

# **Greens from the Sea**



*A Guide to Deliciously Nutritious  
Bounty From the Ocean by*

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This edition was published in the United States of America by Dr. Ritamarie Loscalzo.  
**Edition Date:** March 29, 2022

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## The Incredible Health Benefits of Sea Vegetables

Sea vegetables are generally under-utilized and under-appreciated in our Western Culinary regime. For those who frequent Japanese restaurants, sushi and seaweed salad may be familiar menu items, but few -- save for those on a macrobiotic diet, a raw foods diet, or of Asian origin -- serve these gems from the sea at home.

**Sea veggies are simple to prepare and serve and can add fun and diversity to your daily culinary repertoire.**

I have to admit...the thought of eating a plate of slimy green stuff from the ocean just does not usually get people jumping for joy and anticipation! Too bad! Sea vegetables are amongst the most powerful foods on the planet. And with a bit of creativity and experimentation, wonderfully delicious dishes can be prepared from them!

Food manufacturers often use processed sea vegetables as thickeners or stabilizers in a variety of common products, from instant pudding to toothpaste. As "hidden" ingredients, sea vegetables are not of significant nutritional value. Served as part of main meals, and in salads, soups, and wraps, sea vegetables offer an abundance of otherwise hard to get nutrients.

Sea vegetables are very rich in nutrients and phytochemicals. They are loaded with chlorophyll, fiber, and minerals, including significant amounts of sodium, potassium, calcium, phosphorus, magnesium, iron and many other trace minerals naturally found in the ocean. When reconstituted, sea vegetables expand three to seven times their original volume, so **small amounts go a long way.**



## **Using Sea Vegetables**

Available in dried form year-round, most sea vegetables are re-hydrated before adding to dishes. Some, like kelp, dulse, nori, and sea palm are delicate enough to eat dry. Others, like arame, wakame, and hijiki become more tender and appealing when they are soaked in water to soften. Irish moss can be soaked and used as a thickener in puddings, pies, and gravies. Still others like kombu are usually not eaten by themselves (because they are tougher), but are either ground and used as a seasoning or used whole as a flavoring in soups and stews.

**To make a basic sea vegetable salad, simply soak the sea vegetables in water to soften. Drain, reserving the soak water for future use.**

I usually do equal amounts of sea and land vegetation, like carrots or cucumbers. Kale, collard greens and cabbage make great additions as well. Combine the sea vegetable with the land vegetable and pour a sauce or marinade over them. Let it stand at least 15 minutes to absorb flavor. One of my favorite marinades contains ginger, garlic, sesame oil, lime juice, cayenne and salt. In cooking, dried sea vegetables can be added directly to soups or stews and to the cooking liquid of beans or rice.

While there are thousands of different types of sea vegetables, a small handful are most commonly used. The sweet, mild flavors of arame, dulse, and bullwhip kelp make them perfect choices for the novice.



## Nutritional Aspects of Sea Vegetables

The following nutritional chart is courtesy RISING TIDE SEA VEGETABLES P.O. Box 1914 Mendocino, CA 95460 707-964-5663 <http://www.loveseaweed.com>

