



Thursday, August 11, 2016

**MUSCLE BUILDING SALAD: ORGANIC: Raw spinach,**  
benefits: Muscle growth, heart healthy, bone builder, enhance  
eyesight (Dr. Wayne Pickering MANGOMAN) I'll switch every third day to  
organic baby greens.

Asparagus, is a diuretic & rich in antioxidant "glutathione or GSH". but I hate  
asparagus so I substitute with fennel & broccoli. Fennel has amazing weight  
loss potential & broccoli is high in calcium, boosts GSH levels + milk thistle  
supplement (boosts GSH cleans toxins from liver etc).

Olives support fat burning but due to high sodium salt levels I leave it out.

2 ounces of Extra virgin olive oil a must! Olive oil controls inflammation, &  
produces hormone like substances that support testosterone levels  
(muscles) helps your body with exercise move into an anabolic state.

4 ounces of Raw unsalted coarsely chopped WALNUTS = muscle growth,  
brain stimulant, super rich in heart healthy compounds, cancer fighter, boosts  
immunity. Walnuts are higher in omega-3s than salmon, more anti-inflammatory  
polyphenols than red wine, 50% as much muscle building protein as chicken.  
No other nut has all three features combined.

Cup fresh chopped parsley & celery. Dr. Pickering includes sautéed lightly fried  
sugar snap peas in olive oil, & sea kelp powder.

- I use frozen baby peas thawed raw. Separate steamed baby red swiss  
chard chilled + several raw okra, finely diced onions, red pepper, Mrs. Dash



Thursday, August 11, 2016

garlic & red cayenne pepper. Mix all together & enjoy seeing your body rebuild itself.

Important to do muscle building exercises Dr. Pickering has many on his blog, website & Facebook samples. Dan likes to use the indoor bike & weights when he can. I prefer Argentine Tango for my legs, core strength & decreases my imbalance dysfunctions + easy arm push-up against the kitchen counter. Stand feet back, gently lean stretching your spine, slowly move head down bending arms as far as you can go without pain, do this 5 times, before each meal — increasing more each day until you feel your arm muscles burning then stop. **WE ARE WHAT WE EAT!**