



HEALTHY BEVERAGE OPTIONS

In General: Avoid drinking any beverage with your meals because beverages will dilute stomach enzymes and put unnecessary stress on the digestive system. If you are chewing each bite thoroughly, you will not need anything to “wash it down.” It is best to drink your beverages at least 30 minutes before or 2 hours after a meal. Excessively hot and excessively cold beverages should be avoided due to their detrimental effects on the digestive system.

Water: You should be drinking half your body weight in ounces per day with a maximum of 100 ounces. For example, if you weigh 150 pounds, you should be drinking 75 ounces of water a day. If you weigh 200 pounds, you should be drinking 100 ounces of water a day. Depending on the quality of your water source, water should be filtered to remove fluoride, chlorine, heavy metals and other toxins, but retain valuable minerals. Fluoride is a toxic substance that has been linked to bone loss/deformity, cancer and many other health problems.

Lemon Juice: Lemon juice can be added to your water to add flavor. It is also beneficial to your liver. Use only fresh squeezed lemon juice from real (preferably organic) lemons. Avoid bottled lemon juice.

Herbal Teas/Sun Teas: Look for teas that say “Naturally Caffeine Free.” Avoid teas that contain caffeine or are “Decaffeinated.” Avoid black and green teas. Make your teas at home, do not purchase bottled teas.

Sun Tea – Makes 2 quarts

4-6 bags of your favorite herbal tea

2 quart glass jar with lid

Water

Put tea bags into a 2 quart glass jar, fill with water and put the lid on. Place the jar in a sunny location for 3 to 5 hours or longer until the tea has achieved the desired strength. Sweeten with a bit of raw honey, green stevia leaf or real maple syrup. Refrigerate and enjoy!

Beet Kvass: Beets have tremendous healing capacity. This beverage is great for improving blood quality, improving liver and gallbladder health, aiding digestion, and assisting in improving health in myriad ways. The juice is a natural pro-biotic. It should be drunk in small 4 ounce quantities as it can cause loose stools if consumed in excess. Recipe is from *Nourishing Traditions* by Sally Fallon.

Beet Kvass – Makes 2 quarts

3 medium or 2 large organic beets, peeled and chopped up coarsely (not grated)

¼ cup whey*

1 tablespoon sea salt

Filtered water

Place beets, whey and salt in a 2-quart glass container. Add filtered water to fill the container. Stir well and cover securely. Keep at room temperature for 2 days before transferring to refrigerator. When most of the liquid has been drunk, you may fill up the container with water and keep at room temperature another 2 days. The resulting brew will be slightly less strong than the first. After the second brew, discard the beets and start again. You may, however, reserve some of the liquid (1/4 cup) and use this as your inoculants instead of the whey.

* The easiest way to get whey is to line a strainer set in a bowl with a thin dish towel, pour in a quart of plain whole yogurt, tie up the corners of the dish towel (don't squeeze) and hang it above the bowl at room temperature overnight (or until it stops dripping). The liquid in the bowl is whey. Pour it into a mason jar and store it in the refrigerator. It will keep for about 6 months. The stuff left in the towel is cream cheese. Enjoy it plain or add sea salt and herbs to taste (sea salt, garlic powder and dill is a yummy combination!). Place the cream cheese in a container and store it in the refrigerator.

Kombucha: From *Nourishing Traditions* by Sally Fallon: "The kombucha "mushroom" (which is actually a symbiotic colony of yeast and bacteria ["scooby"]) acts on sugar and tea to produce not only acetic and lactic acid but also small amounts of a potent detoxifying substance, glucuronic acid. Normally this organic acid is produced by the liver in sufficient quantities to neutralize toxins in the body – whether these are naturally produced toxins or poisons ingested in food and water. However, when liver function becomes overloaded, and when the body must deal with a superabundance of toxins from the environment – certainly the case with most of us today – additional glucuronic acid taken in the form of kombucha is said to be a powerful aid to the body's natural cleansing process, a boost to the immune system and a proven prophylactic against cancer and other degenerative diseases." It is a powerful pro-biotic. Note: The sugar and caffeine get metabolized by the scooby as food. A 7 day brew is sweeter and a good introduction. By 10 days all the sugar is gone and we prefer you brew to the ten day mark. If you have a friend who is willing to give you an extra kombucha scooby, use it with the following recipe. Otherwise, you can purchase kombucha culture at Vital Health. The following recipe is adapted from *Nourishing Traditions* by Sally Fallon.

