

NAADAC

WELLNESS AND RECOVERY IN THE ADDICTION PROFESSION PART TWO

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>> Hello, everyone and welcome to part two of the specialty online training series on wellness and recovery. Today's topic is Wellness and Recovery in the Addiction Profession Part Two: Food as Medicine presented by Dr. Mukta Kaur Khalsa. My name is Jessica O'Brien. I will be your organizer for this experience in the training and professional billing contact manager here at NAADAC. And I'm really happy that you guys are all here today.

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So these are the steps. Attend this training, pass the online quiz, it will be posted at the same website that you see here, where you registered, and if you want to do the certificate of achievement, you're going to apply for that when you have time.

We are using GoToWebinar. Most of you are familiar with this webinar the platform if you have attended any of our webinars previously. So this is the GoToWebinar menu you see on my slide. You will see a panel that looks like this one here. If it is in your way

and wanted out of your way, there is a little orange area. If you click on it, it will minimize the menu and you can no longer look at it.

If you have any questions for the presenter, we are going to do a Q&A at the end of the training. And we are going together all those and you can type those into the questions box that you see in the panel. Any questions that we don't get too, we will present an email to you and we post them on the same websites are just a few slides ago for you registered for the event.

You're also going to see another tab that says handouts. You can download the PowerPoint slides there and also a user friendly instructional guide on how to access our online CE quiz and immediately earn your certificate. So please be sure to use the instructions on the handout tab when you are ready to take the quiz.

All the logistics aside, let me introduce you to today's speaker. Dr. Mukta Khalsa has been part of – addictive behavior since 1973. She directed the first yogic based hospital for those diagnosed with substance abuse issues. Today's SuperHealth is an education and training provider by the national commission. It is also a provider through NAADAC, the State of California Board of Supervisors, for the American Holistic Nurses Association and Physical Therapists. So I'm going to turn it over to you and your trusty sidekick, Harsimrit, and turn myself off.

>> Okay. Thank you so much. Welcome, everyone. It's really wonderful being together. We are going to have some fun today and hopefully it will be food for thought and we will have the opportunity to ask questions and interact in that way. So let's begin with SuperHealth and what SuperHealth is. Basically, it's a balance. The balance of life physically, mentally, and spiritually.

Food has a lot to do as part of that harmony. As part of that being in balance and being a consolidated human being. You are what you eat. Many others have heard that, but what really does that mean? You are what you eat.

The body is a vehicle. It gets us from one destination to another. And so what we put into that body is going to give us the ability to how well we perform. Like an automobile. If you abuse it and you don't take care of it, when it is young, it will perform. But as it gets a lot bit older, it will start making funny sounds and noises and it will tell you what you have done to it.

It's the same thing with the body. When we were young, we could eat anything, do anything, run around, and it's great. No problem. But as we get a little bit older, our body starts to make funny sounds and creaks in our joints start talking to us. So it starts to tell us what we have done to it and also what we can do for optimum health. So we put together this presentation, Food as Medicine from Recovery to Self-discovery.

So not only to be in recovery but to also as we elevate our awareness level, the food that we put into the body is going to support that or not. If we put in cheap gasoline, it's not going to perform well. But if we start putting in foods that are healthy, that are healing, that give us life, give us energy, and that helps with consciousness. So all these are related. Physically, mentally, and spiritually in balance. The system is called SuperHealth as taught by Yogi Bhadja.

>> I'm going to launch this poll for everybody. The question is, what is your experience level in working with people in recovery using nutritional awareness, yoga, or meditation practices? Select the answer most appropriate for you. Put any questions you have in the questions box. We will be excited to get to those in the Q&A. So go ahead. I will give about 3 more seconds before I close it out.

And we will go ahead and close this and share the results. You should see that on your screen shortly.

>> It's almost equal. Wonderful. Thank you so much.

So you can see many, many years ago we talked about beginning SuperHealth in 1973. And I remember specifically talking to a government official talking about diet and meditation, and the gentleman responded, I know what that is. Yoga. I had it for breakfast this morning. He didn't know what I was talking about. He thought yoga was yogurt. So that was in 1973.

Today there is much, much more awareness and appreciation and integration into health and healing as that poll demonstrated. So things are changing. Hopefully today we will have some food tips, herbs, and remedies into your own life and for patients and clients as well.

>> There is a bit of a delay, so I'm working on it.

>> As we are working on this, in the process of things changing, I know that back in the old days, our grandparents and great-grandparents used to go out into the desert, into

the mountain, and they knew about the natural remedies. And they used these herbs and berries that they would find, they would use that as their medicine. And that was that natural source of medicine.

What has happened is we have gotten further and further away from those natural remedies. Even Hippocrates said let food be your medicine. And medicine be your food. What has happened today in this fast-paced world that we live, and everything is very stressful and fast and accelerated, is a week the longer have those affirmations or information from great-grandmother about which term, which remedy, and it's easier now just to go to the pharmacy and get some kind of a synthetic manufactured something or other to take care of our -- usually it's a symptom. It masks the actual root cause of the disease.

So it might alleviate that ailment temporarily, but not necessarily is it getting it by the root cause of what is going on in the body. Many times with the synthetics you have side effects, which may be more difficult to deal with than the actual ailment itself in the first place.

