DHEMM System
WEIGHT LOSS PLAN
With JJ Smith

30-DAY DHEMM CHALLENGE
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The DHEMM System

The DHEMM System is a breakthrough permanent weight loss solution that helps you detoxify, cleanse and burn body fat naturally.

THE DHEMM System stands for:

**DETOX:**
Use one of the many detox methods described in this book

**HORMONAL BALANCE:**
Optimize your hormones for weight loss

**EAT CLEAN:**
Eat healthy, whole and unprocessed foods

**MENTAL MASTERY:**
Achieve the right mental focus to stay motivated

**MOVE:**
Get moving and increase your physical activity.
What is the DHEMM System?

• The DHEMM System is a **breakthrough permanent weight-loss solution** that melts stubborn body fat through detoxifying the body and feeding it healthy, nutrient-rich foods that keep it slim.

• Even if obesity runs in your family, you can break that hereditary cycle with this new approach to managing your weight.

• The DHEMM System **achieves far more than what traditional dieting accomplishes**. It is a complete weight-management program designed to help your body clear out old toxic waste that contributes to excess fat in the body.

• You will **learn about how your body responds to certain foods**, how to achieve excellent health, and how to maintain a healthy, ideal weight.

• Vitamins, minerals, and other nutrients will be absorbed by your body more efficiently, allowing your cells to become like new as you begin to look and feel younger. Your skin will begin to look more youthful because your cells become tighter and healthier. In short, **you’ll learn how to become young, healthy, and energetic from the inside out**.

• Even if you have given up on losing weight due to your age and hectic lifestyle, you can lose excess body fat very quickly on this program. **You can achieve a lean, healthy body for life.**
Benefits of the DHEMM System

- Lose weight more effortlessly
- Detox while enjoying delicious, flavorful foods
- Increased energy and regain a second youth
- Reduced cravings for sugar, pastas and breads
- Better, more restful sleep
- Better digestion and less bloating leading to a slimmer waistline.
The goal is to use the DHEMM System consistently for 30 Days to maximize weight loss and learn how to keep the weight off permanently. To do the 30-Day DHEMM Challenge, you have to:

- **DETOX:** Write down 3 - 5 detox methods to do throughout the week (write the ones you do each day)

- **HORMONAL BALANCE:** Identify 1 thing you did to balance your hormones for weight loss

- **EAT CLEAN:** Write down your clean and healthy meals for the day, which includes green smoothies and meal recipes

- **MENTAL MASTERY:** Identify 1 thing you did to motivate and encourage yourself; What did you do to strengthen your mental fortitude and improve your discipline.

- **MOVE:** Write down your Moving activities to be sure you stay physically active 3-4 times per week

- **NOTE:** Be sure you to drink lots of water, snack regularly and get plenty of quality sleep!
### DhEMM System™ 30-DAY DhEMM CHALLENGE

**SAMPLE: Develop Your DhEMM Weekly Plan**

<table>
<thead>
<tr>
<th>DAY</th>
<th>DETOX METHODS</th>
<th>HORMONAL BALANCE</th>
<th>EAT CLEAN</th>
<th>MENTAL MASTERY</th>
<th>MOVE ACTIVITIES</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Liver Cleanse, Detox Foot Pads, Body Brushing, Sauna, COP</td>
<td>Took the Hormonal Self-Assessment Quizzes</td>
<td>Green Smoothie, Shrimp Caesar Salad, Almond Crusted Chicken</td>
<td>Avoided negative and gossip conversations</td>
<td>Tabata/Walking</td>
</tr>
<tr>
<td>2</td>
<td>Liver Cleanse, Colon Cleanse, Sauna, Body Brushing, Epsom Salt Bath</td>
<td>Took the Hormonal Self-Assessment Quizzes</td>
<td>Basic Caesar Salad, Green Smoothie, Pineapple Mahi Mahi</td>
<td>Created a vision board</td>
<td>Zumba</td>
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<tr>
<td>3</td>
<td>Liver Cleanse, Sauna, Detox Foot Pads, COP</td>
<td>Read the Hormone eBook, 5 Hormonal Imbalances That Cause Weight Gain</td>
<td>Omelet, Cucumber Tomato Salad, Green Smoothie</td>
<td>Avoided TV and developed a meal plan for the week</td>
<td>Tabata/Walking</td>
</tr>
<tr>
<td>4</td>
<td>Liver Cleanse, Body Brushing, Chi Machine, Epsom Bath</td>
<td>Read the Hormone eBook, 5 Hormonal Imbalances That Cause Weight Gain</td>
<td>Mixed Greens Avocado Salad, Pea Soup, Baked Chicken/Peas</td>
<td>Read the bible</td>
<td>Tabata/ Taebo</td>
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<td>5</td>
<td>Liver Cleanse, Sauna, Detox Foot Pads, Body brushing, Chi machine</td>
<td>Made an appointment with Hormone Doctor</td>
<td>Green Smoothie, Collards &amp; Turkey, Cheat Meal (Burger &amp; Fries)</td>
<td>Wrote in food/mood diary</td>
<td>REST DAY</td>
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<tr>
<td>6</td>
<td>Liver Cleanse, Coffee Enema, Body Brushing, Acupuncture</td>
<td>Researched various hormone supplements, namely DIM</td>
<td>Oatmeal, Green Smoothie, Glazed Salmon</td>
<td>Meditation</td>
<td>Tabata/Walking</td>
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<td>7</td>
<td>Liver Cleanse, Colon Cleanse, Chi machine, COP</td>
<td>Purchased DIM and started taking it</td>
<td>Chicken Avocado Salad, Green Smoothie, Sautéed Tomato &amp; Spinach</td>
<td>Pray and sang in the choir</td>
<td>Racquetball</td>
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### Develop Your DHEMM Weekly Plan

**week 1**

<table>
<thead>
<tr>
<th>DAY</th>
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Develop Your DHEMM Weekly Plan

**week 2**

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## Develop Your DHEMM Weekly Plan

### week 4

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DETOX
21 Ways to Detox the Body

1. Acupuncture for Detoxing
2. Alkaline Water
3. Ayurvedic Massage
4. Bikram Yoga
5. Body Brushing
6. Candida Cleanse
7. Castor Oil Packs
8. Chi Machine
9. Coffee Enema
10. Colon Cleansing Herbs
11. Colonics
12. Detox Foot Pads
13. Detox Water
14. Epsom Salt Bath
15. Foods That Detoxify the Body
16. Green Smoothies
17. Heavy Metal Detox
18. Light Physical Activity
19. Liver Cleansing Herbs/Supplements
20. Parasite Cleanse
21. Sauna
HORMONAL BALANCE
The 5 Hormonal Imbalances THAT SLOW WEIGHT LOSS

1) Insulin Resistance
2) Hypothyroidism
3) Estrogen Dominance
4) Polycystic Ovary Syndrome (PCOS)
5) High Cortisol
Insulin resistance is extremely common: three out of four people have it. But the majority of them don’t even know it.
Signs / Symptoms

- Mood swings - which are triggered by erratic changes in blood sugar
- Chronic fatigue or low energy, afternoon blahs, sleepiness after a meal
- Cravings for sugar and/or carbs (carb addiction)
- Brain fog, difficulty focusing or paying attention
- Mental fatigue and poor memory
- Weight gain/extra weight in belly
- Compulsive overeating

- Anxiety and/or anxiety disorders
- Depression
- Adrenal fatigue
- Candida yeast overgrowth
- Irritable bowel and other bowel disorders
- Gas, bloating, indigestion
- Frequent urination
- Excessive thirst
To determine if you may have insulin resistance, you can begin by taking the quiz below. Put a check next to every question for which you answer “yes.”

