cashews; toss in bowl with spices of choice, spread one layer on olive oil-greased baking sheet; roast at 325° for 15-20 minutes, stirring once; eat ¼ cup)

Sample Menu – Day 2

BREAKFAST

Zucchini almond pancakes (recipe on page 12) (note: this recipe contains eggs)
MediBolic mixed in water

LUNCH

Quinoa salmon burger (use leftover salmon from dinner; recipe on page 21)

Carrot sticks (½ cup)

DINNER

Moroccan roasted chicken – 1 breast (recipe on page 20)

Mixed greens (1 cup) with oil/vinegar dressing (1-2 tablespoons)

Herb and olive oil hummus (½ cup) (recipe on page 22) with cucumber slices (1 cup)

DESSERT

Berry parfait with orange cashew cream (recipe on page 23)

Sample Menu – Day 3

BREAKFAST

MediBolic Greek honey yogurt smoothie (recipe on page 9)

LUNCH

Lettuce wraps – (large lettuce leaf spread with guacamole, shredded carrots, sprouts, and shredded organic chicken breast)

Curried lima bean soup (recipe on page 13)

DINNER

Adzuki bean and yam hash (1 cup) (recipe on page 22)

Greek salad with chick peas – 1 cup with 2 tablespoons dressing (recipe on page 22)

DESSERT

Chocolate sunbutter cookie – 1 cookie (recipe on page 15)

Many of the recipes on this page make plenty for leftovers.



Modified MediTerranean Diet Recipes

These recipes were selected from the book, ***Nourishing Meals: Healthy, Gluten-free Recipes for the Whole Family***. Not only are these recipes helpful for avoiding gluten, but they generally focus on ingredients with a low carbohydrate content and follow the **Thorne Modified MediTerranean Diet** guidelines.

SAMPLE MENU

Zucchini Almond Pancakes

Poached Salmon with Spring Onions and White Wine

Curried Lima Bean Soup

Kale and Salmon Salad with Pomegranate and Green Apple Dressing

Quinoa Tabouli

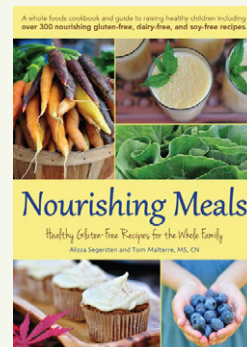
Toasted Sunflower Seeds with Coconut Aminos

Chocolate Sunbutter Cookies

You will notice that many of the recipes call for Herbamare® as a salt substitute. Herbamare is an herbal seasoning salt prepared from a combination of 12 fresh, organically grown herbs and vegetables. The fresh ingredients are combined with natural sea salt and allowed to “steep” for up to 12 months. The moisture is then removed by a special low-temperature vacuum process.

Nourishing Meals: Healthy, Gluten-free Recipes for the Whole Family

By Alissa Segersten and Tom Malterre, MS, CN



Nourishing Meals provides information and recipes to support optimal health in an unhealthy world. Filled with more than 400 gluten-free, whole-foods recipes, ***Nourishing Meals*** proves healthful foods can also be delicious. Functional nutrition tips for healthy snacks, alternatives to refined sugar, and incorporating more vegetable recipes into your life are among the many lessons offered in the 548 pages of this valuable resource.



Zucchini Almond Pancakes

Make these savory, grain-free, protein-packed pancakes on a summer morning before you head out for the day. Combined with a **MediBolic®** smoothie they create an energizing breakfast! They store well in the refrigerator, but if you prefer a smaller batch, halve the recipe. Top each pancake with a dollop of sour cream (or sour cream alternative) and chopped parsley or scallions. One serving is 3 pancakes.

4 large organic eggs
3 cups grated zucchini
¾-1 cup almond flour
½ cup minced onion
½-1 teaspoon Herbamare® or sea salt
freshly ground black pepper
olive oil for cooking

Mix all ingredients except the oil together in a medium-sized bowl. Batter will thin a little as it sits. Heat a 10-inch stainless steel or cast iron skillet over medium-low heat. Be sure to heat your pan long enough before adding the oil and batter, otherwise the pancakes will stick. Add about one tablespoon olive oil. Drop batter by the ¼-cup into the hot skillet. Cook for a few minutes on each side. Repeat with remaining batter, adding a little oil or butter to the skillet before cooking each pancake. **Yield: 10 to 12 pancakes**

Kitchen Tip: A well-seasoned cast iron skillet keeps pancakes from sticking to the bottom of the pan and is especially useful in this recipe.



Poached Salmon with Spring Onions and White Wine

A stainless steel fish-poaching pan creates a gorgeous presentation. You could also use a 10-inch skillet, although you would need to cut the fish fillet in half to make it fit correctly. Coho salmon is best for poached salmon recipes because it is thin and cooks evenly in the poaching liquid.