So this is the kind of runaround system that are all too common. And we all experience this.

But there is another way to deal with it. Let's take a look and see.

So just for your information, this is an educational manual. Many of the diets suggested and recipes and formulas is only an educational material. Certainly if you are working with a licensed practitioner, this is a compliment. Work with your professional licensed practitioner in conjunction with this if you are interested in implementing any of these diets or juices. So work together in tandem.

So body, mind, and spirit. It is the balance. It is harmony. Working together physically, mentally, and spiritually in balance. Food certainly comes into play. These are ancient yogic teachings. And you may learn something new today, but these are very old remedies and recipes that have been used for a long time. And they just happen to work beautifully today, especially with addictive behavior and what we are experiencing under stress and under great, especially now with the pandemic, there is so much imbalance. Food and juices, juice recipes are wonderful. We will go through some of that. Breath. Breathing. We are going to have a movement a bit later to go through a breath

experience. But actually, when you think about it, the breath is the number 1. It's the primary food. Without that breath, that's it. We are finished. And so the first priority to life is that breath of life. How we breathe relates to our state of mind.

So we are going to be experiencing that in just a minute.

The body systems. When we are dealing with addictive behavior and substances, they are poisons. Alcohol, drugs, even nicotine, is a poison. And what that does, as the body takes that end, it is toxic. And so eventually after use, it's going to weaken us. And one of the primary systems that it weakens is the nervous system. Why is the nervous system important? This is your inner strength. I'm not talking about the strength, how many weights you can lift, that's something different. This is your inner ability to withstand the pressures of the time and not fall apart duck apart. We call it grit. That is the nervous system. Stress weakens it. Drugs, alcohol, nicotine weakens it.

Fortunately, we have the ability to strengthen that. Through the use of yoga, of meditation, of food. Helps to regain that weakened system and rebuild it. The body is like a fine machine. It will respond very, very quickly, once you start doing good things, it will respond very, very quickly. But we have to start.

The glandular system gets affected. The glands are the guardian of your health. It's important that glands secrete in proportion to each other to allow for optimum health. Again, this gets compromised with the use of any kind of these substances. Again, the body well respond quickly once we begin the practice. Yoga, meditation, good food, diet, very quickly, it will respond. Unless duck unless something is so degenerated there is no response.

Digestive elimination. This is ultimately important. Basically, you could eat anything you want. You could eat rocks if you want to. The problem is, and eliminating it. Properly digesting it and passing it through peer getting it out of the system. That fluidity. And so that's where the problem comes. So we will see some of the foods that are very, very difficult to digest and eliminate quickly and other foods that are very, very responsive to that.

So nutrition restoration protocols. This is extremely important. Chew your food. What does that mean? 50% of your digestion occurs in your mouth. When you chew. Your teeth masticate, chew the food. The other 50% occur in your stomach. You don't have

teeth in your stomach, so that's why we rely heavily on really chewing the food well. In the mouth. Mixing with the saliva to get the full nutritional value. So chewing, to at least 10-15 times and before swallowing it, have it roll around your mouth and mix in with the saliva with the tongue, roll it around before you actually swallow it.

Now, again, look how far we have come as a human society. This is a scenario that is very common. We go to a restaurant. We order. The next question the waitress will ask is and what would you like to drink? And you will say something. So right there, is a violation of the chewing principle. Because what it does is it discourages the chewing principle. It's all too easy just to gulp it down without the proper chewing. So we have food in our mouth, here is our liquid, and we are just gulping it down without that 10-15 times chewing it will, mixing it around the mouth with the saliva.

So it's best to have liquids within an hour before a meal or even as much as an hour or two hours after you have eaten. Not with our food. So it's something just to pay attention to and know about. It's just that to hold that liquid.

Avoid liquids with your meals. We now know why. So it's important to give that full chewing and it's easy to digest the food and remember, eliminate. It's going to help eliminate what you have eaten through the body. It is said that a woman should eliminate within 18 hours after she has eaten. A man's system has 24 hours. So if we cannot eliminate within those periods of time, 18 or 24 hours, we shouldn't eat it. And we will find out what happens if any others actually do overeat with quantity of food. In a perfect world, it is said that you should have two fistfuls of food. This amount of food. Not open fist, but this kind of fist. And it's so easy to over eat. The food is delicious, it's tasty, or we are stressed out, we don't remember what we have eaten. We will get to that, too.

But in a perfect world it's best to eat only two fistfuls of food. Grander to chew it will. Once you chew it will, you probably don't eat that much because so much of your time spent chewing and going through this whole digestive process.

Best times to eat. Have you ever had an experience where you are very, very busy during the day, you have hardly eaten or you have eaten on the run and then at evening, you plopped down maybe with your loved ones, that's where you have your big

meal. And at rest, I'm not stressed out, I can sit down, and that's when you have your big meal.

But shortly thereafter, if you go to sleep, if that's within the next hour, this may affect your whole sleep pattern. Your body is trying to digest all this food if it has been a big meal, and you are tossing and turning. The body is just simply trying to digest. So is going to even affect your sleep quality.

The best time to have a bigger meal is at lunchtime. Have your bigger meal at lunch time and then have something a little bit lighter in the evening so it doesn't interfere with your digestion and your sleep pattern and tossing and turning. So let's pay attention to that as well as the times that we are having our big meal.

