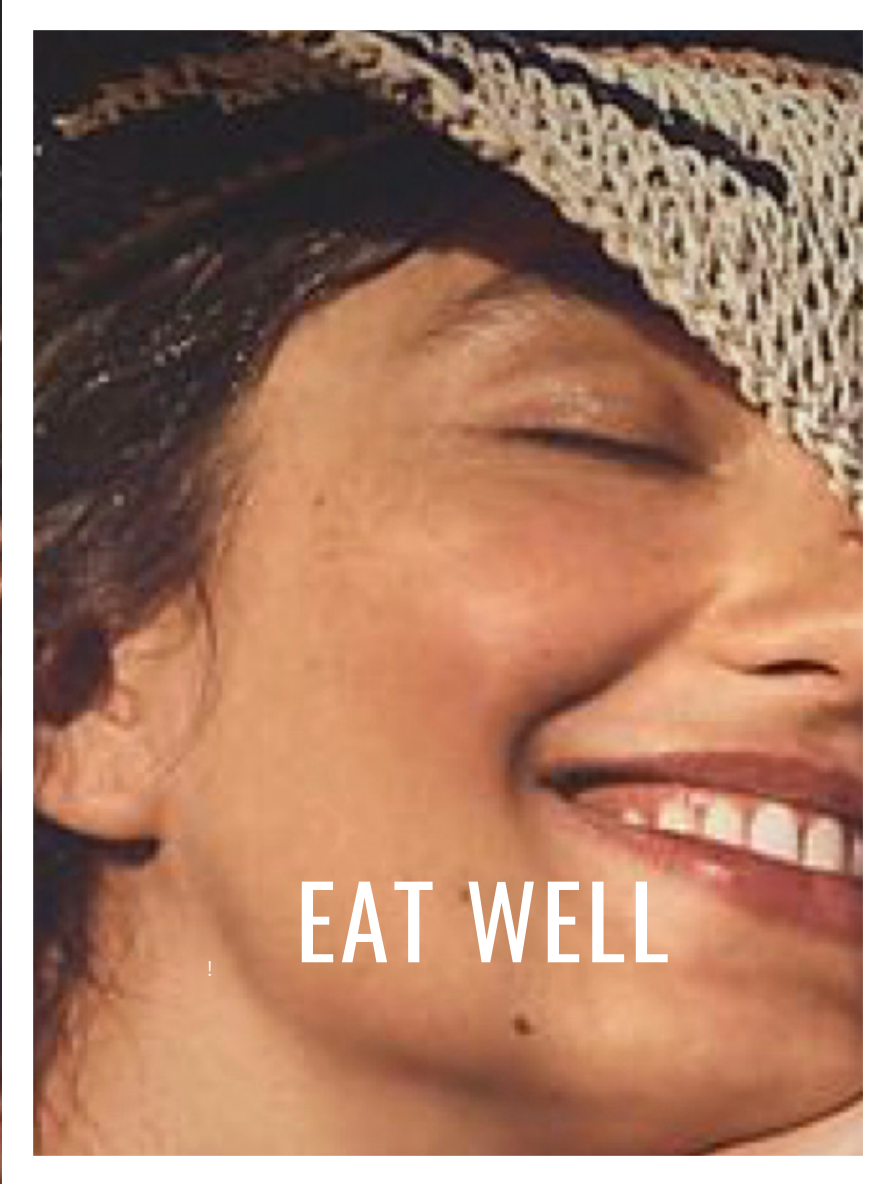


FOOD FOR LIFE

MY PLACE ORGANIC LIFE

ISSUE NO 2

JUNE 2023



EAT WELL

DRYING WILD FLOWERS
FOR HERBAL TEAS

~AND

Medical Benefits from
Fasting, Including the Brain



WELCOME

Great to see you in this issue.

I'd like to welcome you all to this issue of Food for Life magazine. This magazine will serve as an extension of my website, *MyPlaceOrganicLife.Com*, with articles written about some of the best eating lifestyles and food for life over my nearly 20 years of writing about cancer and eating for health. All the articles have been written exclusively for people interested in living a better, healthier lifestyle.

For cancer patients, fruits and vegetables can help manage side-effects, bring back taste, or improve appetite. Dark green leafy vegetables such as spinach, kale, romaine lettuce, leaf lettuce, mustard greens, collard greens and chicory contain large amounts of fiber, folate and a wide range of carotenoids. Citrus fruits and their juices such as oranges, lemons and limes are excellent for our overall health due to their high vitamin-C content. Oranges can benefit the health of the skin, teeth, gums, and lymphatic system.