1 two-pound wild salmon fillet
2 spring onions
3-4 sprigs fresh thyme
3 tablespoons extra virgin olive oil
½ cup white wine
Herbamare and freshly ground black pepper

Rinse the fish fillet and pat dry. Place into pan skin-side down. Trim the ends off the onions and cut in half lengthwise; run under cool water to remove any dirt or sand. Place the onions and fresh thyme on top of the salmon. Drizzle with olive oil. Add the white wine to the pan and then season the fillet with Herbamare and freshly ground black pepper. Cover and poach over medium to medium-low heat for 10-12 minutes. Serve immediately. **Yield: 4 to 6 servings**



Curried Lima Bean Soup

Baby lima beans are often called butter beans because of their soft buttery texture. They can be found in bulk at your local food co-op or health food store. Be sure to soak them in warm water for at least 12 hours, preferably 24 hours, to aid in digestibility. Feel free to add any vegetables to the soup in place of the yams and peas, such as carrots, potatoes, kale, or zucchini.

3 cups dry baby lima beans, soaked for 12-24 hours
 2 tablespoons coconut oil
 1 large onion, chopped
 1 tablespoon curry powder
 1 teaspoon ground cumin
 1 teaspoon ground coriander
 12-14 cups water
 2 medium yams, peeled and cut into cubes
 2-3 cups fresh or frozen peas
 2-3 teaspoons Herbamare® or sea salt
 freshly ground black pepper, to taste

Garnish: chopped cilantro

Sort through the beans and remove discolored, shriveled, or moldy ones. Rinse the beans and add them to a large bowl; cover with a few inches of warm water. Leave the bowl on the counter and let the beans soak for 12-24 hours. Drain and rinse using a large colander and then set aside. Heat an 8-quart stockpot over medium heat. Add the oil, then add onions; sauté for 5-10 minutes or until softened and beginning to change color. Add the spices; sauté a minute more. Add the soaked beans and water, cover, bring to a boil then reduce heat to low and simmer for 45-60 minutes or until the beans are tender and cooked through. Then add yams, peas, salt, and black pepper; simmer uncovered for another 20 minutes or until vegetables are tender. Taste and adjust salt and seasonings if necessary. Garnish each bowl with chopped cilantro. Leftovers can be frozen. **Yield: 10 servings**



Kale and Salmon Salad with Pomegranate and Green Apple Dressing

Blanching kale begins to break down its tough fibers while still keeping its nutrient levels intact. Also, blanching for a minute or less will turn the kale a beautiful bright green color that is very attractive in a salad.

Salad: 2 bunches curly kale, chopped
 1 cup cooked salmon
 1 pomegranate, arils removed
 ½ cup sunflower seeds, toasted

Dressing: 1 medium Granny Smith apple
 ½ cup water
 ⅓ cup extra virgin olive oil
 1-2 cloves garlic
 1-inch piece of fresh ginger, peeled
 Herbamare or sea salt to taste

Fill an 8-quart stockpot with filtered water about ¾-full and bring to a rapid boil. Quickly add the kale, pushing it down with a large spoon. Blanch for 60 seconds or until bright green and tender. Pour kale and boiling water through a colander and immediately run icy cold water over the kale to stop it from cooking. Gently squeeze the water from the kale. Place desired amount of kale onto each plate, top with cooked salmon, pomegranate arils, and toasted sunflower seeds. To make the dressing, place ingredients into a blender and blend 60 seconds or until smooth and creamy. Taste, add more salt if needed, and blend again. Drizzle dressing over each salad. Store leftover dressing in a sealed glass jar in the refrigerator for up to a week. Store remaining kale in the refrigerator in a sealed glass container. **Yield: 4 servings**



Quinoa Tabouli

This is a good recipe to make in mid-to-late summer when cucumbers, tomatoes, and mint are at their peak. It makes a good addition to a picnic lunch.

Salad: 6 cups cooked quinoa
1 large cucumber, diced (about 2-3 cups)
2 cups diced fresh tomatoes
½ cup finely chopped fresh mint
½ cup finely chopped parsley

Dressing: ½ cup fresh lemon juice
⅓ cup extra virgin olive oil
2 cloves garlic, crushed
1 teaspoon Herbamare®

Scoop cooled cooked quinoa into a large bowl. Add diced cucumber, tomatoes, fresh mint, and parsley. In a small bowl whisk the ingredients for the dressing. Pour dressing over quinoa and vegetables. Toss together and serve. Store leftovers in a covered container in the refrigerator for up to five days. **Yield: 6 to 8 servings**



Toasted Sunflower Seeds with Coconut Aminos

Coconut aminos can be used to replace tamari in any recipe. They are a great soy-free soy sauce! This recipe is so easy it only takes five minutes to prepare. They are also delicious sprinkled on a green salad.

1 cup raw sunflower seeds
1 tablespoon coconut aminos
pinch sea salt

Heat a large, 11-inch skillet over medium heat for a few minutes or until the pan is hot. Add the sunflower seeds; use a spatula to keep them moving in the pan. Toast them for 1½-2 minutes. Turn off heat and add coconut aminos and sea salt. Immediately stir the mixture to coat the seeds evenly. Let cool on a plate then transfer to a glass jar for storage. **Yield: 1 cup**

Nutrition Tip: Sunflower seeds are a good source of magnesium. Magnesium is nature's nerve calmer. It helps to relax tight muscles and maintain normal blood pressure. One-quarter cup of sunflower seeds provides 115 mg of magnesium.