<b>PER 100 GRAM SERVING</b> (100 grams = ~3.5 ounces)	<b>KOMBU</b>	<b>WAKAME</b>	<b>DULSE</b>	<b>NORI</b>	<b>ARAME</b>	<b>HIJIKI</b>
CALORIES	241.0	262.0	264.0	318.0	267.0	236.0
PROTEIN (g)	7.3	12.7	21.5	35.6	12.0	10.0
FAT (g)	1.1	1.5	1.7	0.7	1.3	0.8
CARBOHYDRATES (g)	55.0	48.0	44.6	44.3	51.8	47.3
FIBER (g)	3.0	3.6	1.3	4.7	7.0	17.0
ASH (g)	22.0	18.0	22.0	8.0	-	-
CALCIUM (g)	800.0	1300.0	213.0	260.0	830.0	1400.0
POTASSIUM (g)	5300.0	7500.0	7820.0	510.0	3760.0	44000.0
SODIUM (mg)	3000.0	1100.0	1700.0	600.0	2900.0	14000.0
MAGNESIUM (mg)	760.0	950.0	271.0	380.0	-	1980.0
PHOSPHORUS (mg)	240.0	260.0	408.0	400.0	-	59.0
IRON (mg)	15.0	13.0	33.1	12.0	12.0	29.0
IODINE (mg)	150.0	13.0	5.2	1.4	98-564	40.0
NIACIN (mg)	5.7	10.0	1.89	10.0	2.6	4.6
VIT.A (I.U.)	430.0	140.0	663.0	11000.0	50.0	150.0
VIT.B-1 (mg)	0.08	0.11	0.073	0.25	0.02	0.01
VIT.B-2 (mg)	0.32	0.14	1.91	1.24	0.02	0.2
VIT.B-12 (mcg)	5.0	6.0	6.6	17.5	-	0.57
VIT.C (mg)	15.0	29.0	6.34	20.0	0	0

KOMBU = LAMINARIA DENTIGERA  
WAKAME = ALARIA MARGINATA  
DULSE = RHODOMENIA PALMATA

NORI = PORPHYRA PERFORATA  
ARAME = EISENIA BICYCLIS  
HIJIKI = HIZIKIA FUSIFORME

Sources for chart: U.S. Dept of Agriculture; Japan Nutritionist Assoc., Composition and Facts About Foods, Ford Heritage Health Research, Mokelumne Hill, CA 95245, 1698; Seaweeds and Their Uses, V.J. Chapman, Methuen & Co., Ltd., London, 1950; "Kelp", Roseann C. Hirsch, Bestways, "Food from the Sea", Mary Schooner, East/West Journal, Vol 1, No. 6.; "Sea Vegetable Celebration" Erhart, Shep and Cerier, Leslie, Book Publishing Company, Summertown, TN 154-155; "Japanese Book of General Nutrition". **Nutritional assays vary according to maturity of plant at time of harvest, drying techniques, storing techniques, etc.**

## Minerals and Trace Elements in Sea Vegetables

Sea vegetables provide all 56 minerals and trace elements required for the human body's physiological functions in quantities greatly exceeding those of land plants.

According to Dr. Ryan Drum, noted herbalist and sea vegetable gatherer and an international expert on sea vegetables, **3-5 pounds of sea vegetables will fully mineralize an adult human for one year!** He claims his personal consumption to be about 10 pounds a year.

### Examples:

- About 1/3 cup (1/4 oz.) serving of dulse or kelp gives up to 30% of the RDA, 4 times the iron in spinach, and more than kidney beans, apricots, and peas
- Magnesium is twice as abundant in kelp and alaria as in collard greens, and exceeds walnuts, bananas, potatoes, oatmeal, and even sockeye salmon.
- Sea vegetables present these essential nutrients to your body in a chelated, colloidal optimally balanced form so they are bio-available. Examples are:
  - Calcium (for skeletal health, healthy heartbeat, nervous system function)
  - Magnesium (activates enzymatic activity, essential for healthy heartbeat)
  - Potassium (naturally prevents high blood pressure, provides cellular energy)
  - Sodium (essential for the correct balance of body fluids - our internal "ocean")
  - Iron (as hemoglobin, transports and distributes oxygen to all your cells)
- Trace elements are especially essential to the countless enzymatic functions constantly occurring in your body. Examples are:
  - Chromium (works with insulin to regulate blood sugar)
  - Iodine (thyroid health)
  - Copper (protects nerve sheaths, builds supple arteries, required for iron absorption)
  - Also includes Lithium, Manganese, Selenium, Vanadium, and Sulfur

## Sea Vegetables and Iodine

Sea vegetables are the best natural food sources of iodine. According to Dr. Drum, since no land plants are reliable sources of dietary iodine, **you'd have to eat about 40 lb. of fresh vegetables and/or fruits to get as much iodine as you would from 1 gram of whole leaf kelp!** In *Therapeutic Use of Seaweeds* (Proceedings of the 2001 Pacific Northwest Herbal Symposium), "Seaweeds, eaten regularly, are the best natural food sources of biomolecular dietary iodine... no land plants are reliable sources of dietary iodine."