**PHYSICAL CLUES**

- Are you at least 30 pounds or more overweight?
- Do you gain weight even though you eat small portion sizes and small amounts of food?
- Do you have belly fat, a potbelly, love handles, or weight gain around your waist?
- Is your waist measurement more than forty inches for men or more than thirty-five inches for women?
- Are you of African-American, Hispanic, Native-American, or Asian ancestry?
- Do you need to urinate frequently?
- Do you experience frequent heartburn or acid reflux?
- Do you have skin tags, which are small, painless skin growths on your chest, neck, breast area, groin area, or underarms?
- Do you have little to no physical activity on most days?
EMOTIONAL AND MENTAL CLUES

☐ Do you feel tired after eating, especially in the afternoon, perhaps even feeling the need for a nap?

☐ Do you experience jitteriness, moodiness, or headaches that go away once you eat?

☐ Do you experience foggy thinking or difficulty thinking or concentrating at times?

☐ Do you feel addicted to sodas, candy, and junk food?

☐ Do you feel you eat out of boredom?

☐ Do you feel that you have no willpower when it comes to eating or dieting?
Do you crave sweets and carbohydrates, such as pastas and breads?

Do you crave snacks that are salty and crunchy?

For breakfast, do you often eat bagels, croissants, or donuts and coffee?

Do you eat snacks frequently, particularly while watching TV?

Do you drink sodas or sweetened fruit juice every day?

Do you drink beer or liquor at least twice a week?

Do you eat fast foods at least twice per week?
Do you have a family history of diabetes, high cholesterol, high blood pressure, heart disease, stroke, or obesity or overweight problems?

Have you been diagnosed with either Type-II diabetes or hypoglycemia?

If you are diabetic, do you take a prescription drug to reduce your blood sugar levels?

Have you been diagnosed with a blood clot in your brain, legs, or lungs?

Have you been diagnosed with high uric acid or gout?

Did you grow up around smokers and consume secondhand smoke?

If you’re a woman, have you been diagnosed with irregular menstrual periods or polycystic ovarian disease?

If you have marked a check beside fifteen or more questions, then you likely have insulin resistance. Additionally, the more checks you have, the more likely you are to be affected by this condition.
HYPOTHYROIDISM

Thyroid hormones have a profound impact on weight because they regulate how the body burns carbohydrates and fats.
Signs / Symptoms

Hypothyroidism can lead to a wide range of symptoms:

- Severe fatigue, loss of energy
- Weight gain, difficulty losing weight
- Depression and depressed mood
- Joint and muscle pain, headaches
- Dry skin, brittle nails
- Brittle hair, itchy scalp, hair loss
- Irregular periods, PMS symptoms
- Breast milk formation
- Calcium metabolism difficulties
- Difficulty tolerating cold and lower body temperature
- Constipation
- Sleeping more than average
- Diminished sex drive
- Puffiness in face and extremities
- Hoarseness
- Bruising/clotting problems
- Elevated levels of LDL (the “bad” cholesterol) and heightened risk of heart disease
- Allergies that suddenly appear or get worse
- Persistent cold sores, boils, or breakouts
- Tingling sensation in wrists and hands that mimics carpal tunnel syndrome
- Memory loss, fuzzy thinking, difficulty following conversation or train of thought
- Slowness or slurring of speech

Subclinical hypothyroidism may present itself with mild versions of these hypothyroid symptoms, or often just fatigue or depression. Hypothyroidism often occurs along with insulin resistance, and these two conditions share some similar symptoms.
# Self-Assessment Quiz Part 1

Instructions: Score one point for each of the following questions you answer “yes” to. After answering all of the questions, to get your total score, add up all the points for your “yes” answers, and read the section below titled “Understanding Your Score.”

<table>
<thead>
<tr>
<th>Question</th>
<th>Answer</th>
<th>Total Score Range</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Do you often feel fatigued?</td>
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<td>1-8</td>
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<tr>
<td>2. Do you have elevated cholesterol levels?</td>
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<td>3. Do you have difficulty losing weight?</td>
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<td>4. Do you frequently have cold hands and feet?</td>
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<td>5. Are you sensitive to the cold?</td>
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<tr>
<td>6. Do you have slower thinking or “brain fog”?</td>
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<td>7. Do you find it difficult to concentrate?</td>
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<td>8. Do you have poor short-term memory?</td>
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<td>9. Do you often feel depressed?</td>
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<tr>
<td>10. Do you have thinning hair or increased hair loss on your head, eyebrows, eyelashes, and body?</td>
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<tr>
<td>11. Do you have less than one bowel movement a day?</td>
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<td>12. Do you have dry skin?</td>
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<tr>
<td>13. Does your skin itch in the winter?</td>
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<td>14. Do you have fluid retention?</td>
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<td>15. Do you have recurrent headaches?</td>
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<td>16. Do you have restless sleep?</td>
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<td>17. Are you tired when you awaken?</td>
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<tr>
<td>18. Do you have sleep apnea?</td>
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</table>

*Note: Total score can range from 1 to 18.*
1. **____** Do you have afternoon fatigue?

2. **____** Do you experience tingling or numbness in your hands or feet?

3. **____** Do you have decreased sweating?

4. **____** Do your muscles ache?

5. **____** Do you have joint pain?

6. **____** Is your tongue enlarged with teeth indentations?

7. **____** Is your skin pasty, puffy or pale?

8. **____** Is your voice hoarse?

9. **____** Does your body temperature run below the normal 98.6°F?

**TOTAL SCORE** (To get your total score, add one point for each of the above questions you answered “yes” to.)

**Understanding Your Score:**

**Total Score: 1-10 points:**
Your score of 1-10 points suggests it is unlikely you have an underactive thyroid (hypothyroidism). However, continue to monitor for the presence of any thyroid-related signs and make sure you’re getting the proper nutrition for your thyroid health.