And probably the most important is our attitude toward food. And this is utmost important. Many times we eat things like dessert or we know we have over eaten or we have had only carbs, and then we feel guilty. And then we feel shameful. And we end up eating that. And that is more detrimental than whatever it is that you have eaten. If you're having the desert, Hadley dessert. Eat it. Enjoy it. But not the guilt. Nothing shame. Leave that. So let us have an attitude of gratitude and be grateful that whatever it is we are eating, that we are appreciative of it. That we are grateful for it.

It's a privilege to have this meal, not a right, but he privilege. So with that kind of attitude of grace, and humility, that is the best thing that you can do for yourself. Even with all this information on food, attitude and having the correct attitude of thankfulness is most important.

Phases of recovery. So at SuperHealth, we work with a lot of substance abusers, including many kinds of disorders. We do a diagnosis. And it was important, whatever condition they were in, for the first three days, to put them on a detoxification diet. At this is a cleanse. It's a cleansing diet. Some of you may think oh, is it just rabbit food? Is it a green leafy vegetable and that's all I get to eat? Not at all. The food is delicious. And it's nutritious. Food has to taste good, too. Enjoy eating.

So the food is very, very delicious and hearty. But yet it's not heavy in that it taxes the nervous system, giving you less energy just to digest that food. You eat a lot, your body is demanding energy just to digest the food.

So when people are in the detoxification process, they usually don't have a lot of energy. They are quite lethargic, they are fatigued, they are stressed, their minds are racing. And so it's important to try to keep the food as light as you can, a lot of liquids that help to pass through these toxins.

Substances, nicotine, alcohol, all of these are poisons. And to go into the system.

Because long as there are poisons in the system, you are more likely to crave them.

That's why it is important to irrigate the system as much as possible to move these toxins through and out of the body. So that's for the first three days. The cleanse.

Then the body is like a fine machine. Then you are going to rebuild this fine machinery.

And that's the rebuilding phase with good, healthy, nutritious, delicious, wonderful food that gives life. Food for life, food for health, food for healing, food for vitality.

Remember, what you put into your body is going to affect how your body performs. And it's important to be respectful, to treat the body is a temple.

Junk food. Nobody in this room, somebody maybe that you might have eaten some of this junk food. So what is that? The system is out of balance. Emotional food choices.

Diseases of inflammation. So they are sugary, carbonated, they are fried, there is so much that the body is going to respond to. And many times our state of mind will dictate food choices. What mood we are in is going to affect what we choose to eat. Sometimes we don't even make a cognitive decision, we just grab. And we don't even remember what it is we just ate.

It's just that habit that when the system is out of balance, who knows what's going to happen with your food intake and how it affects that? So emotional food choices. You may end up eating some of these things at the same time at the same sit down. The fries and the sugary and the carbs and the carbonated and all these things at the same time. That is going to definitely affect how you feel. It will impact it 100%.

Diseases of inflammation. Let's talk about that.

Many times, when we have a system that not in balance, that's not irrigating, for the digestion and elimination are optimally functioning, what happens is our system becomes inflamed. That's almost like a system on fire. And that's where the inflammation comes from. And that's when your body starts talking to you. It starts --

maybe your joints start to hurt. Or you are making funny sounds after you eat. Or your stomach starts to rumble and make all these noises. Your body is talking.

And that could be a system on fire. Many times it has to do with allergies. We may even crave those things that we are allergic to. So it's completely haywire. It's completely out of balance.

So emotional eating. Like I said, it's out of control. It is not thoughtful, planned out well, you are just eating. Something happened. Something has happened in your life that has triggered you. And the urges, the cravings kick in. And so you binge. And you start eating. And you start not even keeping track of how many pieces of that pie that you ended up eating. It's doing something for you. It is serving you in a particular way.

When we emotionally eat, you may think, what good could possibly come out of it? This is how it works. Let's see the next portion of this slide. And then we will see. This is a typical scenario. You are on the phone. And something just distressful has been communicated to you. You hang up the phone and you are freaked out. You're so upset. Where is the first place you run? Most of us will say, to the refrigerator.

What does the refrigerator have to do with the news you just heard? But anyway, that's the first place we usually go. And your what is this your craving? I have to have a celery stalk? Absolutely not. You are craving chocolate, French fries, pizza, carbs, sugary, that's what you are craving. Carbs.

What do carbs do? Carbs go into the system and when we overeat, nine times out of 10, when you are in that stressful situation, you're going to overeat. And just keep shoveling it in. And what happens is, that 18 or 24 hours, when you eat so excessively, there is no way your body could pass through all that extra food content within that designated period of time.

So what happens is, it backlogs into the system. It ferments. It can't pass through. It's too much. And so it is for fermenting there. And all those carbs will ferment and produce a yeast. And this is creating a natural alcohol effect a numbing effect. So basically, you are getting that same numbing almost as if you were to have had a drink. You're getting that same numbing effect through the use of food without ever relating the two.

You will meet someone and say I don't do drugs, I don't drink, I don't smoke, I don't do anything. But then you may talk to them a little bit further, and you can see how perhaps

some of the food choices and the amount of food is giving them that same numbing effect as if they drink to a stupor.

