

Tips For Healthy Living with Cheri Swanson and Barb Lagoni

Most of Cheri's 2000+ clients are sent to her by local medical/homeopathic doctors. Her patients have been tracked by several local hospitals due to the low reoccurrences of cancer and decreased side effects during cancer therapies. Local Radiologists and Chemotherapists routinely consult with Cheri for nutritional information and treatments.

Cheri primarily works with the particular brand we recommend and market because of the criteria described below and the results she sees with her clients.

*Cheri suggests checking for 3rd Party Research that shows the level of absorption to see how much of the product is actually getting into the cell. All health is determined by what happens at the cellular level. Any product can claim it **contains, or does,** anything. Only 3rd Party Research will show safety and effectiveness of the product. This is research that has been evaluated, accepted and printed in a medical research journal (rather than purchased magazine space paid for by the supplement manufacturer) : any reputable company will have their 3rd party research listed on their website or you can access it by calling the research dept at their 800#.*

Amounts suggested reflect amounts that other people have reported to be beneficial. It is not meant to be prescriptive in any way. All suggestions in this document should be approved by individual's physician.

Cheri Swanson's booklet: Feed Em Fast

Quick recipes that don't take more than 15 minutes. Soups, etc.
Thanksgiving meatloaf. Most of them have only 3 ingredients.

Includes:

- Salads and basic dressings
 - Large section on soup recipes all done and ready in 30 minutes
 - Explains quinoa. ¼ cup of quinoa has 5 grams of protein. Done in 12 minutes
- Section on main dishes

Order the book from Cheri Swanson

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Cost is \$15.00 with tax

949-640-9089

Principles of Healthy Eating for People without a Lot of Time.

It isn't difficult to eat healthy. We don't have to do strange things. It is often more a matter of changing brands. People typically don't plan their meals. This is important.

Once we lose our health nothing else matters. Unfortunately we are mule like and think it will happen to someone else. It can happen to anyone.

Make One Change a Month.

1. Healthy Oils- Use **olive oil** in dark bottles and butter. Very opposed even to expeller pressed.

Never refrigerate olive oil because it changes its properties. It needs to be in a cool dark place. Any other oil must be refrigerated.

Cheri thinks one of our largest health problems is eating the wrong fats. These fats are in most of our food. She believes they keep hormones from making it to their destination. Start with this. Switch to olive oil and butter.

Doesn't like canola oil. It is grapeseed and sees it more as an industrial oil. Very easily becomes rancid. Go to www.mercola.com and search Canola oil for a very good description.

When want lighter than olive use expeller pressed safflower oil because it is tasteless.

Unadulterated coconut oil is wonderful replacement for shortening. Tropical Traditions is excellent. If order 24 jars it is \$8.00 a container. It is pressed old fashioned way. No chemicals and it is from organic coconuts. Can fry foods like chicken and won't burn. Just don't turn the flame to high. Great for making pie crusts.

Margarine contains yellow ab and ob which are known carcinogens.

In 1900 cancer killed 1 Out of 30 and now it is 1 in 5

In 1900 heart disease killed 1 in 7 now it is 1 out of 2

NOTE: The American Institute for Cancer Research reports: "Poor eating habits are responsible for 1/3 of all cancer which is roughly same proportion attributed to smoking" This is so inappropriate.

Oncologist Mitchell Gaynoc. PHD in molecular biology was stunned at discovery of sphere of compounds found in fruits and veggies that showed a remarkable ability to disrupt the formation of tumors. "We have seen the future and the future is foods. Eating the right foods is as specific to stopping cancer before it starts as wearing a seat belt is to lowering your risk of a fatal car accident." Dr. Gaynoc

Scientists learn more about the chemistry of fruits and veggies. They are more hopeful about sparing people from malignancies.

Dr. Gabriel Feldman from the American Cancer Society Director of prostate and colorectal cancer.

“We don’t need years of research. If people would implement what we know today about foods cancer rates would drop. It’s that simple”.

Our vendor’s [Carotomax and Flavomax](#) capsules address these compounds. Cheri recommends they start with Carotomax and Flavomax to address cancer. There are 100’s of carotenoids and flavanoids. They are all in different combinations in all the different fruits and veggies. There are probably 40 to 50 types of veggies and fruits available to us. In last week how many different veggies did you personally eat?