**Total Score: 11+ points:**
Your score of 11 or more points suggests you may have an underactive thyroid (hypothyroidism), and you should see your doctor for proper diagnosis.
Excess estrogen causes “stubborn fat” that is highly resistant to fat burning
Signs / Symptoms

Common symptoms of estrogen dominance include:

- Stubborn fat/weight gain around stomach area, hips, thighs, and butt
- Water retention/bloating
- Tender breasts
- Low libido
- Problematic PMS/menstrual cramps
- Dry skin/vaginal dryness
- Mood swings or irritability
- Hot flashes/night sweats
- Insomnia
- Brain fog or “fuzzy thinking”
- Irregular periods or heavy or long-lasting periods
- Fatigue
- Depression or low motivation
- Cyclical migraine headaches
- Infertility or frequent miscarriage
- Fibrocystic breasts
- Uterine fibroids
- Endometriosis
- Low-thyroid symptoms
- Polycystic ovary syndrome (PCOS)
- Breast cancer
**Self-Assessment Quiz Part 1**

**DO YOU HAVE ESTROGEN DOMINANCE (PROGESTERONE DEFICIENCY)?**

This questionnaire lists symptoms and other factors most commonly found in women suffering from Estrogen Dominance and/or Progesterone Deficiency. Read each question carefully and see if it applies to you. The point value is listed. Add your score at the bottom of the page.

<table>
<thead>
<tr>
<th>Question</th>
<th>Points</th>
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<tbody>
<tr>
<td>Do you have premenstrual breast tenderness?</td>
<td>4 points</td>
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<tr>
<td>Do you have premenstrual mood swings?</td>
<td>4 points</td>
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<tr>
<td>Do you have premenstrual fluid retention and weight gain?</td>
<td>4 points</td>
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<tr>
<td>Do you have premenstrual headaches?</td>
<td>4 points</td>
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<tr>
<td>Do you have severe menstrual cramps?</td>
<td>4 points</td>
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<tr>
<td>Do you have heavy periods with clotting?</td>
<td>3 points</td>
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<tr>
<td>Do you have irregular menstrual cycles?</td>
<td>3 points</td>
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<tr>
<td>Do you have uterine fibroids?</td>
<td>3 points</td>
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<tr>
<td>Do you have fibrocystic breast disease?</td>
<td>3 points</td>
</tr>
</tbody>
</table>

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**Do you have Estrogen Dominance (Progesterone Deficiency)?**
Self-Assessment Quiz Part 2

☐ ___ Do you have endometriosis?  
   2 points

☐ ___ Have you had problems with infertility?  
   2 points

☐ ___ Have you had more than one miscarriage?  
   2 points

☐ ___ Do you have joint pain?  
   1 point

☐ ___ Do you have muscle pain?  
   1 point

☐ ___ Do you have decreased libido?  
   3 points

☐ ___ Do you have anxiety or panic attacks?  
   2 points

TOTAL SCORE

< 5  It is not likely that you have estrogen dominance.

5-8  Possibility of estrogen dominance.

9-20 Estrogen dominance is probable.

> 20 Indicates that estrogen dominance is very likely.
POLYCYSTIC OVARY SYNDROME (PCOS)

PCOS is a hormonal disorder among women of reproductive age and infertility is one of its most common symptoms.
The symptoms of PCOS can vary from woman to woman. Some of the symptoms of PCOS include:

- Infertility (not able to get pregnant) because of not ovulating. In fact, PCOS is the most common cause of female infertility.
- Infrequent, absent, and/or irregular menstrual periods
- Increased hair growth on the face, chest, stomach, back, thumbs, or toes
- Cysts on the ovaries
- Acne, oily skin, or dandruff
- Weight gain or obesity, usually with extra weight around the waist
- Patches of skin on the neck, arms, breasts, or thighs that are thick and dark brown or black
- Skin tags — excess flaps of skin in the armpits or neck area
- Pelvic pain
- Male-pattern baldness or thinning hair
- Anxiety or depression
- Sleep apnea — when breathing stops for short periods of time while asleep
Self-Assessment Quiz Part 1

SECTION 1

Do you actually have PCOS?

1. Testosterone is confirmed to be elevated on blood test. [Yes] [Maybe] [No]

2. Periods are irregular. [Yes] [Maybe] [No]

3. Significant facial or body hair is present. [Yes] [Maybe] [No]

If the answer is Yes to all of these questions, you probably do have PCOS. Go to section 2.
If the answer is No to any of these questions, then you may not have PCOS. Go to section 4.

SECTION 2

What type of PCOS do you have?

1. Insulin resistance or abnormal glucose is confirmed on blood test. [Yes] [Maybe] [No]

If Yes, then you have Type 1 PCOS.

If unsure, then consult your Doctor for this test.

If No (but Yes, to all questions in section 1), then you have Type 2 PCOS. Go to Section 3.
Self-Assessment Quiz Part 2

**SECTION 3**

**What might be behind your Type 2 PCOS?**

Type 2 PCOS (non-insulin resistant PCOS) can be the result of many different health problems. Consider which of the following might apply to you.

1. Post-pill syndrome
2. History of recurrent antibiotic use
3. Digestive problems
4. Iodine or vitamin D deficiency
5. Abnormal thyroid function
6. Leptin problem from low body weight or history of eating disorder
7. Pesticide exposure

Consult with your doctor for more testing and treatment options.

**SECTION 4**

**It is not PCOS, so What might be the cause of your irregular periods?**

You answered No to at least one of the questions in Section 1, then you might not have PCOS after all. Consider which of the following might apply to you.

1. Post-pill syndrome
2. Elevated prolactin
3. Leptin problem from low body weight or history of eating disorder.
When you are stressed, your body releases a hormone called cortisol, and fat caused by stress tends to get stored in the belly.
Signs / Symptoms

- You’re not sleeping well.
- Even when you sleep well, you’re still tired.
- You’re gaining weight, especially around your abdomen, even when you eat well and exercise.
- You catch colds and other infections easily.
- You crave unhealthy foods.
- You experience backaches and headaches.
- Your sex drive is in the crapper.
- Your gut acts up.
- You feel anxious.
- You feel blue.
Self-Assessment Quiz

1. Do you wake up in the middle of the night or too early but you can’t fall back to sleep? [Yes] [No]

2. Do you get light headed upon standing and need caffeine to keep you awake? [Yes] [No]

3. Do you feel “wired” yet “tired” at the same time? [Yes] [No]

4. Do you crave carbs and possibly eat more than 50% of your calories after 5pm? [Yes] [No]

5. Do you suffer from depression, anxiety, nervousness, irritability, weight gain, increased sugar cravings, increased blood pressure, and abnormal blood lipids? [Yes] [No]

6. Do you have difficulty recovering from exercise, easily get musculoskeletal injuries and seem to get sick often? [Yes] [No]

If you answered yes, to at least 4 of these questions, you are likely experiencing the effects of stress and subsequent high cortisol levels.
EAT CLEAN

12 PRINCIPLES FOR EATING “CLEAN AND BALANCED” FOODS
THESE PRINCIPLES BELOW ARE YOUR INSTRUCTIONS ON HOW TO EAT “CLEAN AND BALANCED” FOODS.

**Principle #1: Choose nutrient-rich foods, not empty calories.**
This means you will eat foods that are high in vitamins, minerals, phytonutrients, fiber, and omega-3 fatty acids. Eating junk foods is like eating empty calories. You want your calories to provide you with nutritional benefits that will help you heal your body and maintain a permanently healthy weight. Before you eat anything, ask yourself, is this a healthy, nutrient-rich food or empty calories? Commit to be mindful of everything you eat.