We have all had situations like this. We are humans that we are human. Holidays, we eat too much and then you plopped down on the easy chair. But if you look at that person, they look like they are in a stupor. And that is what is going on.

So that's what the excess carbs and the backlog of that system not being able to pass it through quickly and digestion elimination, the whole yeast effect, creating almost like a food.

So that how it is all traceable. So next time, let's think again what's worse is sometimes we feel so guilty and shameful that then sometimes we will run to the gym and try to work it off with this network out because we know how much we have eaten. And you could see, it's a life out of balance. It's extreme. Your excessively eating, excessively workout and your eating the guilt, you're eating the same. It just goes round and round, circular.

So again, just be nice for yourself. Just be nice to yourself. It's normal. We do have parties. We do have desserts. We do eat things. We do sometimes have experiences like this. But at least be thankful for it and have a good attitude, smile, enjoy yourself. Don't eat the guilt.

So foods to avoid or limit. Soda. Anything carbonated. We are going to talk a little bit about why these may be limited or avoid. The heavy carb diet. I think we kind of went through that. Deep-fried food, microwave, charbroiled. You don't want to kill your food. We need to eat to give us life. That is the essence of food, to give us life. If we don't eat, eventually we lose our energy. We could die of starvation. We need to eat to live. But we don't need to our foods dead and dark and charcoal and burn it to give us life. That doesn't even make sense. So eat foods that are more lightly prepared over fires. Steamed, sautéed, fresh, raw, but we don't have to have it blackened or had it even look unattractive. Think about it. Think about how it looks. Is it beautiful? Is it lovely? Is it a beautiful green, leafy kale or chard or a beautiful tomato or Apple? So look at it and see. Is this going to give me life? Very interesting to pay attention to that.

Foods with chemicals and additives. We want to stay away -- sometimes you will see labels on foods and the ingredients are so long, and the longer the ingredient, the more

you should stay away from it because that's it's sugary, the chemicals, synthetically manufactured and processed. It's best to really stay away from that. Let's pay attention to what it is we are putting in our bodies.

Okay. I wanted to give people -- I have said a lot and we are going to have question and answer at the back end of the class, but at this point I wanted to see if there are any burning questions that anyone have -- as, feel free to put that in the chat and we can address it at this time.

>> We do have a couple of questions. The first is from Jennifer. She just asked for clarity, is two fistfuls per meal thing? Per day?

>> That's a good question. It is per meal.

>> And Christine from New York, is there a way to easily test for food sensitivities?

>> Yes, there is. At first of all, a question related around that is people may sit within this 18-24 hours, how do I know what my digestion is doing? There are food markers.

This is different from food sensitivities, but the food markers is something like corn or beets. Beets are the color of your blood. So if you were to eat that and pay attention and notice, as you eliminate, try to see those markers. Your urine will start looking red. Or you'll see the corn, that marker that you can start to detect.

When you suspect having a food sensitivity, try to isolate your diet at that point. If you suspect it, try to really limit it and try not to have foods that would aggravate it. Keep your diet very, very simple. And then slowly you can start bringing in something that you may suspect period and notice, and I getting rashes? Is my stomach sounding funny? Am I making funny noises? Are my joints hurting? And if that is not the case, then introduce something else that you may suspect. And just keep doing that as you pay attention to even headaches, dizziness. These funny sounds and growling and even your sleep patterns.

You condense start to figure out what foods should I basically -- my body is not really liking. And everyone's system is different pizza what might be true for you might be different for someone else. It's not necessarily all the same.

So just know that this is my body. This is my system, and this is how I respond to this particular food.

>> One more. Mark from Ohio, can you get a little more detail about the food/liquids to eat in the detox cleansing phase?

>> Okay. We are going to get a little but more to foods. It's very, very important when I say irrigate the system. Remember, the body has toxins. It normally has toxins. No foods that we eat are completely, 100% organic, GMO, 100% perfect. It's just not reality. On top of that, with the system of an alcoholic or somebody who is using drugs or smoking or junk food, whatever, we do have toxins in the system. Irrigate period when I say irrigate, the simplest thing is water. Whatever you are drinking, drink more, because what you are drinking will pass through, and what it brings with it are these toxins so they could eliminate out of the system.

We are going to have more slides on this, but another juice that comes to mind, this is a juice blend, is grapefruit, carrot, apple. This is for the detoxification process. You want to the juices equally proportioned. For instance, renounces of fresh grapefruit, 3 ounces carrot, 3 ounces apple juice. And then you mix it, and to your juice.

So I would say organic if possible and if you can, juice it. Otherwise, you can purchase it. But to -- do try to get organic. We will get to a few more in this presentation.

And we will have questions, so please jot them down as we go through the presentation.

Nutritional awareness P Quip makes a food healthy? Organic, non-GMO. So organic today is very, very easy to find. It's popular. It's much easier now than many years ago. So take the time to look at your labels be exceed what in the food that you're getting. High nutrition content. Fresh, raw, sprouted, or gently cooked. Again, don't kill it. And look at it. Does it look healthy? Does it look inviting? So pay attention to that. Firm entered. There is good bacteria. Those are the foods like miso, sauerkraut, yogurt, tempeh. These are friendly good bacteria foods.

