

# Healing through a plant-based diet

## Free PDF

A look at the Plant-Based Diet

In this free booklet we'll look at:

- Healing through a plant-based diet
- What is a plant-based diet?
- What are the health benefits?
- Eating a plant-based diet
- Plant Based Diet – Meal ideas
- Plant based diet – Fiber

We hope you can learn and use the information presented here and wish you the best of luck using your new found power.

Herbs Can Cleanse

## Healing through a plant-based diet

Over the last five or so years, people have begun to talk about following a plant-based diet.

This diet can refer to anything from what we used to call veganism all the way to a diet that is partially vegetarian, but may include fish, poultry, or other animal meats, and everything in between. But, it



represents a shift in focus from the some-times political discussions that vegan or vegetarian diets often provoke. Instead of focusing on problems in the food production and supply chain, it focuses on what you can do to improve your health by shifting your diet.

What is a plant-based diet?

Any diet rich in plant foods can be referred to as “plant-based.” At some point around 2011-12, more and more dieticians and other health care professionals began to refer to a range of diets this way to help them focus on health benefits with their patients. It also gives us the opportunity to implement gradual changes, which (for many) may be much simpler than a sudden, dramatic change. Our bodies adjust better with slow and steady change.

When you follow a plant-based diet, you shift your own focus to thinking of foods as sources of health and wellness, and your food choices are one way to heal yourself! You can begin the healing process by choosing more of the plant foods you love!

What are the health benefits?

A study published in The Permanente Journal in 2015

(<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4315380/>) showed that a plant based diet may decrease the risk of coronary artery disease. Following such a diet may also aide in weight loss ([http://www.andjrnl.org/article/S2212-2672\(14\)01763-8/fulltext/](http://www.andjrnl.org/article/S2212-2672(14)01763-8/fulltext/)). So, just simple changes to your diet may help you avoid certain types of heart disease and loose weight!

But, an earlier study also found that following such a diet was associated with a reduction of up to 20% in the risk of type 2 diabetes!

(<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4907448/>).

We are also learning from these studies that the quality of the foods makes a difference.

These studies have shown that choosing an apple over 8 ounces of apple juice is a more healthy choice. Avoiding refined grains such as white rice, and replacing with riced cauliflower or quinoa are also healthier plant-based choices.

Where are you on the spectrum? Still eating mostly meat and potatoes? Somewhere in between? In our next blog, we'll learn about easy choices to make on a daily basis to help you make healthier dietary choices!

## Eating a plant-based diet

More and more people are turning to plant foods to increase their health and avoid certain diseases and illnesses. You've probably heard of at least one celebrity who follows a variation of this diet! This means that more and more popular press will focus on plant-based foods and diets, more and more manufacturers will try to support this trend to gain sales, and we (the consumer) will have easier access to quality foods!

But, once you decide to include more plants in your diet, how do you get started? It's easy! Here are some ideas.



**First, focus on whole or minimally processed foods.** This could mean something as simple as buying whole potatoes and prepare them yourself instead of getting the easy to prepare instant mashed potatoes! It takes only

5-10 minutes more to get the potatoes in the pot, and then the rest is easy. When you make them yourself, you control the amount of salt and fat you include. Instead of adding butter and cream to the potatoes, try boosting flavor with crushed garlic and a bit of parsley for color.

Or, if you already cook your own potatoes (for example) but you're beginning to worry about the questionable nutritional value of the basic russet, you might shift to sweet potatoes instead! With their deep, rich color, sweet potatoes are high in beta-carotene and fiber. They are in excellent next step in your plant-based diet journey.

Another idea to increase fiber and nutrition would be to replace rice with quinoa or riced cauliflower. If you tolerate them well, you might also replace (either completely or partially) white or brown rice with your favorite legume.

**Second, shift the balance of what you put on your plate.** Vegetables, grains, and legumes should occupy three-quarters of your plate.

Follow your grandmother's advice, and make sure you see lots of color variation in the foods you're eating. If you still want to include meat, use it as a seasoning in



cooking (for example a bit of pork belly in with the beans or chicken wings in a big pot of broth) rather than 8-10 ounces of steak on your dinner plate. If you want eggs and dairy, limit these foods to 1-2 times a week.