**Principle #2: Eat protein with every meal.**
Eat protein with every meal, and eat it first before the carbohydrates or fats. You can also eat protein by itself. Eating protein foods does not cause insulin spikes, making them an important staple of eating clean and balanced foods.

**Principle #3: Always “balance” carbohydrates with protein.**
Whenever you eat a carbohydrate, eat some protein along with it. As a general guideline, the protein should be about half the amount of the carbohydrates. For example, if you had 30 grams of carbohydrates, then eat about 15 grams of protein along with it to prevent insulin spikes that cause excess fat to be stored in the body. You can use food labels to determine how much carbs (or “net carbs”) and protein is in food.

**Principle #4: Don’t overeat carbohydrates.**
It is important to not overeat carbohydrates. Limit yourself to no more than two servings of high-carbohydrate foods at any one meal or snack. This will prevent excess carbohydrates from being stored as fat. If you are still hungry, then eat more vegetables to satisfy your hunger. Do not try to eat other high-carbohydrate foods, which will convert to fat in your body, or too much protein, which will hinder weight loss by adding extra calories. One serving of high-carbohydrate foods is about 1/2 cup or 15 grams of carbohydrates. So, the maximum amount of high-carb foods you should eat at any one meal is two servings, which is 30 grams or about 1 cup, always balanced with a high-protein food.
**Principle #5: Avoid sugar, salt, and trans fat.**
We discussed a number of foods that cause weight gain and are bad for your health. However, these three are at the top of the list. Try to avoid them at all costs. They have no nutritional value and are simply bad for your health. Chapter 3 is entirely devoted to explaining how detrimental sugar is. Salt is also bad for your health and causes bloating, swelling, and fluid retention. As far as trans fat, the good news is that the FDA regulates it, and food manufacturers now have to list how much trans fat is in each serving when trans fats exceeds 0.5 grams per serving.

**Principle #6: Eat at least five servings of fruits and veggies each day.**
Fruit breaks down faster in the body than any other food, leaving us fueled and energized, and because it is a highly cleansing food, it leaves no toxic residue and acts as a strong cleanser for the body. You need to eat vegetables if you want to get thin, as studies have shown that those who eat a large variety of vegetables have the least amount of body fat. Veggies and fruits are naturally balanced because they contain both protein and carbohydrates. They are made up of mostly water and fiber, so they can be eaten in larger quantities. However, there are a few exceptions. Consumption of corn and potatoes should be minimal and, of course, always be balanced with protein.

**Principle #7: Limit your intake of red meat to two to three times per week.**
Red meat contains a lot of saturated fat, so try to limit your intake to two or three times a week. Instead, eat more protein from fish, poultry, and vegetable sources, such as brown rice, beans, and nuts, which contain good essential fats.
**Principle #8: Eat two healthy snacks per day.**
Snacks keep you from getting hungry between meals. Eating snacks allows you to feed your body every three to four hours, which keeps your metabolism revved up. See the list of healthy snacks provided later in this chapter.

**Principle #9: Eat at least 30 grams of fiber per day.**
Numerous studies have shown that high-fiber diets help you lose weight and protect against heart disease, stroke, and certain kinds of cancer. In Chapter 8, of the Lose Weight Without Dieting book, I provide a list of foods that are high in fiber as well as fiber supplements that help you to eat 30 grams of fiber per day.

**Principle #10: Eat fruit by itself, one hour before or after meals.**
The enzymes in fruit are digested better if the fruit is eaten alone. Therefore, fruit is a perfect snack food.

**Principle #11: Eat four to five times a day.**
You will lose weight more quickly if you eat four or five times a day as opposed to only three meals (or fewer). Try to eat every three to four hours, and think in terms of three meals and two healthy snacks. Each time you eat, you stimulate your metabolism for a short period of time; thus, the more often you eat, the more you speed up your metabolism. Eating every two to three hours feeds your muscles and starves fat.

**Principle #12: Buy organic as much as possible.**
Buy organic foods, which don’t have chemical preservatives, food additives, hormones, pesticides, and antibiotics. Fresh organic foods are far less toxic than highly processed and packaged/frozen foods and leave less residue and waste in the body.
MENTAL MASTERY
List 10 Ways That You Will Stay Motivated

1. ........................................................................................................................................................................
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10. ......................................................................................................................................................................
MOVE
If you burn just an extra 500 calories a day, you can easily lose a pound a week.

Exercise doesn’t have to be monotonous, painful or unenjoyable. In fact, making sure that it’s not can help you avoid burning out. If you’re easily bored with exercise, then these more interesting ways should keep you motivated.
1) **Clean the house** for 2 hours; turn on your favorite music and dance as you vacuum

2) **Garden** for an hour and a half.

3) **Hit the slopes**; 65 minutes of just downhill skiing burns 500 calories; you only need 50 minutes of cross country skiing to burn the same.

4) One hour of **Zumba** burns roughly 500 calories, if you give it your full effort throughout the entire class

5) Play 55 Minutes of **racquetball**. Grab a partner and you won’t even realize that you’re working out

6) One hour and 15 minutes of **lawn mowing** does the trick. Sorry, riding mowers don’t provide the same workout!

7) **45 Minutes of back to back bodyweight exercises** burns 500 calories

8) **Spinning class** for 45 minutes

9) Two hours and ten minutes of **guitar playing** (standing) burns 500 calories and turns you into a rockstar.

10) Do **120 minutes of belly dancing**. As a bonus, it tones your core.
11) **Jump rope** for only 42 minutes to burn your caloric goal; it certainly works but do beware of terribly sore calf muscles the next day.

12) Punish a **punching bag** for 70 minutes.

13) **45 Minutes of rugby** burns 500 calories.

14) Play a full court **basketball** game for 50 minutes; the interval type cardio will boost your cardiovascular endurance, and rev up your metabolism.

15) **50 Minutes of shoveling snow** will meet your quota.

16) **40 Minutes of martial arts** blasts 500 calories, along with reducing stress and increasing focus.

17) **Do 40 Minutes of rock climbing**. Wear a helmet!

18) **Walk** at a moderately brisk pace of 4 MPH for 90 minutes.

19) Play **volleyball** and benefit from all over body toning. To burn 500 playing volleyball, you’ll need an hour and 45 minutes of play if you’re playing in a gym, or 50 minutes if you’re playing in the sand.