Whole unprocessed food. Whole grains. Quinoa. You can have some whole wheat. So there are some good grains that we could eat that also have fiber. Fiber is a very, very good for the system and keeps the body robust.

Kitchari. That is a blend of rice and mung beans. It's predigested. And that's why is so good. It's a predigested food that takes 1.5-two hours to make. You can add vegetables to that. Very great, especially for winter now. Vegetable juices and also fruit juices.

So acid versus alkaline. When we talked about the foods that are dark, that's acidic. Disease comes to a more acidic system. And it is said that the proportion of foods that we eat, it can be between 60%, 70% alkaline, and the rest acidic. 30% acidic.

So the foods that we eat that we talked about, all those heavy carbs, happen to be very acidic. One tip that I would like to share with you, when you wake up in the morning, just take some warm water and put some lemon juice in that. Sit down and just drink that. It's like giving a kiss to your digestive system. And the lemon is more alkaline. So it helps bringing alkaline fluid into your body.

Here -- there is a huge thing that you could study, but here are some ideas to give you. The more acidic foods, meat is acidic. Some of your dairy and egg products, coffee, soda, that's why we mentioned staying away from carbonated. If you have a choice, carbonated or not, take it without. Sweeteners, sugary, creamy, all those really fun favorite fried, barbecued, microwave, more acidic.

Alkaline friendly foods. This is your fresh fruits and vegetables. Fruits that give us life. Again, try to have it fresh and organic. Grains, beans. Lima beans, fava beans, very high in protein. And this is more alkaline.

Sprouted foods. The nuts, seeds. Sesame seeds. Sunflower feeds. Pumpkin seeds. Cashews, almonds. All these are excellent. Remember, sit down, chew them well. Also when I said sit down, that's another thing. Not to eat on the go. But when we finally do nourish our body, the respectful. Sit down. Take a moment and have your snack. If you have water, during some now.

Healing foods. Ginger is great. We live in a time of stress. We need help. Anything that we can do to help us counter the stress. The stress isn't going to go away. The question is how we deal with it. Ginger is great. It's great for the nervous system strength.

Remember that in her system strength, the grit.

Turmeric. It is that inflamed system, with your joints it's difficult to walk upstairs, it's difficult to bend, everything hurts. Turmeric is this wonderful spice. It's orange and it is absolutely great for stiff joints and even as a prevention. Don't wait to have problems. Today it's very, very easy to get that. You could make foods that have turmeric in it, but if you are a little bit lazy, you could buy turmeric in a liquid form and just take it couple escorts or even in a pill, you can take a few tablets every day. But turmeric is excellent.

Grapefruit is also good. It's a diuretic. What is a diuretic important especially during that detox rehab phase? We want to pass things through. And this will help move things through like grapefruit. It's excellent. It's a cleansing effect.

Okay. The mystery of the trinity roots. Onion, ginger, add garlic. This is one of the best things. It's also said to be a natural -- onions are great for your heart. Ginger, we know about that for stress. Garlic, it also is a blood purifier but also helps to lower blood pressure. So you can take one onion, peel it of course, take about an inch of ginger, peel it, and about two cloves of garlic. Put them in a sauté. If you have a wok, you can put it with ghee. Ghee is clarified butter. Now, you can purchase it. It's minus the salt and the fat. So it's pure butter. Put a little bit of that into a saucepan and just around the onions, ginger and garlic. Let it get a little bit brown. Not too much, and then add your favorite vegetables. And it is absolutely delicious.

There are many ways to prepare it. That's one way, but onions, ginger, garlic is excellent. It's the trinity root, we call it.

Ancient therapeutic formulas. I mentioned it briefly beets. Beets are the color of your blood. When a person takes drugs or whatever your drug of choice is, it can even be drip junk food, your body is likely to crave it. It's in your bloodstream. So we need to cleanse the bloodstream. Meat is the color of your blood. It helps you to do that.

As a note, if you do have beets, it's going to very quickly come through your urine. You are not internally bleeding. So just a forewarning. That step says your system is cleansing.

By the way, never take straight beet juice. Always have it with a blend. It is so sweet and powerful, it can literally knock you over. So please never take straight beet juice.

So that's a blood purifier. The carrot is vitamin A, and has that natural sweetener. Celery is great for strengthening the nervous system. Nervous system strength. You could also make a juice blend at this. Again, keep the proportions equal. So if you would make 3 ounces of beet, three out of carrot, 3 ounces of celery. Mix it around and then slowly sip it. Chew your juice. We never take a sip and have it rotate around your mouth. Mix with your saliva.

10-15 times and then slowly swallow. You don't have to have it all at once. You can slowly have some throughout the day. But the protocols are very, very important. Sit down and chew your juice. Beet, carrot, celery.

This one, by the way, is for the rehab diet. So remember the first three days are the plans, the detoxification. That would be the grapefruit apple carrot juice. Beet carrot celery, that's more for the rehabilitation from 4-40 days. That's what's recommended. Bananas. Nutrients and minerals. Did we ever realize that most of the nutritious value of the banana we end up throwing away. That is within the inner peel. That string apart and the pulp, you can take a spoon and just scrape that inner peel and you could put it in a smoothie. It's easy to eat that way. The string apart, put that in, too. Don't throw it away and make yourself a smoothie with other fruits, protein powder, green drink, whatever is your favorite. Don't throw that away before you toss the peel. Also bananas are good for depression. So if you happen to be feeling a little bit under the weather and depressed, I would say at least two or three bananas. But pay attention again, how you're feeling, how your system is reacting to it.