Chocolate Sunbutter Cookies

These cookies provide great nutrition and high fiber in every bite! Sunbutter is made from ground roasted sunflower seeds. It is a great high-protein alternative to nut butters. Serve these grain-free, vegan cookies with a glass of raw almond milk or a green smoothie for a healthy afternoon treat.

Wet ingredients: 1 cup organic Sunbutter
1/3 cup coconut nectar
1 tablespoon ground chia seeds
3 tablespoons water
1 teaspoon vanilla

Dry ingredients: 1/4 cup cocoa powder
1/2 teaspoon baking soda
1/4 teaspoon sea salt

Optional additions: 1/2 cup mini chocolate chips

Preheat oven to 350 F. Lightly grease a cookie sheet with coconut oil. In a medium-sized mixing bowl, using an electric mixer, beat together the wet ingredients until light and fluffy. Add the dry ingredients. Beat together until thickened and combined. Mix in the chocolate chips. Roll equal-sized balls of dough in your hands. You should have 12-15 dough balls. Press dough ball down using the tongs of a fork into a crisscross pattern. Bake for approximately 12-15 minutes. Cool on a wire rack. Cookies will be fragile and crumbly when hot but will firm up when completely cooled.

Yield: 12 to 15 cookies



MediBolic® Smoothie

Try making a **MediBolic** smoothie for dessert. See one of these great-tasting recipes on page 9.

- Pumpkin Smoothie
- Apple Pie Smoothie
- Coconut Cashew Banana Smoothie
- Latte and a Cinnamon Roll
- Almond Cinnamon Roll Smoothie
- Greek Honey Yogurt Smoothie
- Pecan Coconut Smoothie
- Nutty Vanilla Smoothie

FIND MORE GREAT RECIPES IN APPENDIX B



Lifestyle Support

The Importance of Exercise

What is the Effect of Exercise on Metabolic Syndrome?

Regular exercise is an essential component for helping to reverse the conditions associated with metabolic syndrome. Physical inactivity is associated with undesirable increases in body mass index, waist circumference, and several other risk factors for metabolic syndrome. Exercise can increase lean muscle mass, increase the uptake of sugar from the bloodstream, have a positive effect on blood pressure, reduce stress, and increase levels of “good cholesterol” (HDL-cholesterol). Work closely with your health-care provider when starting any new exercise program.

Stress and Metabolic Syndrome

How Does Stress Affect Metabolic Syndrome?

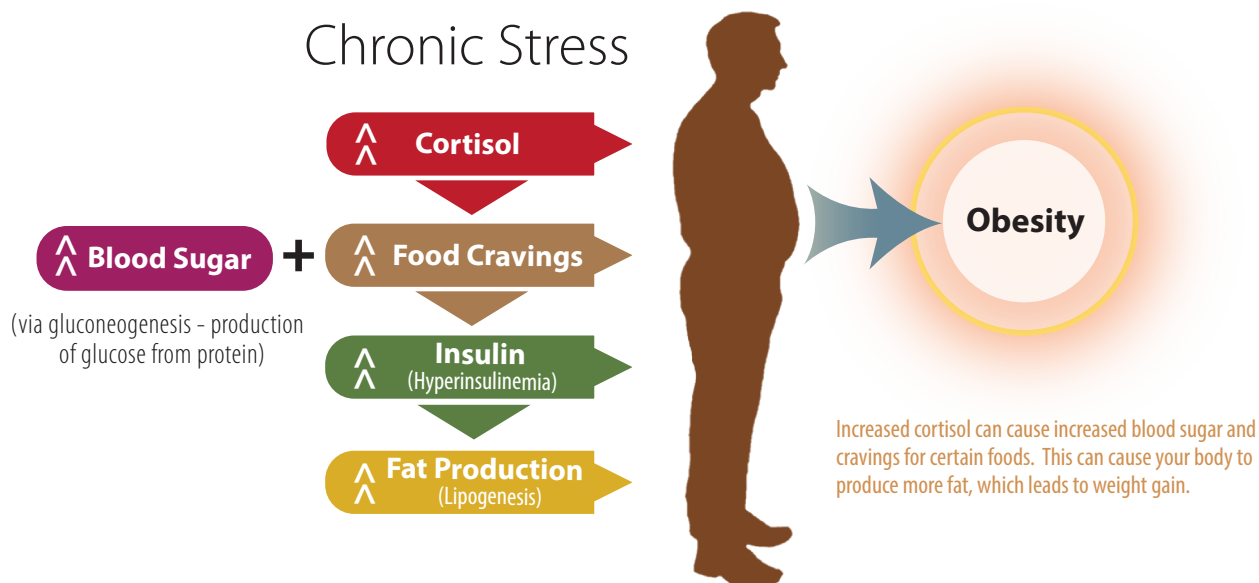
Did you know stress can make you gain weight? One study of 10,000 people over a 14-year period found workplace stress was associated with an increased risk for developing metabolic syndrome.

How can stress cause metabolic syndrome? Whole books have been written on the topic, but in brief summary, when you feel stressed your body puts out an increased amount of an adrenal hormone called cortisol. Increased cortisol can cause increased blood sugar and cravings for certain foods (especially for sugary foods and other simple carbohydrates). This can cause your body to produce more fat, which leads to weight gain.

