

Immune Balancing, Anti-inflammatory Recipes That Stop Your Body From Destroying Itself

Dr. Ritamarie Loscalzo



Veggie Wrap

Ingredients (amounts are variable):

- Any gluten-free, raw tortilla or large green leaf as the wrap
- mixed greens
- slice onion
- *Creamy Nut Cheese*
- avocado
- broccoli sprouts
- tomato (if night shades okay)

Directions:

Layer a variety of ingredients onto chosen wrapper and enjoy.

Chia Gel

Ingredients:

- 1/2 cup chia seeds
- 2 1/2 cups water

Directions:

1. Put chia and water into a quart sized Mason jar or a glass bowl that can be covered.
2. Shake or mix well.
3. Allow to stand at room temperature for 8 hours or overnight or for 12 or more hours in the refrigerator. Store up to a week in the refrigerator.

Personal Note: This is the base for several of the chia dishes. This recipe makes enough for 4 days of chia porridge.

Creamy Nut Cheese

Ingredients:

- 1 cup cashews, macadamia nuts or a combination, soaked 4 - 6 hours if possible
- 1 large lemon, juice of
- 1/2 cup water
- 1/4 teaspoon sea salt
- 1 tablespoon nutritional yeast (optional) – gives a more “cheesy” flavor

Directions:

1. Put all ingredients into blender or *Vitamix*.
2. Blend on high speed for several minutes. Mixture should be thick and creamy.
3. Adjust amount of water for desired consistency.

Other Variations:

- Other nuts, like pine nut, Brazil nuts or almonds can be substituted for the cashews or macadamia nuts. The resulting cheese will not be as white and creamy as when using cashews and macadamia nuts, and the taste will be somewhat stronger.
- For “cheddar cheese”, use red bell pepper instead of all or part of the water. Put the red bell pepper in the blender and blend until liquefied. Add a little bit of water if needed to get the blender moving. Add the remaining ingredients, except the water, and blend. Add water if needed to thin to desired consistency.

Anti-Inflammatory Noodles

Ingredients:

- 1 package Konjac noodles
- 1/4 cup walnuts
- 1/3 cup *Chia Gel*
- 2 tablespoons lime juice*
- 2 tablespoons lemon juice*
- 1/4-inch chunk fresh turmeric
- 1/2-inch chunk of fresh ginger
- 1/4 teaspoon kelp powder
- 1/8 bunch parsley
- 1 level teaspoon shitake powder
- 1/2 cup water
- 1/2 celery stalk
- 2 tablespoons ***Artisana Coconut Butter***
- 1/4 teaspoon sea salt
- 1 handful of mixed greens

Directions:

1. Rinse noodles, drain, and then place on a plate or in a bowl.
2. Blend all remaining ingredients except mixed greens into a creamy sauce.
3. Put massaged greens on noodles and mix well, then top with sauce.

***Personal Note:** You may substitute apple cider vinegar for the lime/lemon juice.

Anti-Inflammatory Soup

Ingredients:

- 6 stalks/heads broccoli
- 1-inch chunk fresh ginger
- 1/2-inch chunk fresh turmeric
- 1/4 cup ground walnuts
- 1/4 cup ground flax
- 2 celery stalks
- 1/4 cup lemon juice
- 1 red bell pepper or carrot
- 1/2 cup macadamia nuts
- 1 tablespoon shitake, ground lightly
- 1 small zucchini
- 1/4 - 1/2 teaspoon sea salt
- 1/2 avocado
- 1 handful of fresh onions
- 1/2 teaspoon garlic powder or 1 whole clove
- 2 teaspoon cordyceps mushroom powder

Directions:

Blend until creamy.

Onion Rings

Ingredients:

- 2 large onions, sliced thinly into rings
- 1/2 cup ground sesame seeds
- 1/2 cup ground flax
- 1/2 teaspoon garlic powder
- 1/4 teaspoon sea salt
- 1/8 - 1/4 teaspoon kelp powder
- 1/8 - 1/4 teaspoon cayenne powder

Directions:

1. Excluding the onions, put remaining ingredients into a bag and mix well.
2. Put onion rings in small batches in the bag, shake and coat well.
3. Remove and place on dehydrator mesh tray.
4. Continue until all your onion batches are coated and placed on the tray.
5. Dehydrate at 118°F degrees for 24 hours.

Coconut Macaroons

Ingredients:

- 1/4 cup ground flax
- 1 cup walnuts
- 1 1/2 cups coconut, shredded
- 5 teaspoons organic almond extract
- 5 drops coconut-flavored liquid stevia
- 1/2 - 1 teaspoon cordyceps mushroom powder
- 1/8 - 1/4 teaspoon salt
- 1 tablespoon coconut oil
- 1 tablespoon **Lakanto** (low glycemic sweetener)
- 1/2 teaspoon chlorella or spirulina powder

Directions:

1. Process all ingredients in a food processor until the mix is smooth.
2. Press the mix into silicon candy molds or press entire batch into a wax paper lined glass baking tray and score into bite-sized pieces.
3. Refrigerate or freeze to harden -- about 15 - 30 minutes.
4. Roll finished treat in coconut flakes.

About Dr. Ritamarie Loscalzo, MS, DC, CCN, DACBN



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.

Dr. Ritamarie's Health and Nutrition Books and Programs

Sweet Spot Solution Program: Balance your blood sugar and banish belly fat, brain fog, and burnout so you can regain the energy, focus, and self-confidence to live your life with passion and purpose. Complete with instructional modules, 30 days of menu plans, a 220-page recipe collection, exercise regimes, stress transformation techniques, sleep guidelines, timing cycles, videos, audios, and a community support forum, you'll have an effective and balanced lifestyle approach to reclaiming your health. www.TheSweetSpotSolution.com

Empowered Self-Care Lab: Our premier membership program, here you'll get access to all of our key hormone and body balancing programs, the complete collection of Dr. Ritamarie's recipe guides and videos, and a roadmap and handbook to guide you to assess your current health status and restore balance naturally. The future of health care is Empowered Self-care. Take charge of your health! www.EmpoweredSelfCareLab.com

Body FREEDOM Nutrition Lab: Using nutrition to restore balance needs to be at the core of all healing systems. And personalized nutrition is the future of healthcare. With so much confusing information about what you should and should NOT eat, emotional resistance is likely when it becomes challenging. The Body Freedom Nutrition Lab guides you to optimally nourish your body while making mealtime a pleasure, and provides you with peak nourishment that's filling, satisfying and aligned to your unique biochemistry and genetics. Here you'll get access to all of our recipe guides and videos, and a roadmap and handbook to guide you to assess your current nutritional status and restore balance naturally. www.BodyFREEDOMNutritionLab.com

Energy Recharge Coaching Inner Circle: Dr. Ritamarie's personalized coaching plan to transform you from flabby, fogged, and fatigued into fit, focused, and fully charged with energy! This is your opportunity to work closely with Dr. Ritamarie and her certified Nutritional Endocrinology coaches to achieve the health of your dreams. <http://www.EnergyRechargeCoaching.com>

**Find all the Resources You Need for Natural Healing
Based on Leading-Edge Science**

<http://www.DrRitamarie.com>