Unfortunately, not all iodine is good for us and the human thyroid cannot distinguish between life sustaining iodine-127 and radioactive iodine-131. Dr. Drum warns, "The real reason for making sure that iodine consumption is at the high end is to insure a full body complement of iodine at all times as preventative medicine against the next nuclear disasters [whether from intentional radioactive pollution as the result of armed conflict or terrorism, nuclear power plant failures, or industrial contamination]. A full body load of iodine-127 from seaweeds (or any source) will tend to allow the body to reject topical and air and food source iodine-131." **In general, brown sea vegetables (kelps) offer more bio-available organic iodine than red sea vegetables (dulse, laver, and nori).**

**We need between 150 and 1,100 micrograms in our daily diets** to keep our thyroids healthy and prevent uptake of radioactive iodine.

Healthy thyroids will "spill" unneeded iodine. But some people with sensitive thyroids, particularly nursing mothers, postmenopausal women, or anyone with an unusual thyroid dysfunction may have adverse reactions to excess dietary iodine (most often if you decrease the intake of dietary iodine the condition goes away). Consult with your health care practitioner if you have any questions about your consumption of iodine.



## **Sea Veggies and Vitamins**

Most sea vegetables are excellent sources of 13 known vitamins (A, B's, C, D, E, and K). Sea vegetables contain significant amounts of vitamins, especially the B vitamins. A serving of dulse (about 7g, or 1/3 cup) provides about 10% of the RDA for Vitamin B2 (Riboflavin) and about 42% of the RDA for Vitamin B6. Nori is very rich in Vitamins A and C.

## **Sea Veggies and Protein**

The protein content of sea vegetables ranges from 16% to 28%. The red sea vegetables - dulse and laver - are higher than the browns - kelp and alaria. The amino acid composition of these sea veggie proteins is generally well balanced and contains all or most of the essential amino acids (the ones your body can't produce by itself). Thus the sea veggies provide higher quality protein than certain grains and beans that are lacking one or two essential amino acids, although the sea vegetables provide less quantity per serving. One of the more important amino acids found especially in kelp is glutamic acid, the basis for synthetic MSG. This amino acid naturally enhances flavors and tenderizes high protein foods like beans while aiding in their digestion. Glutamic acid also improves mental and nervous system activity; provides energy, and is thought to help control alcoholism, schizophrenia and the craving for sugar.

## **Sea Veggies and Fats**






Sea vegetables, while low in fat, have significant amounts (1-3%) of omega-3 fatty acids. Nori, in particular, has 3% omega-3 fatty acids. The ratio of omega-6 and omega-3 essential fatty acids in sea vegetables is between 1.5 and 2 to 1. This is an ideal ratio, as the NIH suggests an optimal ratio of between 2 and 3 to 1. In addition, sea veggies contribute the minerals, vitamins, and trace elements needed for the optimum utilization of the omega-3 and omega-6 fatty acids. Powdered bladderwrack mixed with olive oil has been shown to be a safe and effective alternative to cod liver oil.

## **Sea Veggies and Fiber**

Sea veggies have their own unique fiber with interesting medicinal properties. For instance, alginic acid in kelp has been shown to be an important detoxifier for radioactive isotopes and heavy metals.