HELPFUL EXERCISE TIPS

- ◉ Whatever you choose for exercise, start gradually and increase your intensity and duration little by little.
- ◉ When given a choice between walking up two flights of stairs or taking the elevator, choose the stairs.
- ◉ When going to the grocery store, park further from the entrance than you normally do.
- ◉ Place an exercise step, treadmill, or elliptical machine in front of the television and work out while you watch your favorite TV show. You can also use this venue to do abdominal and other floor exercises.
- ◉ Find a walking buddy so you can encourage each other.
- ◉ Particularly in winter, regularly go to a local shopping mall just to walk.
- ◉ Find a variety of exercises you enjoy doing and switch them up.
- ◉ Enroll in an exercise class that meets regularly – dance, yoga, Zumba, etc.
- ◉ If you have a job that requires sitting for long periods, stand up, stretch, and walk around every hour or so.
- ◉ Use half of your lunch break for a short 15-30 minute walk, or do squats and abdominal exercises in your office when you can't get outside.

The Connection Between Chronic Stress and Obesity



Tips to Reduce Stress

- Doing something as simple as thinking thoughts of gratitude has been shown to reduce stress hormones and slow down and regulate heart rhythms.
- Regular exercise is one of the best stress-reducing activities. If you have time to exercise before work, it will make your entire work day more peaceful. (See Helpful Exercise Tips on page 16.)
- When you are driving, working at your desk, or watching television, take deep, abdomen-filling breaths. The more often you practice deep breathing, the more likely it will become your normal way of breathing.
- Enroll in a yoga class or get a yoga DVD and practice it at home. Yoga decreases the production of cortisol. Yoga also increases a brain chemical called GABA (gamma-aminobutyric acid). GABA acts as a brake during times of runaway stress. You can also ask your health-care practitioner about Thorne Research's nutritional supplement product **PharmaGABA®**.



Environmental Toxicity and Metabolic Syndrome

What is the Connection Between Toxins and Metabolic Syndrome?

The average woman uses 12 personal care products each day, and the average man uses six personal care products each day. Common ingredients like phthalates (thall-lates) and parabens found in lotions, creams, and shampoos have been shown to act as hormone-like substances in the body and can cause changes in metabolism and adversely affect weight management. In fact, some scientists now classify these and other chemicals as “obesogens.” One study showed a 33-percent increase in these so-called “obesogens” with the addition of each personal care product.

What is the Solution?

We recommend using personal care products that are completely free of all hormone-related chemicals to assure optimal progress during your metabolic syndrome program. Ask your health-care practitioner about **Thorne Therapeutics™** body- and hair-care products. The **Thorne Therapeutics** product line that consists of shampoos, conditioners, lotions, lip balm, face & body wash, massage oil, stress relief roll-on, a healing salve, and soothing aloe spray are hormone-disruptor free, and contain certified organic ingredients. All products are safe and gentle for sensitive skin types.

Thorne Therapeutic harsh ingredient and hormone-disruptor free products include:



- Lotion – Organic Citrus
- Shampoo – Organic Citrus
- Conditioner – Organic Citrus
- Face & Body Wash – Organic Citrus
- Organic Lip Care – Peppermint
- Organic Lip Care – Orange
- Lotion – Organic Unscented
- Shampoo – Organic Unscented
- Conditioner – Organic Unscented
- Face & Body Wash – Organic Unscented
- Manuka Honey Nourishing Cream
- Stress Relief Therapy Roll-on
- Cooling Aloe Spray
- Organic Massage Oil
- Starter Kit



NO LIST

ALL PRODUCTS
**FREE
FROM**

FREE OF HARSH CHEMICALS & HORMONE DISRUPTORS

Animal Testing
Animal By-Products*
Artificial Colors
Artificial Fragrances
Benzene
Bisphenol A
Dimethicone
EDTA
Formaldehyde
Genetically modified ingredients
Hydrogenated Oils
Mineral Oil
Parabens
Petrolatum
Plastics/Phthalates
PVC
PEGs or 1,4-Dioxane
Propylene Glycol
Silicates
Silicones
(SLS) Sodium Lauryl
Sulfates or Laureth Sulfate
Soy
MEA-, DEA-, or TEA
(Triethanolamine)

*with the exception of beeswax
in select products



A Final Word

We hope you have found this guide to be informative and helpful and we encourage you to reference it frequently as you monitor your progress.

As you can see, healthy lifestyle choices play a major factor in reducing or reversing the potential negative health consequences associated with metabolic syndrome.

The right combination of diet, exercise, stress reduction, and nutritional supplementation can assist you in your quest to regain and maintain optimal health. At Thorne Research, we consider ourselves your partner in managing your health.