20) **Running at 6 MPH** (a ten minute mile) for 42 minutes will burn 500 calories.
<table>
<thead>
<tr>
<th>No.</th>
<th>Activity</th>
<th>Calories Burned</th>
</tr>
</thead>
<tbody>
<tr>
<td>21)</td>
<td>Horseback riding</td>
<td>500</td>
</tr>
<tr>
<td>22)</td>
<td>Golf</td>
<td>only counts if walking and carrying own clubs</td>
</tr>
<tr>
<td>23)</td>
<td>Dance workout (like hip hop abs)</td>
<td>500, Wii Zumba comparable</td>
</tr>
<tr>
<td>24)</td>
<td>Play with kids</td>
<td>90 minutes moderate play time with little ones does trick, plus they'll love it</td>
</tr>
<tr>
<td>25)</td>
<td>Water aerobics</td>
<td>great low impact option</td>
</tr>
<tr>
<td>26)</td>
<td>Bowling</td>
<td>500</td>
</tr>
<tr>
<td>27)</td>
<td>Long intense aerobics class</td>
<td>burn half a thousand calories</td>
</tr>
<tr>
<td>28)</td>
<td>Kayak</td>
<td>55 minutes, fantastic upper body workout</td>
</tr>
<tr>
<td>29)</td>
<td>Hula hooping</td>
<td>10 calories a minute, 50 minutes, core workout &amp; reach goal with hula hoop</td>
</tr>
<tr>
<td>30)</td>
<td>Pilates for 2 hours</td>
<td>great choice to tone body</td>
</tr>
</tbody>
</table>
31) **Surf’s up**: just 60 minutes of surfing burns 500 calories, works a complex combo of muscles, and develops your core and balance abilities.

32) Do one hour on the **stair stepper** and tone your glutes, as well.

33) 50 Minutes of **touch football** will burn your daily calorie goal.

34) 1 Hour and 20 minutes of **snorkeling**

35) Do one hour on the **rowing machine**.

36) Give someone a **2 hour long massage**. Make sure they return the favor when you’re done.

37) 50 Minutes of **circuit training** with little to no resting time will blast 500 calories and help you get a toned body.

38) Do 65 Minutes of **waterskiing**.

39) Do two and a quarter hours of **shopping, walking briskly**; Did you need another reason to keep shopping?

40) 1 Hour of **moderate bike riding**
41) Six hours of **kissing** burns 500 calories. Bring chapstick. LOL

42) **Yoga** for 2 hours

43) 2 Whole hours of **Frisbee** in the park will do the trick and it hardly even feels like any work at all.

44) An hour of **tennis** meets the criteria and will keep you from getting bored.

45) 75 Minutes of **weight lifting** burns 500 calories; the trick is to keep moving and not take cell phone breaks between every set.

46) Leisurably **swimming** is nice on a sunny summer day; 65 minutes of it burns 500 calories.

47) **Working under the hood of an automobile** burns 500 calories in just an hour and 20 minutes.

48) **Ice skate** for 50 minutes

49) **Running stairs** for 45 minutes

50) **Cycling** for 75 minutes
RECIPES
Basic Healthy Oatmeal

Ingredients:

- 1 and ¾ cup water
- 1 cup rolled oats
- 1/3 to ½ Teaspoon of Stevia powder (sweeten to taste)
- 1/16 teaspoon sea salt (optional)
- Toppings (unsweetened almond milk, berries, almonds, raisins, cinnamon)

Directions:

1. Place water and salt in a medium pan and bring to a boil and stir in oats
2. Reduce heat to medium and cook for an additional 5 minutes, stirring as needed
3. Remove from heat, cover and let sit for 4-5 minutes.
4. Sprinkle with stevia and add in any of the topping above.
Cinnamon Granola

Ingredients:
• 3 cups rolled oats
• 2 Teaspoon cinnamon
• 1/4 cup agave nectar
• 1/2 cup chopped walnuts
• 1/2 cup unsweetened apple sauce

Directions:
1. Preheat oven to 325 °F.
2. Put your grains and walnuts in a bowl and mix; then put in all remaining ingredients and whisk them.
3. Pour applesauce and agave nectar into the bowl with grains and blend well until it coats evenly.
4. Spread over a parchment lined baking sheet and bake for 45-60 minutes, stirring every 10 to 15 minutes so it doesn’t burn.
5. When it feels dry and has a golden brown color it is ready. Cool before serving.
**Ingredients:**

- 2-organic brown Cage Free Eggs or Egg Whites
- Veggies
  - Tri-color bell peppers- green, red, yellow, orange chopped
  - 2 handfuls of spinach
  - Mushrooms
  - Broccoli (optional)
  - Diced tomatoes (optional)
  - Onions
  - Minced garlic or garlic powder
  - Cayenne pepper (optional)
  - Miss Dash
  - Sea Salt (optional)
  - Low fat cheese (optional)
  - Sliced Avocado on the side for garnish (optional)

**Directions:**

1. Cook veggies in olive oil till tender than add to middle of omelet fold over
Granola Berry Parfait

Ingredients:
• ½ cup raspberries
• ½ cup blueberries
• 1 banana sliced
• 1 and ½ cups of Granola -
• 1 container of fat-free yogurt

Directions:
1. Layer the banana, blueberries/raspberries, yogurt and granola in 2 tall glasses
2. Serve immediately.
Ingredients:

• 8 large egg(s)
• 1/8 cup(s) water
• 1/2 pound(s) chicken or turkey sausage cooked and cut or crumbled into small pieces
• 1 medium bell pepper(s), red diced
• 1/4 pound(s) asparagus diced (or spinach)
• 1/2 medium onion(s), yellow diced
• 1/4 teaspoon(s) sea salt
• 1/8 teaspoon(s) black pepper freshly ground
• paper muffin liners or coconut oil

*OPTIONAL: sprinkle in a healthy cheese of your choice

Directions:

1. Preheat oven to 350 F.
2. Grease 8 muffin cups with coconut oil or line with paper baking cups. Fill any remaining muffin cups with 1 inch of water, so they do not scorch while baking.
3. Beat the eggs in a medium bowl and add meat, vegetables, salt, ground pepper, and any other ingredients you wish to add.
4. Pour mixture into the muffin cups.
5. Bake for 18-20 minutes.
Ingredients:
- 1 cup cooked oats (cooked in unsweetened almond milk)
- 2 Tablespoons almond butter
- 1 Teaspoon cinnamon
- 1 Tablespoon honey

Directions:
1. Make sure the oats are warm so everything melts properly.
2. Combine all ingredients in a bowl and mix until well combined.
4 Ingredient Chocolate Chip Pancakes

Ingredients:

- 2 large eggs
- 1/2 cup very well mashed ripe banana
- 1/8 teaspoon baking powder
- chocolate chips (optional)

Directions:

1. Mix the eggs, banana and baking powder in a medium bowl.

2. Heat your griddle and spray with nonstick spray. Pour about 1/4 cup batter into the skillet and spread it into a circle. Let it cook until almost done on the bottom (light brown), then drop some chocolate chips onto the top of the pancake. Flip it over when the edges are dry and the bottom is pretty golden. It’ll be a little messy and the chocolate will melt some. Cook just about a minute on the other side, then transfer to a plate. Keep cooking and flipping and stacking onto the plate.
**Ingredients:**
- 1 Cup steel cut Oats
- 1 Cup of water or enough to cover
  Cinnamon
- Organic Stevia
- Vegan Butter
- Unsweetened Vanilla Almond Milk
- Dried Prunes, milled Flax Seed