## Sea Vegetable Characteristics and Photos

<p><b>Agar Agar</b></p> <p>Agar Agar is a clear, tasteless alternative to gelatin and comes in opaque flakes. It is also called kanten. It can be used to firm jellies, moulds, pies, and puddings. It dissolves into hot liquid then thickens at room temperature.</p>	
<p><b>Arame</b></p> <p>Arame is thin, black and wiry black. Dried, it is stiff and brittle. When rehydrated, it resembles spaghetti strands, only black. Arame is a good source of calcium, iodine, potassium, vitamin A and dietary fiber. Arame should be rinsed thoroughly then soaked in warm water for 10 to 15 minutes before using in recipes.</p>	
<p><b>Dulse</b></p> <p>Dulse is a reddish brown color, available in whole stringy leaves or powdered. It has a mild slightly salty taste and a chewy texture. It is a good source of potassium and protein. When pan-fried in sesame oil, dulse becomes light and crispy that some people say resembles bacon. Dulse can also be eaten straight from the package like a jerky or torn and tossed into salads, or mixed into coleslaw with shredded cabbage, carrots, scallions and olive oil.</p>	
<p><b>Kombu</b></p> <p>Kombu is a dark purple to black color, and usually comes in strips. The strips are tough and hard, and are generally eaten in soups and stews. It is an excellent source of iodine, calcium, magnesium and iron.</p> <p>The main way Kombu is usually used is by adding it, unsoaked or rinsed, in the cooking liquid for rice, beans and soups. The addition of kombu enhances the flavor of the dishes, and makes them more digestible. Kombu doubles its volume and readily soaks up water. I used Kombu as a teething aid for my youngest son. It is too tough to easily break apart, and provided a healthful alternative to conventional teething biscuits.</p>	

<p><b>Nori</b></p> <p>Nori is dark purple to marine green in color, and usually comes in square sheets; either toasted or untoasted, and is typically used for sushi rolls. Raw nori is dark purple to black in appearance, while toasted nori is dark green. Nori is a good source of iodine and vitamin C. It is probably the most widely used sea vegetable, popularized for its use in sushi. It can also be used as a condiment for rice, soups, salads, casseroles or grains when crushed into flakes or cut into strips.</p>	
<p><b>Sea Palm</b></p> <p>Brownish-green, ribbon shaped sea palm resembles a miniature palm tree. It has a sweet and salty taste and supplies vitamins A and D. Sea palm is delicious raw or sautéed and added to soups or salads. It can also be marinated and used alone or combined with other sea vegetables like arame and wakame and land vegetables, like carrots, daikon and cucumber in a sea vegetable salad. Sea palm can also be eaten dried.</p>	
<p><b>Wakame</b></p> <p>Deep grayish-green in color, about a fourth of an inch wide, wakame is the tenderest of sea vegetables when rehydrated. It is a good source of Potassium. When soaked for 10 minutes, wakame expands to seven times its original size. After being soaked then cooked, the long fronds of wakame become silky, almost melting in your mouth. Its mildly sweet flavor is a good addition to vegetable dishes. Wakame can even be eaten raw as an easy snack right out of the bag.</p>	
<p><b>Hijiki</b></p> <p>Hijiki is probably the strongest tasting of the commonly used sea vegetables. In its dry form, it is very hard and brittle, but it softens when soaked. It has a similar look and feel to arame, but the strands are thicker and stronger tasting. It has the highest calcium content of all the sea vegetables. It is also abundant in iron, iodine, Vitamin B2, and Vitamin B3. It is known to regulate blood sugar levels and aid in weight loss.</p>	
<p><b>Algae</b></p> <p>Algae are single celled plants that are packed with easy to assimilate nutrients. Spirulina, wild blue green algae and chlorella are considered by many researchers to be among the best sources of protein, beta carotene, nucleic acids and chlorophyll of any plant or animal food on the planet. According to Paul Pritchard, author of Healing with Whole Foods, some forms of algae are thought to contain every nutrient required by the human body. They are high in essential amino acids, the building blocks of protein.</p>	

## Healing Properties of Sea Vegetables

Sea vegetables have been studied and used in clinical practice and shown to have many health benefits. For example, the effects of regular kombu consumption can contribute to the resolution of coronary artery disease, healthier liver function, higher metabolic rate, faster food transit time, lower LDL cholesterol, and higher HDL cholesterol blood levels.

What follows is a summary of some of the healing effects that have been attributed to sea vegetables. Many sea vegetables contain powerful healing benefits.