THORNE RESEARCH

We recommend that you make copies of this page before starting

WEEK OF: _____ TO _____ STARTING WEIGHT: _____

PLANNED EXERCISE ACTIVITY THIS WEEK			METABOLIC SYNDROME WEEKLY CHECK-UP	
	Exercise Activity	Goal Completed	Once a week track the following changes in:	
Sunday		Y / N	Body mass index	
Monday		Y / N		
Tuesday		Y / N	Waist circumference	
Wednesday		Y / N		
Thursday		Y / N	Blood pressure	
Friday		Y / N		
Saturday		Y / N	Blood sugar (with a home glucometer, two hours after your biggest meal of the day)	

HOW YOU FELT THIS WEEK							
1 = poor 5 = very good	Mood	Appetite	Energy Level	Stress Level	Hours of Sleep	Sleep Quality	Injury/Illness
	1 2 3 4 5 □□□□□	1 2 3 4 5 □□□□□	1 2 3 4 5 □□□□□	1 2 3 4 5 □□□□□		1 2 3 4 5 □□□□□	Y / N
	1 2 3 4 5 □□□□□	1 2 3 4 5 □□□□□	1 2 3 4 5 □□□□□	1 2 3 4 5 □□□□□		1 2 3 4 5 □□□□□	Y / N
	1 2 3 4 5 □□□□□	1 2 3 4 5 □□□□□	1 2 3 4 5 □□□□□	1 2 3 4 5 □□□□□		1 2 3 4 5 □□□□□	Y / N
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NUTRITIONAL CHOICES THIS WEEK					
	Breakfast	Lunch	Dinner	Snack	Supplementation
Sunday (water oz.____)					
Monday (water oz.____)					
Tuesday (water oz.____)					
Wednesday (water oz.____)					
Thursday (water oz.____)					
Friday (water oz.____)					
Saturday (water oz.____)					

MORE RECIPES from *Nourishing Meals: Healthy, Gluten-free Recipes for the Whole Family*

BREAKFAST

Raw Breakfast Tacos

This is a good recipe for a busy morning. If you make the filling the night before, all you need to do in the morning is slice an avocado and mango and put everything into a lettuce leaf. Romaine lettuce or napa cabbage work well for the “taco shell” but any variety of lettuce will work. Add the whole chili pepper, seeds and all, if you like it really hot.

Filling:

1 cup raw almonds, soaked for 8-10 hours
3-4 Brazil nuts, soaked for 8-10 hours
3 green onions, ends trimmed
handful fresh cilantro
1 hot pepper, such as Serrano or jalapeno, seeded
1 small lime, juiced
½ teaspoon sea salt or Herbamare®

Other Ingredients:

lettuce leaves
sliced avocado
sliced mango
lime wedges

To soak the nuts, place them in a bowl and cover with an inch of filtered water. Leave them on the counter to soak overnight or for the day, about 8-10 hours. When they are done, drain and rinse. Place the soaked nuts into a food processor fitted with the “s” blade and add the remaining filling ingredients. Pulse/process until the nuts and vegetables are ground to the desired consistency. Taste and add salt if necessary. To assemble the tacos, place a few dollops of the filling into a lettuce leaf and top with avocado and mango slices. Serve with lime wedges. **Yield: 4 to 6 servings**

Nutty Granola

This grain-free granola is packed with protein and healthy fats. With just a smidgen of sweetener to help hold it together and boost flavors you can enjoy this treat for breakfast sprinkled over your favorite dairy or dairy-free yogurt. Top it off with fresh berries or diced bananas for a balanced breakfast or snack.

1 cup raw almonds	2 teaspoons cinnamon
1 cup raw pecans	¼ teaspoon nutmeg
1 cup raw walnuts	¼ teaspoon sea salt
½ cup raw sunflower seeds	¼ cup maple syrup
½ cup raw pumpkin seeds	½-1 cup dried cranberries or raisins
2-3 tablespoons whole chia seeds	¼ cup melted coconut oil

Preheat oven to 300 degrees. Line a large baking dish, rimmed cookie sheet, or jelly roll pan with parchment paper. Place the almonds, pecans, and walnuts into a food processor fitted with the “s” blade and process until you have a chunky, coarse meal. Pour into a medium-sized mixing bowl. Add the sunflower seeds, pumpkin seeds, chia seeds, cinnamon, nutmeg, and sea salt. Stir together to evenly distribute the spices and salt. Add the syrup and mix together using a large spoon. Spread on the parchment-lined cookie sheet and bake for 35-40 minutes. Remove from oven and stir in the dried cranberries or raisins. Let cool completely on the cookie sheet then transfer to a glass jar for storage. **Yield: 4 to 5 cups**

Kitchen Tip: Lining a metal cookie sheet with parchment paper keeps the granola from burning.

Nutrition Tip: Soaking nuts and seeds overnight and then dehydrating them until crisp not only makes them more digestible, but also allows their nutrients to become more bioavailable. You can do this before using them in the granola recipe above.

LUNCH | DINNER ENTREES

Balsamic Roasted Chicken with Figs and Sweet Onions

This recipe is very simple and delicious even as leftovers!

