

**VHK – 12/19/2015 – Chat**

Tiffany - Thanks everyone! Educational as usual!

Nadiya - Thanks Lynn for all your help

Sally - Thanks

Lynn DeBuhr Johnson - Inspired once again!

Denise - yes thank you Lynn

Linda - thank you

Lynn DeBuhr Johnson - Thank you Dr Ritamarie and Elaina!

Beatriz - Great class, thank you all.

Lynn DeBuhr Johnson - Thanks everyone!

Steph - Thank you Dr. Ritamarie

Mia - thank you!

Steph - and thank you Lynn

Janet - Thank you!!

Heidi - Happy Holidays!!

Lynn DeBuhr Johnson - Have a wonderful and healthy Christmas season.

Lynn DeBuhr Johnson - <http://www.VITALHealthCommunity.com>

Denise - Thank you ladies!!!!

Denise - what is your site

Lynn DeBuhr Johnson - <http://www.PureJoyPlanet.com>

Belinda - Thank you both for inviting us into your kitchens, it was fun!!

Lynn DeBuhr Johnson - [http://www.walmart.com/ip/Asian-Origins-Spiral-Slicer/27456725?action=product\\_interest&action\\_type=title&item\\_id=27456725&placement\\_id=irs-106-t1&strategy=PWVUB&visitor\\_id&category=&client\\_guid=58ad4ee5-e932-4dbb-b4c0-d77349fbde40&customer\\_id\\_enc&config\\_id=106&parent\\_item\\_id=43468029&parent\\_anchor\\_i](http://www.walmart.com/ip/Asian-Origins-Spiral-Slicer/27456725?action=product_interest&action_type=title&item_id=27456725&placement_id=irs-106-t1&strategy=PWVUB&visitor_id&category=&client_guid=58ad4ee5-e932-4dbb-b4c0-d77349fbde40&customer_id_enc&config_id=106&parent_item_id=43468029&parent_anchor_i)

Heidi - Definitely inspiring! Thanks!

Dee - Lots of information thank you.

Steph - I loved the recipes

Ca - Truly helpful and wonderful, thank you

Steph - thank you three

RITA - THIS HAS BEEN SO GREAT

Sarah Miller - Very interesting program. Thanks.

Lynn DeBuhr Johnson - This was a great time!

Bob - what is that spiral machine (does it make squash noodles?)

Heidi - thanks everyone for all the great questions! learn so much from all of you :)

Robbie - i loved see elana,s kitchen THANKS!

Joyce - brand name of opening jar lid?

Barbara - thank you gals are helping me so much with all my health problems.

Lynn DeBuhr Johnson - This brand is Sea Tangles, and is what I am currently using because that is what I find.

Bob - thanks

Lynn DeBuhr Johnson - <http://www.kelpnoodles.com/>

Bob - Any good brands of kelp noodles?

Lynn DeBuhr Johnson - Kelp noodles offer fantastic support for those looking to control their weight or blood sugar levels. Because kelp noodles have virtually no calories (just 6 calories per serving) and contain only 1 gram of carbohydrate per serving (yes, just one), they can be part of a healthy plan for sensible weight

Dorine - Thanks Lynn and Bayari

Bayari - yes, konjac noodles can be a bit soft for some people, & kelp can be clear & crisper

Lynn DeBuhr Johnson - This is a place I've been buying my ethnic spice blends from lately - [http://www.luddensnatural.com/Harissa-Seasoning-ORGANIC-1-9oz-Bottle-p5585.html?utm\\_source=google-shopping&utm\\_medium=organic](http://www.luddensnatural.com/Harissa-Seasoning-ORGANIC-1-9oz-Bottle-p5585.html?utm_source=google-shopping&utm_medium=organic)

Bayari - konjac is said to assist balancing blood sugar, is quite filling, & cheaper than kelp noodles. I love kelp noodles too though

Dorine - Does kelp have the blood sugar stabilizing effect too?

Lynn DeBuhr Johnson - I sell them, so buy them directly from Young Living.

Lynn DeBuhr Johnson - I like that, too, Heidi.

Romani - Thanks again Lynn.. you are great! where do you buy Young Living oil

Lynn DeBuhr Johnson - Kelp is a little more solid, and konjac is softer like pasta.

Heidi - My favorite curry pastes are from Thai and True. [http://thaiandtrue.com/Curries\\_c\\_1.html](http://thaiandtrue.com/Curries_c_1.html)

Dorine - Are there advantages to konjac over kelp noodles?

Lynn DeBuhr Johnson - She has been using Young Living lately, Romani, although she has used doTerra in the past and still has some.