Kombucha – Makes about 2 quarts

- 1 quart filtered water
- 3 quarts filtered water
- 1 cup sugar
- 4 tea bags of organic black tea
- ½ cup kombucha from a previous culture
- 1 kombucha scooby

Bring 1 quart filtered water to boil. To remove 80% of the caffeine before brewing, dip teabags in boiling water for 60 seconds. Dump that caffeine water down the sink. Bring 3 quarts filtered water to boil. Add sugar and simmer until dissolved. Remove from heat, add the tea bags and allow the tea to steep until water has completely cooled. Remove tea bags. Pour cooled liquid into a 4-quart pyrex bowl and add ½ cup kombucha from previous batch. Place the scooby on top of the liquid. Make a crisscross over the bowl with masking tape, cover loosely with a cloth or towel and transfer to a warm, dark place, away from contaminants and insects. In about 7 to 10 days the kombucha will be ready, depending on the temperature. It should be rather sour and possibly fizzy, with no taste of tea remaining. Transfer to covered glass containers and store in the refrigerator. (Note: Do not wash kombucha bowls in the dishwasher. Never touch the scooby with metal.)

When the kombucha is ready, your scoby will have grown a second spongy pancake. This can be used to make other batches or given away to friends. Store fresh scobys in the refrigerator in a glass container – never plastic. A kombucha scoby can be used dozens of times. If it begins to turn black, or if the resulting kombucha doesn't sour properly, it's a sign that the culture has become contaminated. When this happens, it's best to throw away all your scobys and get a new clean one.

Note: White sugar, rather than honey or Rapadura, and black tea, rather than flavored teas, give the highest amounts of glucuronic acid and helps bring it to the best pH. Non-organic tea tends to be high in fluoride so always use organic tea.

A word of caution: Some individuals may have an allergic reaction (rare) to kombucha. If you have allergies, start with a small taste to observe any adverse effects. If you react badly, use beet kvass several weeks to detoxify and then try again.

Flavoring: If desired, Kombucha tea can be flavored using fruit, fruit juice, herbs and more. Please note, be sure to set aside some unflavored Kombucha to use as starter tea for your next batch prior to adding flavorings. Go to www.culturesforhealth.com and download their Kombucha E-Book which contains additional information about Kombucha and ideas for flavoring.

Farm Fresh (unpasteurized) Milk: Farm fresh (unpasteurized) milk is loaded with nourishing, healing properties. We recommend milk that is full-fat, unprocessed, and from pasture-fed animals. We recommend only raw milk that is produced by local farmers who pasture-raise their animals. Confinement dairies are generally not set up for the sale of raw milk, as the processing is different. Real milk comes from farms which utilize different cleaning techniques and refrigerate the milk immediately, which maintains the natural immune-supporting, anti-bacterial properties of the milk. Avoid low-fat, skim milk and 2% milk as the most vital nutrients in milk is contained in the butterfat. Go to realmilk.com to learn more about the benefits and safety of raw milk. Ask us for a list of local farmers who provide quality, unpasteurized milk.

Homemade Milk Kefir: “Kefir is a cultured and microbial-rich food that helps restore the inner ecology [probiotic]. It contains strains of beneficial yeast and beneficial bacteria (in a symbiotic relationship) that give kefir antibiotic properties. A natural antibiotic – and it is made from milk! The finished product is not unlike that of a drink-style yogurt, but kefir has a more tart, refreshing taste and contains completely different microorganisms...kefir does not feed yeast, and it usually doesn't even bother people who are lactose intolerant. That's because the friendly bacteria and the beneficial yeast growing in the kefir consume most of the lactose and provide very efficient enzymes (lactase) for consuming whatever lactose is still left after the culturing process” – from *The Body Ecology Diet* by Donna Gates. The following recipe is adapted from *Nourishing Traditions* by Sally Fallon.

Kefir – makes 2 cups
2 cups fresh whole milk, nonhomogenized and raw
½ cup good quality cream (optional)
1 tablespoon kefir grains or 1 package kefir powder

If using kefir grains, place them in a fine strainer and rinse with filtered water. Place milk and optional cream in a clean wide-mouth, quart size mason jar. If milk is cold, place jar in a pan of simmering water until milk reaches room temperature. Add kefir grains or powder to milk, stir well and cover loosely with a cloth. Place in a warm place (65 to 76 degrees) for 12 hours to 2 days.

If using the powder, kefir is ready when it thickens, usually within 24 hours.

If using grains, stir thoroughly, but gently (as kefir grains are delicate), occasionally to redistribute the grains. Every time you stir, taste the kefir. When it achieves a tartness to your liking, the kefir is ready. The kefir may also become thick and effervescent, depending on the temperature, incubation time and the amount of curds you use. Pour the kefir through a strainer into another jar to remove the grains. Store in refrigerator. Use the grains to make another batch of kefir, or prepare them for storage by rinsing them well with water and placing in a small jar with about ½ cup filtered water. They may be stored in the refrigerator several weeks or in the freezer for several months. If they are left too long in storage, they will lose their culturing power.

Mineral Broth: Homemade broth made from the bones of chicken, beef or other animals is loaded with valuable, and easy to assimilate minerals and other nutrients. Broth does not have to be consumed as part of a soup. A mug of warm, nutrient rich broth, seasoned with some sea salt, makes a delicious beverage as well. We have prepared a separate handout with instructions for *How to Make a Mineral Broth*, simply ask for a copy.

Avoid: Soda, coffee, black tea, green tea, alcohol, pasteurized or homogenized milk and fruit juice.

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