Most people will say 5 or 6. If ask about their kids it drops to 1 or 2. The reason we need variety is because there are different carotenoids and flavanoids in those veggies and fruits. The Carotomax and Flavomax capsules give you that variety on a daily basis. They are organ specific. Like the macula or eye. The carotenoids go to the fat soluble portion of the cell. The flavanoids work on water soluble part. They go to the blood, the liver, the heart, etc. Can see why Cheri has at top of her list when fighting cancer.

She has cancer patients take 2 flavomax twice a day and 1 carotomax twice a day.

2. Use whole wheat pastry flour or rice flour in your baking.

3. Use healthy alternatives to sugar and artificial sweeteners.

Xylitol usually from corn. It is in our vendor’s New [Concept Toothpaste](#) and [Ocean Wonders](#) children’s vitamins. Xylitol helps prevent cavities and helps children with ear infections. Was originally for diabetics. Very good for digestion. Use cup for cup for sugar. When eat 2 cookies the clicker in your brain tells you, you are full instead of like refined sugar where you want more.

Using Xylitol and whole wheat pastry flour allows everyone to keep their favorite family recipes, so everyone is happy.

You can buy this in bulk much more economically. [Click Here](#) for one source we use to order online.

Splenda is not splendid. Go to www.mercola.com Doesn’t see it any better than Nutra Sweet. Feels same way about sucralose.

Our vendor’s [Glucose Regulation Product](#) or [Craving Complex](#) help cravings for sugar to go down dramatically.

Cheri lost 6 pounds over a month using this product and it never came back.

Let's look at a description from **Organic Style Magazine** in an article entitled:
Like Pancakes?

9:00 a.m. you dig in to pancakes with syrup. Your glucose spikes immediately and free radical levels double

10:00 a.m. Arteries inflame constricting your blood flow. Your triglycerides or fats that clog veins increase

11:00 a.m. Artery constriction peaks. Your body turns sugar into energy. The excess sugar turns to fat because your body is overloaded

12:00 p.m. Inflamed arteries start to return to normal but now lunch time.

Long term the inflammation causes blood pressure to rise and plaque to build up and your chances of heart disease and stroke increase. When your body regularly produces more insulin than it can use, you gain weight and increase your risk diabetes

Maple syrup alternatives include: molasses, brown rice syrup

Eat more fresh fruit, especially antioxidant rich grapefruit juice instead of more sugary orange juice. Grapefruit juice helps protect arteries.

Healthy Pancakes: Our vendor makes a product call [Instant Soy Mix](#). You can substitute up to 50% of flour in pancakes. Substantially healthier, higher in protein and taste better than old white flour pancakes.

4. Raw Foods: Most people have no raw foods in their diets. Can buy good salad already cut up. Buy the lettuce. Once a week dust off your old Cuisinart. Take celery, carrots, radishes and cucumber. Slice on the thin blade. Have a big mound of veggies. Put in a Tupperware container and when ready for salad, just take a handful of salad and these veggies. Makes a wonderful salad. Veggies taste so much better thinly sliced. Add vinegar and olive oil along with a little goat cheese or bleu cheese.

Eating raw foods will totally change your body chemistry and make it more alkaline. Needs to be interesting. Chunks of veggies not interesting. If paper thin, you don't even recognize it and you find yourself pulling out handfuls because it taste so darn good.

Take a piece of thin skinless browned chicken breast. Put a tiny bit of feta cheese in middle of chicken breast. Fold it and bake until it melts. Put on top fresh spinach leaves tossed with 1 tbsp balsamic vinegar and 1 tsp of oil. Put the Chicken breast on top of it.

Learn how to use herbs just a little bit to flavor food.

Buy Kosher Salt. Put it on a salad. It is bigger chunks. Still have the flavor and doesn't wilt anything.

If we all would take on the intention of collecting really yummy salads, we can greatly improve our health and enjoy it at the same time.

Use spinach, mixed greens, cabbage as base of salad.

Cabbage keeps well in sealed Tupperware. One grated carrot and 2 grated green onions on top of grated cabbage with brown rice vinegar and a little olive oil.

Steam green beans and add to a salad to make heartier.

Marinated cooked potatoes added to a salad.

Great resource for dinner ideas is at www.menemailer.net

3 months \$10.00

6 months \$17.00

1 year 29 dollars

Every week get 7 fabulous healthy dinner recipes and the grocery list that goes with them.

Her book **Saving Dinner** is #1 on Amazon.com