MY PLACE ORGANIC LIFE

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FOOD FOR LIFE

THIS GIRL IS HUNGRY - DISHES

ALL PHOTO BY Mary Staub,
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FEATURED IN HEALTH &

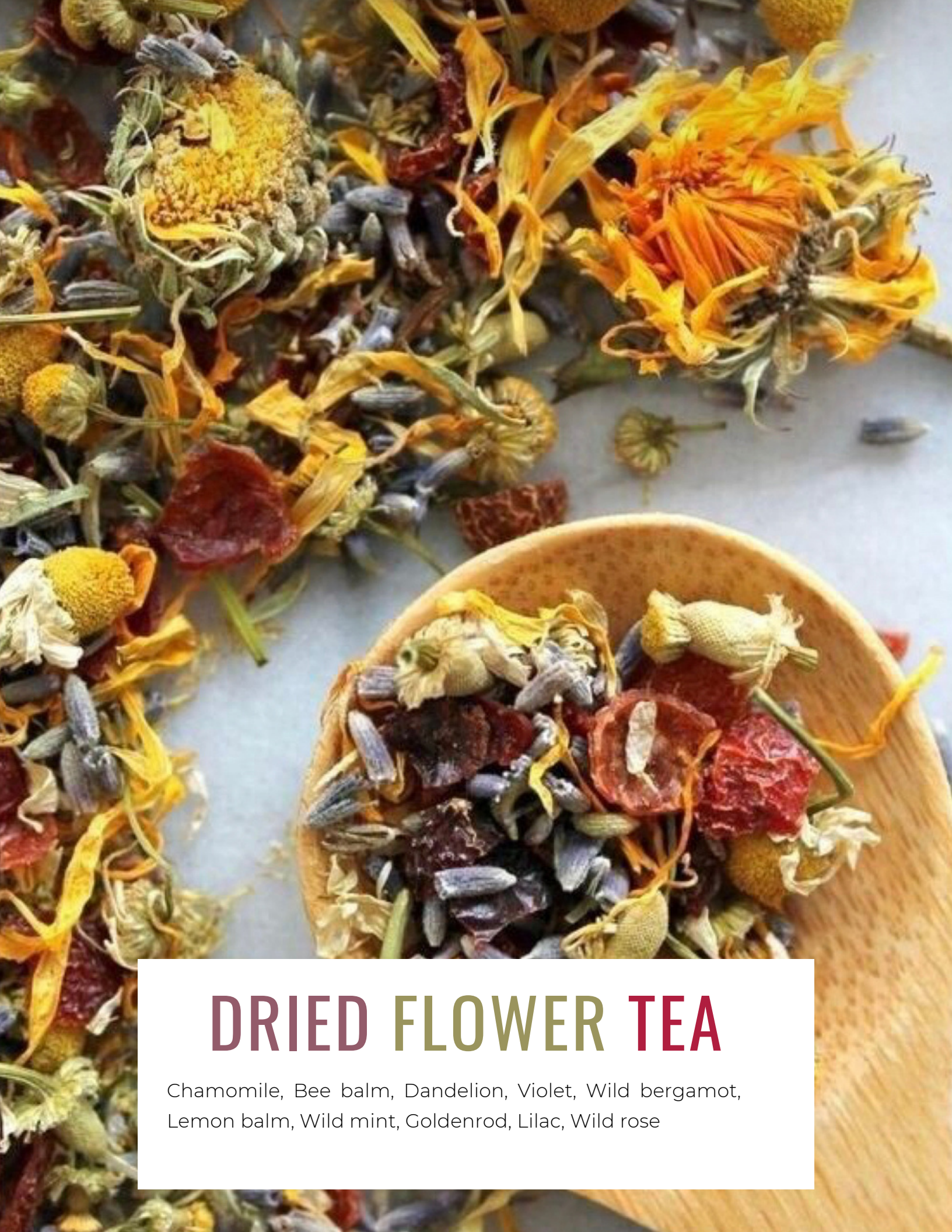
WELLNESS

FOOD & DRINK

Why Drink Dried Flower Teas

Native Indian cultures have been drinking teas from wild flowers for a very long time. Flowers are jam-packed with antioxidants, vitamins, minerals, and amino acids. Flower tisanes contain vitamins A and C which are key in boosting our immune systems. They also contain minerals such as iron, potassium, and manganese.