There is the water. Irrigate the system. It helps not just as a cleanse to help pass through the toxins, but it's an emotional mood balancer. So much of our body, 70% of our body is made up of water. So the water content is definitely going to affect our balance emotionally. And our mood swings.

So for you men out there, if your woman is very emotional and just going back and forth, just offer her a nice glass of water.

It helps to limit the waste.

Yogi tea. Yogi tea is a favorite. One of the classic things about Yogi tea besides being absolutely delicious and healing, is it works on the liver. Why is the liver so important? Especially with alcohol? The liver is compromised. We hear about cirrhosis of the liver. The liver is being asked to metabolize so much of this poison that it is not designed to do. And so this is an excellent way to help strengthen and purify the liver with the black peppercorn. The other spices, cardamom is an anti-but depressant.) there's the nervous system again, and the anti-inflammation. Cinnamon. Cinnamon is great at antibacterial, and ginger we know about that, it's a great energizer and it helps with stress and muscle pains.

So it can be hot for yourself in the wintertime or if you like, you can have it cold in the summer or room temperature in the summertime you could add a little bit of sweetener, agave or raw honey or no sweetener at all. According to your taste. If you want to add milk to it, that your personal preference. But this is a specific recipe and it's prepared in a very specific way. There are teabags also conveniently available as well.

Okay. So conscious breathing. In yogic therapy, the long deep breathing helps to calm, helps to relax, helps to soothe. More oxygen goes into the body. The breath begins at the abdomen rather than from the chest. When you begin breathing from your navel point, you're taking in additional oxygen that goes to your head, your brain. This awakens awareness, alertness, consciousness just by how much oxygen you take into your brain.

Your left nostril is calming. You can plug with your right thumb, your right nostril and just breathe long and deeply only through your left nostril. This will calm you. It will cool you. You have a perfect thermostat. The right nostril is related to your heat, to your energy. Heat producing energizer. Your left is your calming, cooling.

Every 2.5 hours if you pay attention, one nostril is breathing more prevalent than the other. And so you can control your mood and how you're feeling just like which nostril is more dominant.

And then your breath is her whole awareness. What I would like to do is take a few months at this point and just sit up straight. As straight as you can. Close your eyes. And now just follow my words. You are going to inhale deeply through the nose. Inhale deeply and now hold the breath. Hold it. Hold it. And slowly exhale. Exhale. Inhale deeply. Deep, deep, deep hold the breath. Hold it. Exhale, exhale, exhale. Inhale deeply. Deep, deep, deep. Hold the breath. Work this breath. This is your breath of life. Exhale. Exhale. Exhale. Inhale deeply. Deep, deep, deep. Hold the breath. Hold it. Exhale. Exhale. Inhale deeply. For, deep, powerful breath. And hold it. Exhale, exhale, exhale. Inhale deeply. Deep, deep, deep breath and hold it. Locket. Exhale. Exhale. Inhale deeply. Deep, deep and hold it. Exhale. Exhale. Inhale deeply. Deep, powerful breath. Inhale and hold it. Exhale. Exhale. Exhale.

Inhale deeply. Last time. Deep, deep, deep. Lock it. Hold it. Exhale. Exhale. Exhale and just relax keep your eyes closed. Breathe long and deeply. The mouth is for eating, the

nose is for breathing. So just breathe through your nose. Let the breath be long and deep. And just for this moment really appreciate this breath of life. The way we breathe affects our state of mind. You'll notice an angry, stressful, upset person is usually breathing very shallow and erratic. A calm, peaceful person is breathing long and deep so when you are in that moment, of high emotion, if you could remember just to sit down and just breathe, long and deep, that will regain your balance. More oxygen will go to your brain. You will be able to think clearly less reactively, less emotional, the greatest miracle on this planet is right under our nose. Let's appreciate the beauty of the breath of life.

And when you feel ready, you can slowly open your eyes. Do you feel a little bit different? The beauty of the breath. That is the first food, his breath of life.

Let's see what else we have. Progression of healing. Okay. So we have the detoxification. We know that that is the cleansing. And again, we are not into any kind of radical, phonetic behavior or eating habits. It's important that things are in balance and that the food is delicious, that the food is nutritious. That the food is handsome. It's attractive. It looks good to eat. So it's important, even now during the springtime we are approaching soon, many times people like to do a special cleanse and lighten up and just cleanse the body. This is a great idea. To just eat sometimes, fruits and vegetables or juices just for a day or two. You can experience that.

It's just like a new beginning. There is even a diet called P fruits. And you may think what is that? You may want to do a spring cleanse of something like these fruits. It's anything that begins with the letter P. So that would be persimmons, plums, peaches, pineapple, pomegranate, not pistachio ice cream. Anything that starts with P is a cleansing food.

So enjoy that. Integrated health. It's all about balance. The kind to yourself. Be compassionate to yourself. That's the greatest food that you could give to yourself. This is what gives long life. This is what gives you beautiful life, quality life, but also your consciousness, your awareness, what you put into your body is going to affect your state of mind. It is all related. We are all wired. Everything affects everything that we do.