- **Anti-Microbial Function:** Sea vegetables are powerfully antiviral and anti-parasitic. Various red algae (dried, powdered and encapsulated) have been used as effective genital herpes and shingles suppressants.
- **Lung Function:** Hijiki and Sargassum, brown algae, seem to improve lung capacity. 3-5 grams of powdered kelp daily has been effective in treating asthma. Irish Moss gel is an effective long-term treatment for damaged lungs, especially after pneumonia, smoking, emphysema, and chronic bronchitis.
- **Erectile Dysfunction:** Tropical species of red seaweed are used to prepare a male virility drink in the Caribbean.
- **Tissue Repair:** Dr. Ryan Drum uses a broth of powdered Sargassum unpasteurized 3 year old Barley Miso paste for cancer, radiation, chemotherapy, post-surgical, and whole body impact trauma patients. Pre surgical treatment with 3-5 grams of brown seaweed containing Fucoidan significantly reduces blood loss and shock risk afterwards.
- **Nervous Disorders:** Attention Deficit Disorder (ADD), Insomnia, Depression, Hostility and Schizophrenia have improved greatly with regular daily consumption of 3-5 grams of powdered kelp.
- **Cardiovascular Disorders:** Regular consumption of Kombu tends to result in lowered blood pressure and decrease in arterial plaque.

- **Cancer:** Regular dietary consumption of Wakame and other brown algae may prevent breast cancer. One of the constituents of brown algae, Fucoidan, shows strong antitumor activity by enhancement of inflammatory responses.
- **Thyroid Disorders:** Fucus species of brown seaweeds, also known as Bladderwrack, have been used as treatment for thyroid disorders because they contain DIT, a weakly active thyroid hormone. Two DIT molecules combine to produce T4, Thyroxine. 3-5 grams daily of powdered Fucus, results in similar effects to thyroid medication. Up to 10% of the iodine found in brown seaweeds, especially laminaria species of Kombu and Sargassum has been found to be in the preformed thyroid hormones, T4 and T3. This is exciting news for those who have been on synthetic thyroid hormone and told that they needed to stay on it for life. Daily consumption of sea vegetables has the potential to restore thyroid functioning.
- **Male Pattern Baldness:** Daily Nori consumption is recommended in Japan as a preventative for male pattern baldness.
- **Joint Pain:** Used topically, extended soaks with powdered Fucus (bladder wrack) can be very helpful to improve joint pain.

Other conditions that have been found to respond favorably with the use of sea vegetables are anemia, arthritis, diabetes, chronic fatigue, yeast infections, ulcers, and prostate problems.



## Concluding Comments

If I haven't yet convinced you to incorporate sea vegetables into your daily food plan, perhaps you need to learn more. I encourage you to experiment.

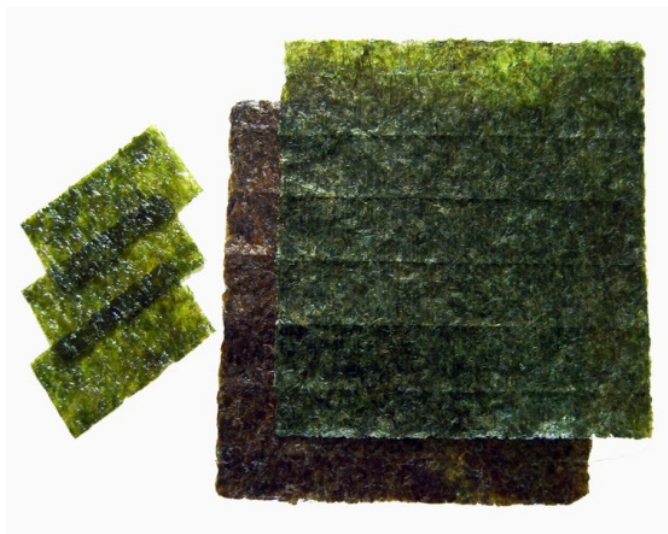
### Easy Sea Veggie Starting Ideas:

- Irish moss makes a great pudding.
- Nori makes a great wrap.
- Dulse and bullwhip kelp are easy to eat as a snack.
- Arame makes a great salad.
- Add a handful of soaked sea vegetables to a nut or seed pat  , cracker, or dehydrated veggie burger recipe.
- Put some into a blended soup or smoothie.