Mia - there is a coconut butter/cream that you can get that is so much cheaper than the Artissana. Organic, however it does come in plastic in a box. But I like to use it. [http://www.amazon.com/Lets-Do-Organic-Creamed-Coconut/dp/B00113ZZ5U/ref=sr\\_1\\_1?ie=UTF8&qid=1450563335&sr=8-1&keywords=coconut+cream+bo](http://www.amazon.com/Lets-Do-Organic-Creamed-Coconut/dp/B00113ZZ5U/ref=sr_1_1?ie=UTF8&qid=1450563335&sr=8-1&keywords=coconut+cream+bo)

Romani - what brand of essential oils is she using?

Martha - i bought a nice glass bottled drink from the health food store and and a trade show someone had a nice hugger for it. so that bottle gets washed out everyday.

Belinda - Robbie, I work at a health food store and we have ethnic spice blends by Frontier brand

Ingrid - Thanks Lynn

Lynn DeBuhr Johnson - It's my pleasure to be of help, Heidi.

Heidi - Lynn you are so quick at answering Q's, amazing!!!

Lynn DeBuhr Johnson - <http://www.exoticsuperfoods.com/products/young-thai-coconut-meat>

Denise - the brushes look like the ones ppl use to clean baby bottle nipples

Dorine - Can you get frozen coconut meat online? Does it stay frozen for delivery?

Lynn DeBuhr Johnson - Coconut oil is JUST the oil that is extracted from the meat. Coconut butter is the whole meat of the coconut pureed into a creamy butter. Coconut meat (by nature) is approximately 65% oil.

Heidi - is coconut butter from the meat?

Martha - ask your vet. they clean tubes with those size brushes. or some companies have the brush with the straw.

Bayari - yes, there are some great frozen brands of virgin coconut meat now

Denise - where do you get that?

Lynn DeBuhr Johnson - You're welcome, Heidi.

Ingrid - I'm in Australia

Heidi - Thanks Lynn :)

Lynn DeBuhr Johnson - Konjac pasta is made from the root of the Konjac plant from natural totally soluble fiber - Konjac glucomannan (KGM) and water.

Heidi - great question ingrid :)

Robbie - where would i buy ethnic blend spices?

Ingrid - just wanted to know is coconut butter the same as coconut oil?

Heidi - what is Konjac? plant, root, etc.?

Joan - Vita Mix recommends loosening and tilting the small clear lid just a little and hold in place.

Lynn DeBuhr Johnson - You're welcome, Romani. I just saw it didn't finish what I wrote.

Lynn DeBuhr Johnson - Good idea, Denise.

Romani - Thanks Lynn!

Denise - I place a towel over the blender lid just to be safe

Lynn DeBuhr Johnson - You're welcome, Tiffany. And, yes, thank you Bayari.

Tiffany - thanks Bayari and Lynn

Lynn DeBuhr Johnson - <http://www.amazon.com/Konjac-Shirataki-Angel-Pasta-Noodles/dp/B001IQ1ITM>

Bayari - sometimes called miracle noodles in supermarkets

Bayari - konjac noodles

Lynn DeBuhr Johnson - Cast iron is also reactive, and doesn't take well to acidic foods. It's also quite heavy, takes a long time to heat up, takes a bit more effort to clean and maintain. Another option? While I still prefer raw cast iron for skillets, enameled cast iron (cast iron coated in porcelain enamel) has all t

Bayari - ah, I miss that Artisana Coconut butter!

Marie - I really appreciate all the recipes and health information presented today. Thanks!

Tiffany - what are the noodles that are being used?

Romani - thanks but why is that Lynn

Lynn DeBuhr Johnson - I do have some, Romani, but some people are careful with them.

Romani - isn't it best to use cast iron cookware?

Lynn DeBuhr Johnson - That's Elaina Love's site, Denise. <http://www.purejoyculinaryacademy.com>

Denise - Oh i meant the chefs website?

Heidi - Pipe Cleaners work to clean the straws. too.

Lynn DeBuhr Johnson - <http://www.purejoyculinaryacademy.com/the-academy-difference/>

Lynn DeBuhr Johnson - The fermented stevia, Denise.

Ca - wonderful information, thanks

Bayari - that's great. I've never heard of fermented stevia

Lynn DeBuhr Johnson - As a recently former waitress, I can attest to that, too.

## Questions

Lynn DeBuhr Johnson - Is there a way to include a flu fighting dessert into our day?

Dorine - Are there other unusual green tops that we can use in broth that we're not accustomed to using? Like carrot tops you mentkoned.

Bayari - can't find the Jerusalem Artichoke syrup without glycerin in it (preservative but raises my blood sugar)

N - U•Konserve has stainless steel straws and brush for them

Robbie - What is the brand of stevia that was used?