As you plan your meals for the week, think about these ideas! Whether it's breakfast, lunch, or dinner, choose one meal to focus on this week. How can you replace the animal products with satisfying, healthy plant-based foods? Enjoy being creative! In our next blog, we'll start going meal by meal with some handy, tasty, and simple recipes and menu ideas.

## Plant Based Diet – Meal ideas

You've read a little about plant-based diets, and you're convinced that making these kinds of dietary shifts will support the health of you and your family. But, who has time to create a whole new approach to meal prep? It's hard in today's world, with our busy lives, to make such changes.

Cleanse Purify is dedicated to your health! In this blog, we'll provide some easy ideas to replace your regular meat-based meals with something that's better for you but still can be enjoyed by the whole family!

First, we recommend stocking up on grains and legumes that your family enjoy. These have a long shelf-life and can be prepared in bulk once a week for use throughout the week. It's good to know the general protein and fiber content of each of them, so you can combine them into nutrient dense dishes. In this blog we'll discuss high protein grains. Next time we'll learn about fiber content!

Some high-protein grains are:

**Quinoa:** This celebrity grain is actually a seed! It comes from the same family as sugar beets and spinach, and it has a lot going for it. A staple of the indigenous people of the Andes, this tiny seed is easy to cook and digest, and contains 8 grams of protein per serving! Quinoa is also gluten free and high in necessary minerals.

**Buckwheat:** These days, we hear about buckwheat most in relation to honey! Its fragrant flowers attract bees, and the nectar imparts a unique flavor to the honey. However, this ancient grain has a history of use across Europe and Asia as long ago as 4,000 BC! Each 1-cup serving contains 6 grams of protein.

**Einkorn:** This is the earliest known form of wheat. As such, it does contain gluten! However,



many gluten intolerant folks have found they can digest this grain. (If you are gluten intolerant, follow the instructions of your health care professional if you consider trying this grain.) Very nutritionally dense, Einkorn contains a whopping 9 grams of protein per 2 oz (uncooked) serving. It is also high in such

necessary trace minerals as lutein, manganese, phosphorus, etc. Well worth considering!

For some ideas on how to use these ancient grains, please check back soon! Herbs Can Cleanse is working on a recipe kit to help you in your transition!

## Plant based diet – Fiber

In the last section we discussed protein content of certain ancient grains. This time, let's look at fiber! Fiber plays an important role in your diet, and may help reduce cholesterol and prevent type 2 diabetes. Fiber also helps us maintain digestive regularity and aids in cleansing your gut.

Of course, some of our grains double up in this arena, being high in both protein and fiber.

Quinoa is one of these!

Others include

Oats: Described by some as the healthiest grain, oats (look for steel cut oats because they are minimally processed) more than 8 grams of fiber per half cup of uncooked oats. Even steel cut oats are easy to cook if you know a few tricks, such as soaking them overnight.

Popcorn: When you reach for a snack, try popcorn! Containing 14.5 grams of protein per 100 gram serving, this is very satisfying. Beware of adding a lot of butter and salt. Instead, try nutritional yeast, garlic powder, and a small amount of health fat to boost flavor if you desire.



Chia seeds: These tiny black seeds that are immensely popular in the natural health community. They are highly nutritious, with lots of magnesium, phosphorus, calcium, and magnesium. And each ounce contains 10 grams of protein!

High fiber legumes include split peas (1 cup contains over 16 grams of fiber), lentils (15 grams of fiber per cup), and black beans (15 grams of fiber per cup) are all easy to store and cook, and are very versatile.

Other delicious, high fiber foods include sweet potatoes (approximately 4 grams of fiber per serving), avocados (10 grams of fiber plus a lot of heart healthy fats), pears (6 grams of fiber per serving), blueberries (4 grams of fiber).

It's easy to see how you can increase fiber in many ways while also providing a variety of flavors and qualities! Even dessert can be high fiber.

Please remember to request our starter recipe kit to help you move from your old diet into new, healthier eating habits.