**Target to eat one half to one ounce a week of sea vegetables to start.** If you have any of the problems listed above, it may benefit you to increase your consumption to 5 grams a day.

Experiment with the recipes included here. Vary the seasonings and vegetables to your taste. Google search "sea vegetable recipes" for ideas.

Get to know these wonderful friends from the sea. You will soon find yourself including them as a regular part of your diet when you discover how you feel when you eat them!



**For recipes and health topics related to sea vegetables, become a member of the VITAL Community and access the resources in our Video Resource Library:**

<http://www.VITALHealthCommunity.com>

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# Recipes

All recipes are gluten-free, sugar-free, dairy-free, and use low-glycemic ingredients for those with insulin resistance/diabetes.

## Arame Carrot Salad

### Ingredients:

- 1 cup arame sea vegetable
- 2 cloves garlic, crushed
- 2 tablespoons grated ginger
- 1 bunch basil, chopped
- 1 bunch cilantro, chopped
- 1 tablespoon olive oil
- 1 medium lime, juiced
- 1 medium lemon, juiced
- 1/4 cup water, from soaking arame
- 1 large or 2 small cucumbers, very thinly sliced
- 1 cup carrot, shredded (omit if they spike your blood sugar or replace with daikon)
- 1/4 teaspoon sea salt

### Directions:

1. Soak arame for at least 10 minutes in enough water to cover, until it softens.
2. Combine garlic, ginger, basil and cilantro.
3. Juice lemon and lime.
4. Drain arame.
5. Combine lemon and lime juice with chopped garlic, ginger, cilantro and basil, sesame oil and enough soak water from the arame to make a salad dressing consistency.
6. Toss dressing over arame and shredded carrots. Serve as a side salad or over a bed of lettuce.



## Asian Land & Sea Slaw

### Ingredients:

- 2 cups shredded kale
- 1 cup romaine lettuce, chopped thin
- 1/2 cup arame or hijiki, soaked
- 1 handful dulse, torn or cut into bite sized pieces and soaked
- 1 carrot, julienne or shredded (about 2/3 cup)
- 1 cup shiitake mushrooms, julienned
- 1 red bell pepper, julienne (about 2 cups)
- 1/4 bunch of cilantro, rough chopped (about 1/2 cup)
- 1 cucumber, seeded and sliced
- 3 green onions, sliced thin
- 1/4 head small cabbage (purple, Napa, or green)
- 1 tablespoon sesame seeds to garnish

### Marinade Ingredients:

- 1/4 cup water
- 1/2 teaspoon sea salt
- 2 cloves garlic, minced
- 1/2 serrano chili pepper minced
- 2 teaspoons sesame oil (toasted)
- 1 tablespoon ginger minced

### Directions:

1. Make marinade.
2. Soak dulse and arame separately in warm water to cover, add salted water and toasted sesame oil to soaking sea weed (optional to add chili flakes, garlic and ginger).
3. Place the kale in a bowl with 2 tablespoons of marinade. Massage until softened.
4. Add remaining vegetables. Toss to combine.
5. Add additional seasoning, spice, or salt as desired.
6. Garnish with sesame seeds.

## Deep Green Pesto

### Ingredients:

- 3 cloves raw garlic, raw
- 1/4 cup pine nuts
- 2 cups kale
- 1/3 pound spinach
- 1/8 cup olive oil
- 1 cup fresh basil or 1/4 cup dried basil
- 1 cup kelp or other sea vegetable, soaked in water until soft
- 1/2 teaspoon unrefined Celtic, Himalayan, or pink sea salt

### Directions:

1. Soak kelp in water while preparing the remainder of the ingredients.
2. Put the remaining ingredients in the food processor (add in small batches if necessary depending on the capacity of the food processor).
3. Squeeze the liquid out of the kelp and add to processor.
4. Process until smooth.
5. Adjust salt and basil to desired taste.