1 whole organic chicken (about 3½-4 pounds)	¼ cup extra virgin olive oil
Herbamare and freshly ground black pepper	¼ cup balsamic vinegar
1 large sweet onion, chopped	1 tablespoon maple syrup
8-10 fresh figs	water
fresh rosemary sprigs	

Preheat oven to 450 degrees. Rinse chicken under cold running water and place it in a 9 x 13-inch baking dish or other roasting pan. Generously sprinkle with Herbamare and freshly ground black pepper. Put the chopped onion inside the cavity of the chicken and on the bottom of the pan. Place the figs around the chicken. Whisk together the balsamic vinegar, olive oil, and maple syrup in a small bowl and pour over the chicken. Place a few rosemary sprigs on and around the chicken. Add ½ cup of water to the bottom of the pan and roast the chicken for about 20 minutes to seal in the juices. Then reduce heat to 325 degrees and continue cooking until the juices run clear, about another 1½ hours. Remove the chicken from the pan and place on a platter. Wait 10 minutes before carving to let the juices return to the meat. Place the cooked figs and sweet onions on the platter with the sliced chicken. Drizzle pan juices over chicken and serve. **Yield: 6 to 8 servings**

Moroccan Roasted Chicken

This is an easy meal that can be ready for the oven in 10 minutes. Serve it over cooked millet with a green salad, sautéed kale, or steamed green beans.

3 to 4 split organic chicken breasts, bone-in and skin-on	1 teaspoon ground coriander
1 small red onion, cut into large chunks	1 teaspoon ground cardamom
1 Meyer lemon, cut into wedges	1 teaspoon ground black pepper
½ to 1 cup dried apricots	½ teaspoon turmeric
1 teaspoon Herbamare or sea salt	pinch cayenne pepper
1 teaspoon ground cumin	2-3 tablespoons organic butter or coconut oil

Garnish: chopped parsley or cilantro

Preheat the oven to 425 degrees. Rinse the chicken breasts and place them into a casserole dish or 9 x 13-inch pan in a single layer. Place the onion chunks, lemon wedges, and dried apricots around the chicken. In a small bowl, mix together the salt and spices. Sprinkle spice mixture over the chicken. Dot with butter or coconut oil. Roast for 30 to 40 minutes, depending on the size of the breasts, or until the juices run clear. Slice chicken from the bone and serve it with the apricots, red onions, and juices at the bottom of the roasting dish. Garnish with chopped parsley or cilantro. **Yield: 6 to 8 servings**

Nutrition Tip: Be sure to purchase organic, sulfite-free apricots. Sulfite is a preservative that reduces discoloration and oxidation. You'll notice that organic apricots are a dark brownish-orange color because they don't have any sulfites added. The FDA estimates that 1 out of every 100 individuals has a reaction to sulfites. A sensitivity to sulfites can lead to difficulty with breathing, hives, excessive sneezing, or swelling of the throat. This may be exacerbated by a deficiency in molybdenum, a mineral commonly found in legumes. Sulfites listed on a food label could appear as sulfur dioxide, sodium sulfite, sodium bisulfite, potassium bisulfite, sodium metabisulfite, or potassium metabisulfite.

Slow-Cooked Variation: If you have more time, you can slow-cook the chicken in the oven to create more flavorful, tender chicken, which is also more digestible. Heat oven to 325 degrees F and cook for 60-75 minutes or until juices run clear.

LUNCH | DINNER ENTREES

Quinoa Salmon Burgers

These burgers go nicely with a raw green salad and homemade parsnip fries. It is easier to remove the bones if you use wild king salmon instead of sockeye salmon. Use your hands or tweezers to pull the bones out. If you don't want to bother removing the skin, have it done when you purchase the fish. Once you have the patties formed you can refrigerate them in between pieces of waxed paper for a few days or freeze them the same way.

3-4 green onions, ends trimmed
1 large handful fresh cilantro
1-2 teaspoons lemon zest (optional)
1 teaspoon Herbamare®
freshly ground black pepper
1-1½ pounds wild salmon, skinned and deboned
1 cup cooked quinoa
olive oil or coconut oil for cooking

Place the green onions, cilantro, lemon zest, Herbamare, and black pepper into a food processor fitted with the "S" blade and process until it is finely minced. Add the salmon and quinoa and process again until desired consistency. It's nice to leave some chunks of salmon. Form into patties and place onto a plate. Heat a large skillet over medium to medium-high heat and add a tablespoon or so of oil and place a few patties in the skillet. Cook three at a time in a 10-inch skillet. If the pan is hot it should only take 2-3 minutes per side to cook. If the pan is not quite heated it will take about 5 minutes per side and they may stick a little. Remove patties from skillet and set onto a plate. They will continue to cook when off the stove so do not overcook them.
Yield: 6 Burgers

Variation: Try fresh dill and parsley in place of the cilantro. You could also add ½ teaspoon of chipotle chili powder and use lime zest in place of the lemon zest.

SOUPS | STEWS

Slow Cooker Chicken Stew

Using a slow cooker the flavors come together beautifully and the chicken is very tender. Serve this stew over cooked long-grain brown rice with a salad of romaine lettuce on the side.