**Directions:**
1. Pour Oats in bowl add water to preferred consistency.
2. Microwave for 1.20 min. Or bring to boil on stove.
3. Mix and add all above to taste and consistency you prefer
Egg White Omelets
with Asparagus, Red Bell Pepper, Baby Bella Mushrooms and Onions

Ingredients:

• 3 egg whites
• 4 asparagus spears steamed
• 1/2 red bell pepper sliced
• 7 sliced baby bella mushrooms
• 3 slices (half) sweet onions
• 1 tsp olive oil
• Sprinkle of low fat mozzarella cheese for garnish.
• Sprinkle of parsley flakes for garnish

Directions:

1. Cook veggies in olive oil till tender than add to middle of omelet fold over
Broiled Honey Grapefruit

**Ingredients:**
- 1 grapefruit
- 1 teaspoon coconut oil
- 1 teaspoon honey

**Directions:**
1. Cut your grapefruit in half.
2. Spread half the oil over the top of each half of the grapefruit and then spread the half the honey over each half as well.
3. Place on a parchment lined cookie sheet or inside a baking dish and broil in the oven for about 5 to 8 minutes (time will vary by oven, so keep an eye on it)
4. Allow to cool slightly and serve.
Whole Wheat Blueberry Pancakes

In moderation, maybe once a week, whole wheat pancakes can be a healthy addition to your breakfast choices.

Ingredients:

- 3/4 cup multigrain pancake mix (such as Arrowhead Mills)
- 1 tablespoon canola oil
- 1/2 cup plus 2 tablespoons soy milk
- 1/2 cup fresh blueberries

Directions:

1. Combine all of the ingredients together and mix gently.

2. Pour batter onto a medium-heat, nonstick skillet and cook for 2-3 minutes.

3. Flip pancakes over, and cook for another 2-3 minutes until they are golden brown.

4. Sprinkle fresh blueberries on top or sprinkle sugar-free syrup on top, if desired.
Ingredients:
- 2 cups (480 ml) old fashioned oats
- 2 cups (480 ml) low fat or skim milk
- 2 cups (480 ml) low fat soy milk
- ½ teaspoon (2.5 ml) best quality vanilla
- ½ cup (125 ml) slivered almonds
- ½ cup (125 ml) dried cranberries or other dried fruit of your choice
- 1 large unpeeled Macintosh apple, grated (apple should be firm)
- 4 tablespoons (60 ml) maple syrup

Directions:
1. Preheat oven to 400°F (204°C).
2. Coat a 3 quart (about 3 L or large) casserole or baking pan with low fat cooking spray.
3. In a large bowl combine all ingredients. If you are preparing this the night before don’t add the liquid ingredients like milk and grated apple until morning.
4. Place in casserole. Bake uncovered for 45 minutes.
Ingredients:

- 2 medium nectarines
- 1/4 cups raw pecan pieces, unsalted
- 1 light sprinkle of allspice (a little goes a long way, so be cautious)

Directions:

1. Cut the nectarines into chunks, removing the seed.
2. In a mixing bowl, combine the nectarines, pecans and the allspice.
3. Stir well and serve.
**Ingredients:**
- 1/2 cup low-fat or nonfat cottage cheese
- 1/4 cup fresh blueberries
- 1/4 cup fresh strawberries, chopped
- 1/4 cup walnuts

**Directions:**
1. Combine and mix all the ingredients in one bowl and serve.
Waffle Iron Omelets

Ingredients:
• 3 whole eggs
• 1/4 cup grated parmesan
• 1 cup finely chopped mushrooms
• 1/2 tsp. garlic powder
• 1/4 tsp. dried thyme
• 1 tbsp. oil

Directions:
1. In a medium mixing bowl, whisk together all the ingredients until well combined.
2. Pour just enough mixture onto a greased waffle iron to cover the entire surface area. Do not overfill the waffle iron or you will have egg coming out the sides.
3. If you have a lock on your waffle maker, use it.
4. You will hear a lot of squealing and whistling as this cooks. Once that noise fades, you know they are pretty much done.
5. Serve with some grated cheddar cheese, tomatoes, avocado or anything else you like in an omelet.
6. Freeze for up to 2 months.
7. Thaw by putting in the toaster on the lowest setting.
Lunch/Dinner

RECIPES
Ingredients:
• 2 cups mixed greens
• 1/4 Avocado (sliced)
• 1/4 cup chick peas
• 1 boiled egg (sliced)
• 1/4 Apple (sliced)
• 4 grapes

Directions:
1. Mix all ingredients together and top with 1 tablespoon hemp and 1 tablespoon chia seeds.
2. Sprinkle with Basil lemon vinaigrette. (For dressing, whisk juice of half lemon, 4 tablespoon of olive oil, fresh basil (chopped) and pinch of sea salt and fresh black pepper).
Almond Crusted Baked Chicken

**Ingredients:**
- 3 medium, raw chicken breasts
- 2 egg whites
- 1 cup of almonds
- 1/4 cup Parmesan cheese
- 1 Teaspoon thyme
- 2 Teaspoon oregano
- 1 Teaspoon sea salt

**Directions:**
1. Preheat oven to 350 °F.
2. Add almonds, oregano, parmesan cheese, sea salt and thyme to the food processor and process until there is an evenly textured consistency.
3. Put chicken on one plate and the egg whites on another plate and the mixture on a third plate.
4. Gently roll the chicken in egg whites, then in the mixture, and put it right on the parchment lined baking sheet.
5. Bake for about 30 minutes.
**Tuna Salad**

**Ingredients:**
- 3 cans water-packed tuna
- 1/2 cup nonfat Greek yogurt
- 2 Teaspoon lemon juice
- 1 grated carrot
- 1 hard boiled egg
- 1 small tomato
- ½ Teaspoon dried dill
- 1 Teaspoon dried parsley
- ¼ Teaspoon Dijon mustard
- ½ small white onion
- ½ Teaspoon garlic powder
- 1 Teaspoon agave
- Dash of Sea Salt
- Pepper to taste

**Directions:**
1. Mix all the ingredients together in one large bowl and serve!
Sautéed Tomatoes and Spinach

A healthy, tasty recipe of spinach and tomatoes sautéed to perfection.