## Land and Sea Slaw

### Ingredients:

- 1/2 cup wakame
- 1/2 cup arame
- 1/2 cup sea palm
- 1/2 cup hijiki
- 1/2 cup grated daikon radish
- 1/2 cup grated cabbage
- 1/2 cup grated carrot
- 1/2 cup grated beet
- 1/4 cup lime juice
- 1/4 cup lemon juice
- 1/4 teaspoon toasted sesame oil
- 1/2 teaspoon sea salt
- 4 cloves garlic
- 1 pinch cayenne (optional: use up to 1/2 teaspoon)

### Directions:

1. Soak sea veggies at least 10 minutes in enough water to cover, until they soften.
2. Drain.
3. Grate land vegetables.
4. Combine remaining ingredients in a small bowl to make dressing.
5. Combine land and sea ingredients into a large bowl and toss with dressing.
6. Adjust seasonings to taste.

## Nori Rolls (Sushi)

### Ingredients:

- nori sheets
- a nut or seed pat , pesto, chopped veggie salad, or avocado
- any combination of the following ingredients chopped, sliced, diced, shredded or julienned: cucumber, carrot, avocado, celery, field greens, romaine lettuce leaves, sprouts, or veggies of your choice

### Directions:

1. Lay a sheet of nori shiny side down on a dry bamboo sushi mat (available inexpensively at most Asian markets) or on a cutting board.
2. **Option 1:** Place a large lettuce leaf on the nori sheet. Place a strip of pat  over the lettuce leaf, being sure to go all the way to the side edges. Add desired toppings and roll and cut as directed below.
3. **Option 2:** Place field greens and other vegetables on the nori sheet. Put a few dollops of pat  or a sauce over the vegetables. Season with salt or other herbs, and roll and cut as directed below.
4. **Option 3:** Place a thin layer of pat  on the nori sheet. Spread to within 1 inch of the edge at the bottom and 2 inches at the top and all the way to the edge at the sides. On top of the pat , layer a handful of field greens, vegetables, avocado and any desired toppings. For additional flavor, I sometimes use a pinch of umeboshi plum paste and a few slices of pickled ginger or a small amount of miso (not 100% raw, but a living food with live cultures). Roll and cut as directed below.
5. **To Roll:** Grip the edges of the nori sheet and the sushi mat together with your thumbs and forefingers and press the filling back towards you with your other fingers. Using the mat to help you, roll the front edge of the nori completely over the filling. Squeeze gently with the mat, then lift the mat and continue rolling. Tap the roll gently and open the mat. Just before closing the roll, dip index finger in water and run along the far edge of the nori sheet. This will seal the seam of the roll.
6. **To Cut:** To cut rolls, use a pointed sharp knife, cutting in a see-saw motion slicing through the roll. For uniform pieces, cut in half, then each half in half. For variety in presentation you can also cut at a 45-degree angle.

## Sea Delight Crackers

### Ingredients:

- 1 cup arame sea vegetable, soaked in 4 cups of water for 15 minutes to soften
- 2 cups almonds, soaked 6 hours or overnight and drained
- 1 cup sunflower seeds, soaked 4 hours or longer and drained
- 4 stalks celery
- 1 red bell pepper
- 1/2 small onion
- 1 - 2 cloves garlic
- 2 or more tablespoons kelp powder, finely ground
- 1/2 teaspoon sea salt
- 1/2 lemon, juiced

### Directions:

1. Rinse almonds and sunflower seeds and drain excess water.
2. In a food processor, thoroughly grind almonds, sunflower seeds, celery, bell pepper, and onion and garlic until smooth and well combined. Place in a bowl.
3. Add kelp, arame, salt, and lemon juice.
4. Blend with hands until mixture holds together.
5. Spread evenly on Paraflexx™ sheet to about 1/4-inch thick.
6. Score into desired sized pieces.
7. Leave to dehydrate at 105°F until crispy. After several hours, the Paraflexx™ sheet will be easy to remove. Turn it over onto a mesh tray and gently peel off the Paraflexx™ sheet. If it sticks or leaves chunks behind, dehydrate longer before attempting to do this.

