

Mastering the Health Benefits

CRACKING THE CODE

All of the recipes in this *Master* cookbook are designed not only to taste amazing but also to help you live your healthiest, hottest, happiest life. For that reason I have created a system to identify the amazing health benefits in each recipe—and specific foods within the recipes! At the top of each recipe, in bold text, is a list of the benefits it provides:

ANTI-CANCER

These dishes contain powerful antioxidants that help defend our bodies against free radicals and the carcinogenic damage they cause.

MASTER FOODS: practically all fruits and vegetables that are organic

HEART HEALTHY

Recipes marked heart healthy will help lower blood pressure, lower LDL (aka “bad” cholesterol), raise HDL (the “good” stuff), and fight off atherosclerosis, or hardening of the arterial walls.

MASTER FOODS: olive oil, avocado, nuts, salmon, sardines, squid, mussels, garlic, onions, and practically all fruits and vegetables

BOOSTS IMMUNITY

The nutrients in these dishes have one or more of the following benefits: antifungal, antibacterial, antiviral, and antiparasitic properties to help you fight off sickness and infection.

MASTER FOODS: garlic, chile pepper, honey, yogurt, onions

BOOSTS METABOLISM

These recipes boost metabolism by facilitating the creation of fat-burning, muscle-building hormones such as thyroid, HGH, DHEA, and testosterone while keeping stress and hunger hormones like cortisol and ghrelin at bay.

MASTER FOODS: all-natural and organic fruits and vegetables, beans, legumes, seeds, nuts (with the exception of peanuts, cashews, macadamia nuts); organic lean proteins (poultry, meat, fish), yogurts, and whole grains (amaranth, barley, brown rice, millet, bulgur, quinoa, spelt)

IMPROVES MOOD

These improve mood by managing stress, fighting depression, facilitating sleep, and inducing an overall calm by releasing serotonin and dopamine in the brain. B vitamins (especially B₆, B₉, and B₁₂) protect brain cells from oxidants, help turn glucose into energy within brain cells, and keep neurotransmitters circulating. Omega-3 fatty acids are important for health and happiness, as they help to build neuron membranes, enhance neural transmission, and increase serotonin levels.

MASTER FOODS: Vitamin B: chicken, turkey, beef, tuna, eggs, fortified cereals and grains; omega 3: salmon, herring, mackerel, white fish, walnuts, and flax

ANTI-INFLAMMATORY

The nutrients in these dishes have natural anti-inflammatory properties that help with arthritis, joint pain, rehabilitating muscle strains, and the like.

MASTER FOODS: clove, cinnamon, pineapple, ginger, turmeric, and cumin

IMPROVES DIGESTION

The ingredients in these recipes aid in digestion and help combat everything from acid reflux to dyspepsia, ulcers, and constipation.

MASTER FOODS: chili peppers, ginger, mint, papaya, pineapple, and yogurt

HEALTHY SKIN

The nutrients in these dishes contain essential fatty acids and/or powerful antioxidants to help build and maintain healthy, glowing skin.

MASTER FOODS: berries, olive oil, salmon, walnuts, and yogurt

STRONG BONES

The nutrients in these dishes contain calcium and lactoferrin, an iron-binding protein that boosts the growth and activity of osteoblasts (the cells that build bone).

MASTER FOODS: nuts (almonds, walnuts, pecans, Brazil nuts, hazelnuts) and seeds (sunflower, pumpkin, sesame), leafy greens (arugula, dandelion, endive, romaine, spinach, Swiss chard, collard greens, mustard greens, turnip greens), oysters, and yogurt