1 cup diced shallots
3 stalks celery, diced
4 carrots, peeled and diced
1½ pounds boneless chicken breasts, cut into chunks
one 14-ounce can crushed fire-roasted tomatoes
1 cup water
¼-½ cup dry white wine
¼ cup extra virgin olive oil
1 tablespoon Italian seasoning
1-2 teaspoons Herbamare or sea salt
freshly ground black pepper

Add all ingredients to a slow cooker and cook on high for 4-5 hours or on low for 6-8 hours. If you don't have a slow cooker, place all ingredients in a covered casserole dish and bake in the oven for 2½ hours at 300 degrees.
Yield: 4 to 6 Servings

SOUPS | STEWS

Chipotle Black Bean and Yam Stew

When using canned black beans it will take about four cans. Be sure to save the bean cooking liquid from the cans. Bean cooking liquid rather than water works better in this recipe to create a thicker stew. You can also substitute the yams in this recipe with a small butternut squash that has been peeled and diced.

2 tablespoons extra virgin olive oil
1 medium yellow onion, chopped
2 teaspoons ground cumin
½ teaspoon dried oregano
½-1 teaspoon chipotle chili powder
2-3 teaspoons Herbamare or sea salt
2 medium yams, peeled and diced (about 4 cups)
6 cups cooked black beans
4 cups bean cooking liquid or water
1 medium red bell pepper, diced
1 lime, juiced, 2-3 tablespoons
4 cloves garlic, crushed

Heat a 6- or 8-quart pot over medium heat. Add the oil, then add onions; sauté for 5-7 minutes. Then add the spices, Herbamare, yams, and garlic, and sauté a few minutes more. Add the black beans and bean cooking liquid; simmer uncovered for 10-15 minutes or until yams are barely tender but not yet cooked. Timing will depend on the size you diced the yams. Then add diced peppers and simmer for 10 minutes more. Taste and adjust salt and spices if necessary. Remove from heat and stir in lime juice. **Yield: 6 to 8 servings**

Nutrition Tip: More and more research points to the importance of consuming foods that make your intestinal bacterium happy. Researchers in Mexico have found that black beans do a great job at this. Black beans contain a higher quantity of fiber that is not digestible by our enzymes, but are digested by organisms in our intestines. These undigested black bean portions feed certain beneficial bacteria and allow them to produce a substance called butyric acid, which is one of the preferred sources of energy for the cells lining the colon, allowing them to function properly and remain healthy.

Italian White Bean Soup

2-3 tablespoons extra virgin olive oil
1 large onion, chopped
3-4 cloves garlic, crushed
1 teaspoon paprika
1 teaspoon ground black pepper
2 tablespoons Italian seasoning
4-5 carrots, diced
3-4 stalks celery, chopped
½ pound green beans, cut into 2-inch pieces
12 cups chicken stock
4 cups diced tomatoes
3-4 tablespoons tomato paste
6 cups cooked navy beans
2-3 cups thinly sliced kale
½-1 cup chopped parsley
3 teaspoons Herbamare or sea salt

Heat an 8-quart pot over medium heat and add olive oil, then add onion; sauté for 8-10 minutes or until soft and beginning to change color. Add garlic, spices, and herbs; sauté one minute more. Then add carrots, celery, and green beans; sauté for 2 minutes. Then add stock, tomatoes, and tomato paste, and cover and simmer for 20-25 minutes or until the vegetables are tender. Stir in cooked beans, kale, and parsley; simmer 5 minutes more. Add salt; taste and adjust salt and seasonings if necessary. Store leftovers in the refrigerator for up to a week. **Yield: About 12 servings**

SALADS

Greek Salad with Chickpeas

This salad is a complete meal and is especially good in the summertime when you can get fresh tomatoes, cucumbers, and lettuce.

Salad:

1 head romaine lettuce, rinsed and spun dry
2 cups cherry tomatoes, cut into halves
2 cups cooked chickpeas, rinsed and drained
1 cup pitted kalamata olives, sliced
½ small red onion, diced
1 large cucumber, sliced

Greek dressing:

½ cup extra virgin olive oil
6 tablespoons squeezed lemon juice
1-2 cloves garlic
2 tablespoons fresh oregano leaves
½ teaspoon sea salt
½ teaspoon freshly ground black pepper

Optional additions:

fresh mint leaves, crumbled feta cheese

Chop the romaine lettuce, place it in a large salad bowl, and top with the remaining salad ingredients. Add fresh mint leaves and feta cheese if desired. Place the ingredients for the dressing into a blender and blend until smooth. Pour the dressing over the salad and toss together or pour dressing into a small glass jar and let each person dress his or her own salad. **Yield: 6 servings**

Store extra salad in the refrigerator for up to two days. Dressing will last about 10 days in the refrigerator.

Variation: To make this dressing citrus-free, replace the lemon juice with organic red or white wine vinegar.

SIDE DISHES

Coconut-Lime Cauliflower “Rice”

Using cauliflower is a great grain-free option to rice. By grinding it up in the food processor you get the look and consistency of white rice but with more nutrients and cancer-fighting compounds such as sulforaphane. Serve this “rice” dish with baked fish or roasted chicken and a green salad.