**Personal Note:** Different seasonings and kinds of nuts can be substituted for a variety of flavors. Add a teaspoon of tahini for a flakier texture. Add chia seeds to hold together into a firmer cracker.

## Sea Palm Salad

### Ingredients:

- 1 cup sea palm
- 1/2 cup grated daikon radish
- 1/2 cup grated carrot (omit and double the daikon if your blood sugar is sensitive to carrot)
- 2 green onions, chopped into small pieces
- 1 teaspoon flax oil
- 1 teaspoon coconut oil
- 1/4 cup lime juice
- 1/4 teaspoon sea salt
- 1/2 cup sesame seeds
- 1 pinch cayenne

### Directions:

1. Soak sea palm at least 10 minutes in enough water to cover, until it softens.
2. Drain.
3. Toss with remaining ingredients.

## Sesame Ginger Kelp Noodles

### Ingredients:

- 1 bag kelp noodles
- 1-inch slice of ginger
- 2 tablespoons raw sesame tahini
- 1/4 teaspoon whole, unrefined sea salt (to taste)
- 1 teaspoon sesame oil (optional)
- 1 clove garlic (optional)
- 2 - 3 tablespoons of lemon (or more to taste)
- 1/4 - 1/2 cup water (to desired consistency)
- sesame seeds (optional)
- chopped greens, scallions, or other veggies

### Directions:

1. Rinse kelp noodles and place in a bowl with water to cover.
2. In a blender, combine remaining ingredients until smooth. Adjust water as needed to achieve a thick, creamy sauce.
3. Adjust salt to taste.
4. Drain kelp noodles. Shake colander to remove excess water.
5. Pour sauce over noodles and massage gently with hands to help the noodles soften.
6. Add chopped veggies if desired.
7. Sprinkle with sesame seeds (optional). Can be eaten immediately or saved for later since the noodles continue to soften as they sit in the sauce.

**Personal Note:** This recipe is a delicious way to get lots of calcium. Did you know that 24 calories of kelp noodles contain 70% of your daily calcium requirement?

## **Wakame Cucumber Salad**

### **Ingredients:**

- 1 cup wakame seaweed, soaked
- 2 large cucumbers, quartered and sliced
- 1 medium tomato, chopped
- 1/2 cup basil, fresh, finely chopped
- 1/2 medium lemon, juiced
- 1/2 medium lime, juiced
- 2 cloves garlic, minced
- 1 tablespoon flax oil
- 1/8 teaspoon toasted sesame oil (for strong flavor, omit if you prefer)
- 1 teaspoon sea salt

### **Directions:**

1. Soak wakame for 5 to 15 minutes in pure water.
2. Chop the tomato and quarter and slice the cucumber thinly.
3. Slice the wakame.
4. Place cucumber, wakame, and tomato in a bowl.
5. In a separate small bowl, combine the basil, lemon and lime juice, garlic, flax and sesame oils.
6. Toss with the vegetables, sprinkle with salt to taste, and serve.

## About the Author, Dr. Ritamarie Loscalzo



Dr. Ritamarie Loscalzo is passionately committed to transforming our current broken disease-management system into a true healthcare system where each and every practitioner is skilled at finding the root cause of health challenges and using ancient healing wisdom married with modern scientific research to restore balance.

As the founder of the ***Institute of Nutritional Endocrinology***, Dr. Ritamarie specializes in using the wisdom of nature to restore balance to hormones with a special emphasis on thyroid, adrenal, and insulin imbalances.

Her practitioner training programs empower health and nutrition practitioners to get to the root cause of health issues by using functional assessments and natural therapeutics to balance the endocrine system, the master controller.

Dr. Ritamarie is a licensed Doctor of Chiropractic with Certifications in Acupuncture, Nutrition, Herbal Medicine, and HeartMath®. She's also a certified living foods chef, instructor, and coach, and she has trained and certified hundreds of others in the art of using palate-pleasing, whole fresh food as medicine.

A best-selling author, speaker, and internationally recognized nutrition and women's health authority with 30 years of clinical experience, Dr. Ritamarie offers online courses, long-distance coaching and counseling, and deeply empowering and informative live events.