Ingredients:
- 2 plum tomatoes, seeded and diced
- 1 bunch of spinach (~6 cups loosely packed)
- 2 Tablespoons Grapeseed oil
- 1 small onion chopped finely
- 3 garlic cloves (minced)
- 2 Teaspoons fresh ginger
- ½ Teaspoon sea salt
- ½ Lemon

Directions:
1. Heat a large skillet over medium-high heat and sauté the onions in the oil for 2 minutes.
2. Add in the ginger, garlic and sea salt and sauté for another 30 seconds
3. Add in the tomatoes and sauté for about 2 minutes
4. Add in the spinach and cook until the spinach is wilted; Add splashes of water so that the spinach doesn’t burn
5. Sprinkle in lemon juice and serve.
Chipotle Chicken Chili

**Ingredients:**
- 2 TBSP. Extra virgin olive oil
- 2 medium onions, chopped
- 4 garlic cloves, minced
- 2 1/2 lbs. boneless, skinless chicken breasts (cubed)
- 1 TBSP. chipotle chili powder (or chili seasoning)
- 4 tsps. ground cumin
- 3 cans (19 oz) white beans, drained and rinsed
- 3 C low-sodium chicken broth
- 1 C fat-free half & half
- 1/4 C chopped fresh cilantro
- salt and pepper to taste

**Directions:**
1. In heavy stock pot, heat oil over med.
2. Add onions cook until tender (about 5 min.)
3. Push onions aside, add chicken and sprinkle w/ chili powder and cumin
4. Cook until the chicken is opaque on the outside (5-6min.)
5. Stir in 3 C of beans and 2 C broth, increase heat to med. high
6. Simmer partially covered, 10 min. add cilantro (reserving a bit for garnish)
7. Meanwhile, in food processor, combine remaining beans and remaining 1C broth.
8. Process to smooth puree stir bean puree and half & half into chili
Seared Scallops with Vinaigrette Sauce

**Ingredients:**
- 1 pound sea scallops
- ¾ cup soy milk
- 6 Teaspoon olive oil, divided
- 2 cups frozen green peas
- 2 green onions rinsed and thinly sliced
- ¼ Teaspoon sea salt, divided
- 1 Teaspoon fresh thyme leaves
- 1 Teaspoon fresh lemon juice
- 2 Teaspoon white wine vinegar
- 1 Teaspoon minced fresh mint
- ½ Teaspoon raw honey

**Directions:**
1. Heat a skillet on medium-low and add 1 teaspoon oil and swirl to coat skillet.
2. Add green onions and 1/8 teaspoon salt and cook, stirring occasionally, until onions are softened and just starting to brown.
3. Add thyme, peas and soy milk. Increase heat to medium and cook, stirring, until peas are heated through, about 5 minutes. Remove mixture from heat.
4. Scrape pea-milk mixture into a blender and purée until smooth, adding a bit more milk to thin, if necessary.
5. Heat a large skillet on medium-high. Add 1 teaspoon oil and swirl to coat pan.
6. Add scallops, leaving a bit of space between each to prevent steaming. Sear scallops for about 3 minutes per side, until golden brown and barely firm to the touch. Place scallops to a plate.
7. In a small bowl, whisk together remaining 4 teaspoons of oil, lemon juice, vinegar, 1 teaspoon water, mint, honey and remaining sea salt.
8. To serve, spoon 1/2 cup pea purée onto each of 4 plates and top with 4 scallops.
9. Spoon vinaigrette over top of scallops and serve.
Kale and Onion Soup

Ingredients:

- 1 bunch kale with stems removed, washed and chopped
- 1 small sliced onion
- 1 quart of vegetable broth

Directions:

1. Bring to a simmer for about 4 hours and let cool.
2. Separate the solids from the broth in a strainer
3. Place the onion and kale into a food processor and puree until creamy.
4. Add the broth to the blender and stir, and serve.
**Basic Caesar Salad**

**Ingredients:**
- 1 head of romaine lettuce torn into bite-size pieces
- 1 Tablespoon fresh lemon juice
- 1 Teaspoon apple cider vinegar
- 1 Teaspoon dry mustard
- 1 Teaspoon Worcestershire sauce
- 1 Teaspoon anchovy paste
- ¼ extra virgin olive oil
- 1/3 cup grated parmesan cheese
- Whole wheat croutons (optional)

**Directions:**
1. In a large salad bowl, whisk together the garlic, sea salt, oil, lemon juice, vinegar and mustard, Worcestershire sauce, and the anchovy paste
2. Add lettuce and toss to evenly coat
**Chicken Avocado Salad**

**Ingredients:**
- 3 TBSP. Extra Virgin Olive Oil
- 1 small lime, juiced
- 1 TBSP. fresh cilantro
- 1/4 tsp. sea salt
- 1 lb. romaine or bibb lettuce
- 2 medium tomatoes, diced
- 1 med. cucumber, seeded and sliced
- 1 lb. cooked chicken breast, shredded with fork
- 1 large avocado (chunks)
- fresh ground black pepper

**Directions:**
1. Whisk together oil, lime juice, cilantro and pepper (to taste) in small bowl
2. Combine lettuce, tomatoes, and cucumber in large mixing bowl
3. Toss w/ half of the dressing and season to taste w/ salt and pepper
4. Divide among 4 plates
5. Toss chicken w/ 1 TBSP. of remaining dressing and place over salad
6. Top w/ avocado chunks and drizzle w/ remaining dressing
7. Lightly sprinkle w/ paprika (if desired) for the finishing touch
**Green Leafy Stir Fry**

There’s nothing healthier than green leafy veggies for weight loss, detoxification and overall good health.

**Ingredients:**
- 1 pound of dark leafy veggies (such as collards, kale, spinach, mustard greens, dandelion greens, etc.)
- 2 Tablespoons Peanut oil
- 3 cloves of garlic chopped finely
- ½ inch cube of ginger (grated)
- 1 Tablespoon cooking sherry
- 2 Teaspoons of soy sauce
- 1 Teaspoon sesame oil
- Pinch of raw sugar

**Directions:**
1. Slice green into 1 inch wide sections and wash and dry greens.
2. In a large nonstick skillet, heat the peanut oil over medium-high heat and add in the garlic and ginger.
3. Cook, stirring constantly for a few minutes or until stems begin to soften.
Quinoa Veggie Salad

Quinoa is a healthy grain that tastes great with various veggies.

Ingredients:
• 1 cup quinoa
• 2 cups water
• 2 small zucchinis, chopped
• 1 medium carrot, chopped
• 1 small red onion, chopped
• 2 Tablespoons Extra-virgin olive oil
• 2 small squash, chopped
• One fresh lemon squeezed

Directions:
1. Roast chopped vegetables in the oven at 300 degrees until tender.
2. Bring the quinoa and water to a boil in a medium pot, reduce the heat and simmer for 10-12 minutes until quinoa is fluffy.
3. Toss everything together in a large dish.
4. Serve warm or at room temperature with a dash of sea salt or fresh lemon juice to taste.
Creamy Pea Soup

**Ingredients:**
- 2 cups thawed peas
- 1 Avocado
- 1 and ½ cucumbers
- 2 Tablespoon lemon juice
- 2 garlic clove
- 1 cup unsweetened almond milk

**Directions:**
1. Add the ingredients in a blender and serve with hot with chopped parsley.
Ingredients:
- 4 salmon fillets
- ¼ cup tamari soy sauce
- 2 Tablespoons raw honey
- 1 Tablespoon rice vinegar
- 1 Tablespoon ground ginger
- ¼ Teaspoon cayenne pepper
- 1/8 Teaspoon ground pepper