1 medium head cauliflower	2 cloves garlic, crushed
1 cup coconut milk	1-2 teaspoons grated ginger
½ cup water or chicken stock	½-1 teaspoon crushed red chili flakes
1-2 tablespoons freshly squeezed lime juice	½ teaspoon Herbamare® or sea salt

Garnishes:

sliced green onions, chopped cilantro, lime zest

Break or cut the cauliflower into small pieces and place them into a food processor fitted with the “s” blade and pulse the cauliflower until it is coarsely ground, but do not over-process and turn the cauliflower to mush. In a large skillet or wide pot, such as an 11-inch deep skillet, heat the coconut milk, water or stock, lime juice, garlic, ginger, chili flakes, and salt over medium heat. When the mixture is simmering add the ground cauliflower. Stir together and simmer uncovered for 10-15 minutes, stirring every few minutes, or until the cauliflower is cooked to your liking. Garnish with sliced green onions, chopped cilantro, and lime zest. Serve hot.

Yield: 4 to 6 servings

SIDE DISHES

Adzuki Bean and Yam Hash

If you have cooked adzuki beans on hand, this recipe can be prepared in short order. The key is to dice the yams very small so they cook quickly without burning. This can also be served for breakfast.

2 tablespoons extra virgin olive oil	2 cups cooked adzuki beans
1 small onion, diced	4 collard greens, finely chopped
2 small yams, peeled and diced small	Herbamare and black pepper to taste
½-1 teaspoon ground cumin	½ cup chopped cilantro
few pinches crushed red chili flakes	

Heat a 12-inch skillet over medium heat. Add olive oil, onions, and a few dashes of salt. Sauté until softened, then add yams, cumin, and chili flakes; sauté for a few minutes uncovered. Then cover the pan and cook for 15-20 minutes, stirring occasionally, until yams are tender. Watch carefully so the yams don't burn. Add adzuki beans and collard greens. Sauté until collards are tender. Add Herbamare and pepper to taste. Sprinkle with chopped cilantro and serve. **Yield: 4 to 6 servings**

Kitchen Tip: To finely chop collard greens, first stack the leaves on top of each other, then tightly roll. Use a sharp knife to thinly slice the collards, and then cut those slices crosswise into small pieces.

SNACKS

Herb and Olive Oil Hummus

Hummus is a traditional Middle Eastern dish made from garbanzo beans, also called chickpeas, and tahini. Use it as a dip for raw vegetables such as carrot sticks.

3 cups cooked garbanzo beans, or 2 cans drained	1 teaspoon ground cumin
¼ cup bean cooking liquid or water	1-2 teaspoons sea salt or
½ cup sesame tahini	Herbamare, or to taste
½ cup squeezed lemon juice	Small handful fresh parsley
¼ cup extra virgin olive oil	2-3 tablespoons fresh
2-3 cloves garlic, crushed	oregano leaves
1-2 tablespoons fresh marjoram leaves	

Place all ingredients except for the fresh herbs into a food processor fitted with the “s” blade and process until smooth and creamy. You will want to taste the hummus to see if it needs more lemon, tahini, garlic, or salt. Add more water if needed for a thinner consistency and process again. Add the fresh herbs and pulse until combined, but not completely pureed. Place the hummus into small serving dishes and sprinkle with extra chopped herbs and a drizzle of extra virgin olive oil if desired. Store in a covered glass container in the refrigerator for up to a week. **Yield: 4 cups**

Nutrition Tip: We know the Mediterranean Diet has protective effects on our hearts. Some researchers attribute this to the beneficial phenolic compounds found in the fruits, vegetables, and the high-quality olive oil used in the Mediterranean Diet. One study found that when people used olive oil exclusively in their food preparation, they reduced the likelihood of coronary heart disease by 47 percent. When saturated fat was replaced with olive oil, total cholesterol dropped 13.4 percent and LDL-cholesterol dropped 18 percent.

Grain-Free Chicken Nuggets

- 2 large organic chicken breasts (about 1½ pounds)
- 2-3 teaspoons poultry seasoning
- ½-1 teaspoon Herbamare® or sea salt
- 4 tablespoons arrowroot powder
- 4 tablespoons water
- 1½ cups almond flour
- 6 tablespoons coconut oil

DESSERT

This is a favorite recipe to make during the summer months when berries are in abundance. Serve it for breakfast, a healthy snack, or dessert. Use any berries that are fresh and available, especially blueberries, strawberries, blackberries, and raspberries.

1 cup raw cashews, soaked for 3 hours
½ cup freshly squeezed orange juice
2 dates, pitted
½ teaspoon orange zest
pinch sea salt
dash maple syrup (optional)

4 cups fresh organic berries
hemp seeds

Nutrition Tip: Making your own orange juice from fresh oranges is much more nutritious than buying store-bought pasteurized orange juice. Pasteurization will kill harmful bacteria to prolong shelf life, but it will also destroy live enzymes and vitamins. Freshly squeezed orange juice contains all of the enzymes, vitamin C, and antioxidants present in the orange, which makes the juice far more digestible and easier to assimilate.

Handwriting practice lines consisting of 30 horizontal rows. Each row is composed of three lines: a solid top line, a dashed middle line, and a solid bottom line.

APPOINTMENT DATES:

Date: _____

Time: _____

Date: _____

Time: _____

Date: _____

Time: _____

Date: _____

Time: _____

Date: _____

Time: _____



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