Okay. So that is some of our references, our website, and contact information.

Remember, if there is one thing that you could use to take away is actually how we breathe.

I wanted to take a few moments for a different breath. The breath that we did is very simple. What we did do, is it's five seconds, complete inhale for a full five seconds. Then hold five seconds. Just hold it. And then taking a full five seconds to exhale.

There, very simple, beautiful mood regulating breath. The oxygen will go to your brain. You will calm down. You will relax. You can deal with that moment situation in a much more improved way, more controlled. Under your control rather than just making emotional decisions.

So that is a wonderful breath. You may want to practice that at least 3 minutes when you begin your day. Before you go out the door, take 3 minutes and do that beautiful breath.

Another breath is a breath of fire. This is an energizing breath. This helps increase the circulation, which again helps with the toxins throughout the systems. So how we do this, I talked about abdominal breathing, breathing from your navel.

So here you want to begin the breath down at the navel point. You may want to put your hand over your navel point just to help you to focus. Pull the needle in on the exhale. So inhale and pull in on the exhale. Just concentrate on the exhale. It's a rapid breath through the nostril. If this breath is awkward or new to you, what you can do is open your mouth and just extend your tongue out like a panting dog. This will activate the navel point. It will force you to breathe from your navel point. No one will see you. Don't think it's funny looking. So if you want, just stick your tongue out and pant. Place hand at your navel and just for a few minutes let's breathe breath of fire, energizing heat producing breath.

(The activity was performed.)

A few more seconds. Keep up. Keep going. If you have to take a break, do so and then try to go back.

Inhale deeply. Deep, deep, deep breath. Relax your hand. Hold the breath. And powerfully exhale through the nose. Exhale the breath out. Inhale deeply. Sit up straight. Hold the breath. Love this breath. And exhale all the breath out. Last time.

Inhale deeply. Throw your shoulders back. Inhale it little bit more. And exhale. And relax. Breathe normally. The breath of fire is a heat producing energizing breath that will keep your system healthy, give you longevity, help move the toxins through the system and out of the body. This is an excellent breath also to incorporate if you can in your daily practice, do it in the morning. Begin with 1 minute, work up to three coat minutes. And you could go all the way to 30 minutes a day. We'll keep you balanced, healthy, keep you under control physically, mentally, and spiritually healthy. It's also a great breath to do in the middle of the day when you're feeling forgetful of all these great things and getting caught in the commotion of the day, take a few moments. Be private and do this breath. It will give you a beautiful night's sleep before bed.

Inhale deeply and just raise your arms, shake them out extend your spine and shake. And relax.

Thank you so much. And now just allow the smile to come to your beautiful face. Thank you.

Okay. So we are here. We are available for any questions or any comments, any points of view. This is your moment.

>> All right. We do have quite a few questions. I'm going to jump right into those. The first is from Jessica, who asks why does the body crave food it is allergic to?

>> Why does the body crave what it is allergic to?

>> Why does the body crave foods it is allergic to?

>> Because it's the dates us for the moment. It just kind of numbs us. Sedates us. Until the body starts talking. And then the body will say I don't like it, through the sounds and the joints and the aches and pains. It takes a lot of discipline, but that's just how the system works. It's not so much what we are allergic to, but paying attention to it and being respectful. We want to eat that particular food. The respect of at least we are getting that signal from the body. It's a sensitivity.

People that are insensitive to that won't even notice that signal that the body is getting. If you do get that signal, it's wonderful. The discipline is paying attention to it and being respectful of it.

>> From Doreen, how can we get rid of yeast in the body?

>> The body also has friendly yeast. So not all yeast is bad. But I was referring to, when you have that fermentation of overeating at all those carbs, that produces that yeast effect which produces that natural alcohol giving the numbing. Not all yeast is bad. But that whole fermentation with tempeh and miso, sauerkraut, those are good. They are good foods. So it's not all one or the other. There are friendly yeasts, and your body needs a certain amount of that, too.

>> Lori from Minnesota asks about the fish, shellfish, and other proteins from the waters fit into healing foods?

>> Sometimes people that live in areas surrounded by a lot of waters do have the ability to have more organic food from their local -- pay attention to local foods. So if a food in that situation is local, and you enjoy eating it, you don't have any negative reaction, then fine. You do well with that. Again, pay attention to that.

I think being local is also really, really good because you are not going outside of a system to get that food. If it's local, it's there, it's available. If you live in an area where there is a lot of water and fish available, and you crave it and you like it, fine.

>> From Tamara, can herbal teas equate to water? Licorice, chamomile, et cetera.

>> It is. The liquids are good. I'm still going to advocate for regular H<sub>2</sub>O water. But certainly. All of those teas that you mentioned are excellent.

By the way, she mentioned licorice. That reminded me, nicotine craving, a great thing I want to share with you is when a person is coming off nicotine, it is so highly addictive. It is very, very difficult to come off a nicotine habit.

But licorice is one great -- if you get the licorice bark, the long stick, and just chew on that as a person is getting to detox. So to chew on that, the licorice has a natural ability to regulate the blood sugar, plus it is an oral thing. Coming off nicotine is a oral thing.