Directions:
1. In a large bowl, combine the soy sauce, honey, vinegar, ginger, cayenne and black pepper.
2. Add the salmon and marinate in a food storage bag for 2 hours.
3. Preheat the broiler and place salmon on a broiler rack about 8 to 10 minutes, until it’s flaky with a fork.
**Pineapple Peppered Mahi-Mahi**

**Ingredients:**
- 4 4-oz boneless, skinless mahi mahi fillets
- 1 cup whole-wheat couscous
- 2 and 1/3 cups low-sodium chicken broth, divided
- 2 Teaspoon extra-virgin olive oil
- ¼ Teaspoon sea salt and fresh ground black pepper
- 2 cups chopped fresh pineapple
- 1 red bell pepper, diced
- 2 Tablespoon chopped fresh chives

**Directions:**
1. In a small saucepan, bring 1 1/3 cups broth to a boil on high heat. Stir in couscous. Remove from heat immediately, cover and let sit for 5 minutes, until liquid is absorbed.
2. Meanwhile, in a large skillet, heat olive oil on medium-high.
3. Season both sides of mahi mahi with sea salt and black pepper. Add mahi mahi to skillet and cook for 1 minute per side, until golden. Remove from pan and set aside.
4. Add pineapple and bell pepper to skillet and cook on medium-high for 2 minutes, until soft, stirring occasionally.
5. Stir in cooked couscous, remaining 1 cup broth and chives and mix well.
6. Arrange mahi mahi on top of couscous mixture, cover with foil and cook for 2 minutes, until mahi mahi is tender and steaming under foil.
Collard Greens With Turkey Sausage

Ingredients:
• ½ Teaspoon Chile powder
• ½ Teaspoon paprika
• ¼ Teaspoon sea salt
• 1/8 Teaspoon of ground black pepper and cayenne pepper
• 3 medium shallots, thinly sliced
• 1 Tablespoon extra-virgin olive oil, divided
• 2 lean fresh turkey sausages with the casings removed
• 1 pound of collard greens, stems removed and leaves chopped

Directions:
1. In a small bowl, mix together Chile powder, paprika, salt, black pepper and cayenne.
2. Heat 2 teaspoons oil in a large sauté pan on medium-high.
3. Add shallots and cook, stirring frequently, for 3 minutes, until softened.
4. Heat remaining 1 tablespoon olive oil in pan. Add sausage and cook, breaking up meat with a wooden spoon, for about 3 minutes, until browned.
5. Stir remaining spice mixture and collard greens into pan. Cover and cook for 2 minutes.
6. Remove lid, stir and cook for 2 more minutes. Add shallot mixture back to pan, stir and cook for 1 more minute, until heated through. Serve immediately.
Ingredients:
• 1 18-oz salmon fillet, skinned
• 1 Chile pepper
• 1/3 cup fresh lime juice
• 2 green onions, sliced
• 1 cup packed fresh cilantro leaves, chopped
• 1 Teaspoon canola oil
• ½ Teaspoon sea salt

Directions:
1. Preheat oven to 350°F.
2. Cut pepper into thin strips and in a blender, combine pepper strips, lime juice, onions, cilantro, oil and salt and then purée.
3. Place salmon in a baking dish just large enough to fit fillet. Pour sauce from blender over salmon, turning fish to coat on both sides.
4. Bake, uncovered, until fish is cooked to your liking in center, 20 to 25 minutes depending on thickness of the fish.
5. To serve, slice fillet into pieces and spoon salsa from pan over top of each portion.
**Sweet Potato Fries**

**Ingredients:**
- 1 Teaspoon chopped fresh rosemary leaves
- 1 Tablespoon extra-virgin olive oil
- 3 medium sweet potatoes
- ¼ Teaspoon sea salt

**Directions:**
1. Preheat oven to 425°F.
2. In a small bowl, combine rosemary and olive oil and set aside.
3. Scrub potatoes and cut each potato lengthwise into 1/2-inch slices. Stacking 2 slices together, cut each into 1/2-inch strips.
4. In a large bowl, toss sweet potato strips with rosemary mixture until evenly coated.
5. Spread sweet potatoes on a large parchment-lined baking sheet in a single layer.
6. Bake for 30 to 35 minutes, flipping potatoes over halfway through baking time, until lightly browned.
7. Remove from oven, sprinkle with salt and serve warm.
Collard Green Stew with Black-Eyed Peas

Ingredients:
- 8 cups of collard greens, cleaned and chopped
- 1 can cooked black-eyed peas, rinsed and drained
- 1 can no-salt-added diced tomatoes
- 4 cups low-sodium vegetable broth
- Ground black pepper, to taste

Directions:
1. Bring broth and 2 cups water to a boil in a large saucepan on high heat.
2. Add collard greens, cover and simmer for 15 minutes.
3. Add tomatoes and return to a simmer.
4. Cover and cook until tomatoes are tender.
5. Stir in black-eyed peas and simmer until heated through, about 2 minutes.
6. Season with pepper, to taste, and serve immediately.
Cucumber Tomato Salad

Ingredients:
- 5 cups of heirloom tomatoes
- 2 small cucumbers
- 1 avocado, peeled and pitted
- ¼ red onion finely chopped
- ¼ fresh basil, chopped
- 1 Tablespoon red wine vinegar
- 2 Tablespoons extra virgin olive oil

Directions:
1. Chop tomatoes, cucumbers and avocado into small, bite-size pieces and combine into a serving dish
2. In separate bowl, combine onion, basil, vinegar, oil and salt and pepper to taste
3. Pour over tomatoes and serve.
Collards and Black Eyed Peas

**Ingredients:**

- 1 large bunch collard greens
- 1 and ½ cup cooked black eyed peas
- 2 garlic cloves, minced
- 2 Tablespoons extra virgin olive oil
- ½ onion diced
- Dash of apple cider vinegar

**Directions:**

1. Chop collard greens into bite-size pieces
2. In large pot over medium heat, sauté garlic and onion in olive oil until soft.
3. Add collard greens and stir until they wilt
4. Add extra water as needed to prevent collards from burning
5. Add black-eyed peas and vinegar and continue cooking for 3-4 minutes to heat throughout.
6. Season to taste with sea salt and pepper and serve.
The Core Materials include:

- Introduction to the DHEMM System
- **Part 1: DETOX:** 21 Detox Methods for Weight Loss and Vibrant Health
- **Part 2: HORMONAL BALANCE:** 5 Hormones that Slow Your Weight Loss and What You Can Do About It!
- **Part 3: EAT CLEAN:** What to EAT To Lose Weight
- **Part 4: MENTAL MASTERY:** 7 Mental Strategies for Weight Loss Success
- **Part 5: MOVE:** 50 Fun Ways to GET MOVING and Burn FAT!

There are 3 Bonuses included:

- **Eat-Clean Cookbook:** Eat Clean With 100 Flavorful Recipes
- **JJ’s Weight Loss Checklist:** How to Break Through a Weight Loss Plateau
- **Style Guide:** How to Dress Thinner and Sexier!
Ready-Set-Go... Good Luck!