

Stop the Madness – with the Family Salad Habit

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How do you lower your family chances of needing medicine? Salads are a one-size-fits-all solution!

How do you help your family strengthen their immune system, increase their energy, improve their brain power, and develop a healthy habit for life? How do you lower their chances of needing medicine and other drugs to make it through life?

Salads are a one-size-fits-all solution!

How?

If you consistently add more fresh fruit and vegetables to your diet, your intestinal tract will become less burdened and cleaner. This is because your gut environment, also called the

“gut microbiome”, is the hub of your physical energy and mental health. Raw vegetables contain enzymes, which are scientifically known as catalysts, or movers in simple terms, which help move digestive waste out of your colon. They also contain biophotons, minute particles of sunlight that are stored within living organisms and required by humans for optimal health. (There is a theory that biophotons also improve your sixth sense!)

Ladies – we are our family’s primary and preventive health doctor! By nourishing our family with the right food plus helping them follow timeless principles of health such as going to sleep early, hydrating with enough water, and getting fresh air and sunshine, we help them avoid disease in the first place!

Processed food in bags, boxes, and cans contains toxins which act as endocrine and hormone disrupters and inhibit enzyme activity, making your body and mind sluggish and tired. Add to this chemical concoction medicines and drugs of all sorts and it becomes obvious that we are under a constant barrage of healthy gut destroyers.

Is it any wonder that the human population is getting heavier, sicker and more depressed, angry and burned out by the day?

Fresh, (preferably organic) raw fruits and vegetables will give you real life force energy, help you lose weight, improve acne and sagging skin, vastly improve brain fog and increase quality and clarity of thinking.

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No, this will not happen in two weeks’ time! The name of the game is consistency. This is a lifestyle, not a quick health and weight loss gimmick. The greatest levels of health, energy

and clarity of thinking are a direct result of a clean gut, nourished and cleansed by fresh fruits and vegetables. This is an unchanging law of true health.

Do yourself and your family a huge favor – adjust your appetite to the laws of health.

STOP THE MADNESS!

Begin by adding a large salad to your meals.

Are there any drugs or chemicals that you or anyone in your family can avoid or stop taking? If so, begin now!

Strengthen your body by getting daily fresh air and sunshine and eating real food.

TAKE BACK YOUR LIFE from depending on others (medicine, doctors, hospitals) for your health and vitality!

Return to the simplicity that Hashem has created for us.

The One Living God has already given us everything we need in order to thrive in this world – an immune system, fresh air, sunshine, water, real food, fresh fruit and vegetables, leafy greens, herbs and sprouts, sleep and intuition.

Okay, okay, what about the salad, you're asking? LOL, I am getting to it.

My favorite salad to make for my family is the following Hefty Salad. Even if some of your children do not like salad, serving a salad every day for the family meal will drastically increase the chance that one of these days they will start eating it. You don't have to plead or force. Just offer it. And remember when making it to sprinkle it with your intention of love and health for the entire family!



This is a lifestyle, not a quick health and weight loss gimmick!

THE HEFTY FAMILY SALAD

Vegetables:

1 large bowl of chopped Spinach or kale, romaine lettuce and iceberg lettuce (1/2 a head or more of each)

4 tomatoes, chopped

1 sliced Red Delicious or Pink Lady apple

2 diced avocados

Optional: olives, shredded beets, radish sprouts

Dressing:

1/2 cup lemon or lime juice

1/4 cup olive oil

Grey sea salt or Himalayan salt to taste

Directions:

Place the greens in the bowl with the dressing and toss very well. Now add the rest of the ingredients and toss again. Serve.

Bonus: since you patiently read through my entire rant, here are two more salads for health and weight loss ☑

SIMPLE AND HEALTHFUL SALAD

Vegetables:

- 1 large bowl of Spinach
- 1 chopped Cucumber
- 1 chopped red pepper
- 1 peeled and grated carrot
- 1 cup shredded purple cabbage

Dressing:

- 1/2 cup apple cider vinegar
- 4 TBS honey
- 1 avocado or $\frac{1}{4}$ cup olive oil
- $\frac{1}{4}$ cup fresh dill or parsley
- 1 tsp. coriander seeds
- $\frac{1}{4}$ tsp white pepper
- 1 tsp sea salt

Blend ingredients on high until smooth and pour over salad.

SAVORY SALAD

Ingredients:

- 1 large head romaine lettuce

1 chopped cucumber

2 cups chopped tomatoes

1 sliced avocado

$\frac{1}{2}$ chopped purple onion

Handful of alfalfa sprouts

$\frac{1}{2}$ minced Jalapeño pepper

$\frac{1}{2}$ TBS cumin

$\frac{1}{2}$ TBS paprika

2 TBS Olive Oil

4 TBS lemon or lime juice

Add all ingredients to bowl, mix and enjoy.