I also want to tell you about raisins, especially for a nicotine craving. Take a small handful of raisins and to them very, very well. Paste it to the roof of your mouth and then slowly suck on them. This has a natural ability, it has that fructose, that sweetener affect. This is excellent for somebody coming off of nicotine. As soon as that urge hits when they are quitting, the first thing to do is take the deep inhale, hold it just like we did, and exhale. Do that seven, 10 times all throughout the day. You may end up doing

it 20, 30, 50 times throughout the day. It's an oral thing. You are replacing that nicotine poison with your breath, with the oxygen.

Also, I wanted to share with you from nicotine, soak six prunes in water overnight. In the morning, drink the water and eat the prunes. It has a great ability to help with the craving of nicotine. And do as much younger, sports, it's also psychological. Keep people busy. Sports even. Running, walking, hiking, yoga. Was also a psychological thing as well as a very deep physical addiction as well.

>> Wonderful. Good tips, guys. This is from Nina. I'm summarizing her statement. How do you promote safe incorporation of some of these recommendations for people who don't have a regular coach or guide? She stressed that sometimes people think more is better and sometimes is not safe to have some of these things in super large quantities. For example, some psych meds can't be taken with grapefruit. She had a client who had a -- after surgery, and the orthopedist said he was consuming too much turmeric. But tips how to do it intelligently if they don't have a coach.

>> How to integrate figures at the question? Okay.

Moderate. Remember, we are not talking about any kind of fanatic diet or mentality. Everything is in moderation. Go slowly. Even with somebody that this is very new to, even if you could introduce drinking more water. Most people don't drink enough water during the day. So even the concept about drinking more water and explaining to the person why it's important and how it can help. So slowly, if you could introduce a concept about organic or fresh or local grown.

That is very, very important. Again, it's so important to be in tune with that new person that you are not expecting too much. But you want people to have a confident experience and to make sure that the food is delicious, not just healthy. And it's nutritious. It looks good. All of those elements. They want to eat.

And they could have some of their favorite foods, but again in moderation. So rather than eating two servings of it, maybe they have one or three quarters or half, whatever is. On that sensitivity as well.

But you want to have a good experience. And thank you so much for bringing that the grapefruit and the meds. I appreciate that.

>> I'm going to squeeze in one last. We are tight on time, but a quick one from Jessica from Virginia. She is wondering if the best way to juice is the whole pulp juice or extraction juice.

>> To me, it's organic the whole pulp is great. You're getting all of the complete nutrients and value from that food. Again, it's according to your choice, so I know some people that prefer not to have the pulp in the juice, they may use it as a soup stock and use it in that way. You don't want to have something so difficult for you to take in that you end up not doing it. You want to have it fun and interesting etiquette experience.

>> All right. I had to start wrapping up, but thank you. We have a couple more, but we will email you those questions so that you can write responses. Thank you so much.

>> He looked pleased, just email us and we are here for you. Don't be shy. We welcome it.

>> Perfect. Thank you, guys, for your great question. If you're interested in more from SuperHealth, you can check out their free e-book, meditations four times of crisis, and the link is here. It is hyperlinked, so if you have the slides and you downloaded them, you should be up to click right there. Also they are offering an online immersion training, yogic science to break habits and addictive behavior the spring of 2021 on three alternating weekends beginning April 17 and 18. You can find about that on this website.

Just a reminder that this training is worth 1.5 continuing education hours once this ends in a few minutes, you can go back to this website here, click on the CE quiz link and you should be up to go in and take the quiz for your CE certificate.

Upcoming webinars, our next free biweekly NAADAC webinars on favorite 24. Sarah Burnell and Sarah Suzuki will be doing our lecture on ethics there. So if you haven't done so already, sign up. Be sure to bookmark this website and you can stay up-to-date on all the latest in our edition education.

If you haven't heard about it, hopefully you have, we have coming up next week already, Thursday and Friday February 25-26 is our first engagement in the black community virtual NAADAC summit. It's going to be really look great. It's open to all professionals. It talks about diversity, openness, and highlight some of the unique needs of this identified group. Some of the presenters include Brady Freeborn and Grady Anthony Austin.

Registration is now open. We hope you guys can make it. At least check it out and hope to see you all there.

Just a reminder about our specialty series, you know about this one because you are here to here if you missed the first one, you can visit the specialty online training series page at the bottom of the screen. Take it on demand. Check out the ones that are coming up. Our next one is on March 17, so you can wear your St. Patrick's Day green and join us.

If you haven't had a chance to check out our ethics specialty series it is also going on as well. It provides a dive into ethics. Similar to the one the series, it costs \$25 per session and that includes the course and your certificate. So check that out if you haven't done so already. Lastly, as a NAADAC member, a reminder about the benefits for members by joining NAADAC you have access to over 300 CEs that are included as a NAADAC member. At a huge benefit. You can also get free access to our quarterly magazine. Become part of our national initiative for advocacy.

Finally, this is the last slide, reminder that a survey will pop up at the end of this. Please take a few minutes to give us your feedback. We use that to inform future webinars. Thank you again for participating in this webinar. Thank you, Dr. Khalsa for being with us. We value your expertise and knowledge in the field. I encourage all of you to take some time to browse our website. Stay with us on LinkedIn and enjoy the rest of your week. Take care, everyone.