DRIED FLOWER TEA

Chamomile, Bee balm, Dandelion, Violet, Wild bergamot,
Lemon balm, Wild mint, Goldenrod, Lilac, Wild rose

I've heard a lot about fasting in the past 2 years. Why should we care about fasting aside from weight loss? Let me say that everything I'm talking about today is based on research by medicine expert Dr. Mindy Pelz.

Why Fast?

Fasting is the quickest antidote to physical, emotional, and chemical stress. Studies have shown that if we compress our eating into a 10-hr. window leaving 14-hrs. for fasting, the body will start to heal itself. This costs us nothing.

Once we learn to fast, we will see our bodies in a whole new light. Who wouldn't want to lose weight which traps toxins in our body and who wouldn't want to get off of unneeded medication? For me, this is an incredible tool that I need to learn to use. Today I will start with the first basic principle of fasting.

We have two metabolisms. We burn energy when we eat, and we burn energy when we do not eat. There are two mechanisms the body uses for burning energy - glucose and fat.

"The first interesting fact is that the ketone goes up into the brain and starts to repair the brain."

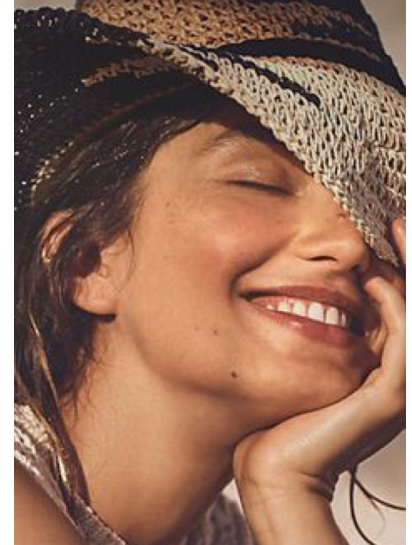
When the body has fasted long enough it begins to create ketones. The first interesting fact is that the ketone goes up into the brain and starts to repair the brain. The brain needs 50% ketones and 50% glucose to function well. In our society, we have no scarcity of glucose, but the brain is deficient of ketones.

Cognition and mental clarity go up when we fast. For some of us, the brain hasn't had clarity since high school or college. By the 12-hr. mark, the body is making a good dose of ketone and the brain is more mentally clear. There is a point when we are no longer hungry.

If this excites you as it does me, follow my posts. We'll go through all 6 fasts.

myplaceorganiclife.com

Legit to drink during a fast:
Black coffee
Seltzer water
Ginger and lemon water
Hydrated water



**Photographed by
Evolve Media.**

**Bottom Photo
Emily Criswell
Recipes to Nourish**



GOOD FATS

When ending a fast, make sure to eat an avocado or drink something hot with the right kind of fats. This kicks in your metabolism to keep it burning hot.

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SENSUAL SUGAR FREE DESSERTS

Ingredients

- 1 cup All-Purpose Flour
- ½ cup Almonds (sliced, toasted)
- 1 ¼ cups Stevia
- 6 tablespoons Cold Butter
- ½ teaspoon Almond Extract
- ¼ teaspoon Salt
- 3 tablespoons Cold Water
- 3 Large Eggs
- 3 Large Egg Yolks
- ¾ cup Lemon Juice
- 2 tablespoons Lemon Zest (grated)
- add dash Salt
- 6 tablespoons Butter (cubed)

Directions

1. Place the flour, almonds, sugar, butter, extract and salt in a food processor. Cover and pulse until blended. Gradually add water, 1 tablespoon at a time, pulsing until mixture forms a soft dough.
2. Press onto the bottom and up the side of greased fluted tart molds. Bake at 400° for 15-20 minutes or until golden brown. Cool on a wire rack.

Cream Cheese Pie Filling:

- 8 Ounces Cream Cheese
- 1/2 cup 0% Greek Yogurt
- 1/4 cup Heavy Whipping Cream
- 1 & 1/2 tsp Pure Vanilla
- 3/4 cup Stevia or Monks Fruit to Taste

There is no mystery here except the beautiful outcome. Mix the ingredients in a bowl with a mixer until smooth. Spoon the mixture into individual tarts. Cool in the refrigerator until set. Decorate the top with your favorite berries. Remember that strawberries, blackberries, raspberries are the best for keeping your lifestyle low in sugars.



What a simple sugar free dessert! Almond flour crust, a brick of cream cheese, a cup of Greek yogurt unsweetened, and stevia or monks fruit sweetener to taste, and top it with berries.

OVARIAN CANCER SURVIVOR

