

The Healthy Hustle – Do this If You Want to Get Healthy

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This is not ALL you need these days in order to get healthy, but it's the foundation to it all. Yes, it is that simple!

18 years ago, I began my journey to truly getting healthy from the inside out. I had been athletic and reasonably healthy most of my life, but at age 30 and after 3 babies, I needed to level up.

What I eventually discovered is that eating a high percentage of fresh, uncooked fruits, vegetables, greens, and sprouts is the most powerful way to heal and rejuvenate yourself. Which was funny because it took me straight back to the very first dietary prescription Hashem gave to mankind, right in the

beginning of the Torah.

G-d said, "Behold, I have given to you all herbage yielding seed that is on the surface of the entire earth, and every tree that has seed-yielding fruit; it shall be yours for food. And to every beast of the earth, to every bird of the sky, and to everything that moves on the earth, within which there is a living soul, every green herb is for food." – Bereishis Chapter 1, verses 29-30.

In other words, fruits and greens.

I am telling you from experience – this is a bottom line foundation to truly getting healthy. This is not ALL you need these days in order to get healthy, but it's the foundation to it all. Yes, it is that simple! I know it's hard to believe because we live in a world heavily manipulated to distract us and make our life more and more complicated, yet in many ways, the solutions are simple.

Real health begins when the organs of elimination – the colon and kidneys, are clean and clear of chemicals and toxins. These organs can and do get constipated with metabolic waste that piles up in the body. This in turn creates acidity, inflammation and obstructions in the body which lead to basically any and every type of ailment.

So... if you want to get healthy:

Nourish AND clean out your body with fresh, uncooked fruits and vegetables, leafy greens, freshly squeezed fruit and vegetable juices and sprouts. Fruit and vegetables contain enzymes, which have a life force and energy that heals and cleanses the body. Enzymes die at around 112 degrees Fahrenheit, so that is why the above need to be eaten uncooked.

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When most of your meals contain enzyme-rich raw fruits and greens, you will see your digestion rev up, elimination taking place much more often, weight loss, glowing skin, decrease in mucus and inflammation, and higher energy levels. Try it and see for yourself!

If you want to get healthy...

The next thing to do is to reduce and eventually stop eating food that your body can barely digest, and which therefore end up piling up inside of you. (I know – that's basically everything – LOL). White flour, sugar, artificial ingredients, refined sweeteners, refined grains, processed foods, imitation foods, artificially flavored drinks, low fat and fat-free foods, fast food, GMOs (Genetically Modified Organisms).

So practically speaking, what would it look like to add a lot more fruits and greens into your diet? (See recipes at end of this article).

Begin by drinking water or freshly squeezed juice first thing in the morning.

Next, have fruit or vegetable juice that you can make yourself if you have a juicer or from a green powder like the Pukka Wheat Grass powder.

Mid or late morning have a smoothie made with fruit, nut butter and water or a fruit salad.

Early afternoon have a large salad with lots of leafy greens like parsley, spinach and lettuce.

In the early evening, have a salad with either steamed vegetables and a protein or a rich vegetable soup.

For snack, have cut fruit, almonds and dates.

What else must you do if you want to get healthy?

Get some sunshine and exercise in the morning.

Connect with Hashem throughout the day.

Go to sleep by 10pm.

Take probiotics, essential for optimal digestion and elimination of toxins!

If you want to get healthy, you will need to work on your emotional and spiritual self as well:

Emulate Hashem through understanding, forgiveness and giving.

Hold on to your faith in Hashem, and commitment to truth.

Keep calm by turning to Hashem with everything.

Remember that life is short and there's no time like the present to take action on what you know is right, good and true for you.



Stop eating food that your body can barely digest, and which therefore end up piling up inside of you...

"It is fitting that one's hope to the Creator Blessed be He

will be in full faith... without any doubts, since He is the One Who possesses the power, and no one can stop Him. One should not hope for something like one who doubts whether he will get it or not. The strong and certain hope will strengthen his heart and gladden him." Rabbi Yosef Albo, Sefer HaIkarim.

Hashem created this world with infinite intelligence that included the body's ability to heal itself – if we let it. This is the Definitive Medicine. Know this truth and help manifest it by removing blockages and toxicities. Sickness is the result of malnourishment (due to eating fake and processed food), constipation of the colon, kidneys and lymph system and toxicity.

There is no quick fix for health. You do actually have to put in work until it becomes an ingrained habit. That's okay – you just need to get over the hump of creating and following a new routine. It's rocket ship effort in the beginning but at some point, you're cruising and expending a lot less effort.

Life is good. Never has there been a better or more critical time to work on all of the above because thanks to the new regulations surrounding the virus, there are A LOT less (fun) distractions to pull us away from finally getting the important things in life done.

May you feel and look incredible very soon! May you experience the high energy and vibration that a clean body offers. May you enjoy inner peace, love and truth! Amen.

RECIPES

CLEANSING JUICE

1 beet

1 cucumber

1 apple

1 clove of garlic

Juice of 2 lemons

$\frac{1}{4}$ inch piece of ginger

Run everything through a vegetable juicer.

BERRY BLAST SMOOTHIE

1 $\frac{1}{2}$ cups water, or almond, hemp, or coconut milk

$\frac{1}{2}$ cup frozen blueberries

$\frac{1}{2}$ cup greens (parsley, kale)

1 mango or two peaches or 1 orange

2 dates

1 tablespoon almond butter, optional

Blend on high for 1-2 minutes.

WINTER MIXED SALAD

2 cups spinach

$\frac{1}{2}$ cup red onions, sliced

$\frac{1}{2}$ cup parsley, chopped

2 beets, grated

$\frac{1}{8}$ cup sunflower seeds

Pinch of real salt

Juice from 1 lemon

1 TBS olive oil

In a large salad bowl add spinach, red onions, parsley, beets, sunflower seeds salt and lemon juice. Toss and serve.

GRATED VEGETABLE SOUP

4 carrots

2 potatoes

1 celery root

1 sweet potato

2 onions

4 garlic cloves

Olive oil

1 tsp each grey salt, cumin, paprika, turmeric

Chop the onion and garlic by hand and lightly sauté in the olive oil. Place the rest of the vegetables in a food processor with the S blade and finely grate. Add vegetables to the pot and cover with boiling water. Bring to a boil and simmer for an hour.