

Vegetarians are giving their life back to the earth by not consuming animals. I agree it would be better if we did not have to kill to live, but the consumption of fish and other meat/poultry promotes greater health through essential oils, proteins and vitamins. I believe we are designed to be omnivores living on healthy oils, green leafy vegetables, nuts, seeds and fruit as well as fish/poultry/meat (in about that order). But for those individuals who prefer to not sacrifice animals, here are some reasonably healthy alternatives.

#### Important Supplements for Vegetarians:

- Vitamin B-12 1,000 mcg (this vitamin is only available in animal products)
- Vitamin D 2,000 units per day (not enough sun in the northern climates)
- Magnesium 500 mg, each once or twice daily (important for blood pressure, heart issues and bone health)
- Chromium supplement 500mcg per day (important for blood sugar control and mood)
- Opti-MSM 3000mg per day (try it to see if it helps joint pains, allergies and energy level)

#### Recipes:

##### Brisk lentil and Brussel sprout stew Serves 4

1 cup dried lentils	3 cups water
2 cups Brussel sprouts, quartered	Dash of soy sauce
1 carrot, diced	2 Tsp. brown rice Miso or soy sauce
1 cup winter squash, cubed	¼ cup minced fresh parsley
2 bay leaves	

Add first 7 ingredients to a large pot, bring to boil and then reduce heat to low simmer for 30 minutes or until lentils are tender. Remove from heat; add Miso or soy sauce and parsley and serve.

##### Lentil Dahl Serves 4

1 cup dried lentils	1 Tsp. curry powder
3 cups water	½ Tsp. cumin
3 peeled tomatoes, diced (11 oz can or fresh) with juice	1 clove garlic, pressed
1 carrot, diced	Salt and pepper to taste
¼ cup olive oil	

Bring water with lentils to boil, then add tomatoes, carrots, olive oil, curry powder, pressed garlic, salt and pepper. Reduce heat and simmer for 30 minutes or until lentils are tender. Serve with brown rice.

##### Ratatouille Serves 4 (avoid if you have arthritis? –all “nightshade” vegetables)

1 medium eggplant, diced	1 small onion, sliced
2 zucchini cut up	1 Tsp. basil
3 peeled tomatoes, diced (fresh or 11 oz can)	½ cup olive oil
6 mushrooms, sliced (fresh or 5-7 oz can)	Salt and pepper to taste
2 cloves garlic, pressed	2 fennel seeds (optional)

Sauté eggplant in ½ cup of olive oil. Add zucchini, tomatoes, mushrooms, garlic, onion, basil, water, (and fennel). Bring to boil and simmer for 20-30 minutes on low. Add salt and pepper to taste.

##### Mexican black bean with wild rice Serves 4

¼ cup olive oil	¼ Tsp. red pepper
1 medium onion, chopped	1/8 Tsp. coriander
1 green pepper, chopped	Black beans (15 oz can, drained and rinsed)
6 oz wild rice (dry weight) cooked	3 peeled tomatoes, diced (fresh or 14.5 oz can)
½ Tsp. cumin	

Cook wild rice. Sauté onion, green pepper until tender. Add rice and remaining ingredients and heat thoroughly.

### **Vegetable jubilee** (Pasta primavera without the pasta) Serves 4

10 asparagus spears cut into 1 inch pieces	1/3 cup olive oil
Broccoli flowerets from one head	1 Tbs. fresh parsley
1/2 cup snow pea pods	1 Tbs. fresh basil
1 yellow squash, sliced	1/3 cup water
1 zucchini, sliced	6 oz wild rice, cooked
5 oz mushrooms, sliced	Salt and pepper to taste
1 clove garlic, pressed	

Sauté first 7 ingredients for 5 minutes in olive oil, stirring frequently. Add cooked wild rice, parsley, basil, salt, pepper, and water, and heat an additional 2-3 minutes. Serve immediately.

### **Greek rice pilaf** Serves 4

1/3 cup olive oil	1/2 Tsp. thyme
1 small onion, chopped	1/4 Tsp. oregano
1 cup long grain rice	2 cucumbers, diced
2 cups water	1/3 cup crumbled Feta cheese
2 Tsp. brown rice Miso or soy sauce	1 Tbs. diced pimento

Sauté onion and rice in olive oil until brown. Add water, spices, and Miso or soy sauce and bring to boil. Reduce heat and simmer for 15 minutes or until rice is tender and liquid absorbed. Remove from heat and stir in cucumber, Feta cheese and pimento. Serve immediately.

### **Broccoli quiche** (with eggs) Serves 4

1 Tbs. olive oil	4 large eggs, lightly beaten
1 cup chopped fresh broccoli	1/2 cup almond milk
1/2 cup finely chopped sweet red pepper	1/2 Tsp. salt
1/4 cup finely chopped onion	1/4 Tsp. dry mustard
1/4 cup water	1/4 Tsp. ground red pepper

Combine broccoli, sweet red pepper, onion, and olive oil in a medium saucepan. Cover and cook over medium heat 3 to 5 minutes or until vegetables are crisp-tender. Combine vegetable mixture, beaten eggs and next 5 ingredients in a large bowl, stirring well. Pour mixture into a 9-inch quiche dish coated with olive oil. Bake at 350° for 35 to 40 minutes or until set. Let stand 10 minutes before slicing into wedges.

### **Nightshade vegetables can be associated with arthritis in some people:**

The nightshades (tomatoes, eggplant, peppers and potatoes) contain proteins call lectins. These lectins can turn on the immune system to attack the lectin-like proteins in our joints. If you have arthritis or joint pains, try not eating the night shades to see if your joint pain improves. **So try off these foods** for 4-6 weeks if you have arthritis so if it makes a difference, and then have tomatoes and eggplant to see if your knees flare up again.

### **Milk Makes More Mucus** (so does wine, wine vinegar, balsamic vinegar, orange juice, and chocolate)

Milk sensitivity and asthma/ear infections is a well-known association in children. Similarly, adults can develop allergic rhinitis, asthma, chronic fatigue and chronic low-grade depression. It is the protein in milk (casein), so butter, heavy cream and sour cream are ok to eat. Goat and sheep cheese are fine. But avoid cow's milk and cow's cheese.

### **Ways to Love Your Brain**

Growing evidence indicates people can reduce their risk of cognitive decline by adopting key lifestyle habits.

- **Break a sweat:** Engage in regular cardiovascular exercise that elevates heart rate and increases blood flow. Studies have found physical activity reduces risk of cognitive decline as well as reduced diabetes and depression.
- **Fuel up right:** Eat a balanced diet that is higher in vegetables and fruit to help reduce the risk of cognitive decline.
- **Catch some ZZZs:** Not getting enough sleep may result in problems with memory and thinking as well as diabetes.