

CHEAT WITH THE RIGHT TREAT

How to turn sweet cheats into guilt-free, 'good for you' treats!

MODULE 3

About The Types of Ingredients And The Reasons For Choosing Them

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Welcome to Module 3

I want to make mention, again, just how grateful I am for you being here. It truly fills me with joy to know that you are enjoying what I am sending you as much as I enjoy putting it all together for you. Isn't information and knowledge just the most wonderful thing!!! I really believe that one of the BEST things about the age we are presently living in, is that we now, more than ever, have easier access to real information. Information that can really positively change and vastly improve our and our family's lives, all while connecting us Well-Beans (yes, this is my new favourite term for us, don't you just love it!) with one another on a whole new level. This amazing world wide web allows us like-minded, wellness enthusiasts (aka Well-Beans... isn't it cute!), to find each other more easily, more often, and we are doing so in more and more of these kind, loving, and supportive communities. So, again... thank you. For being here, you Well-Bean you, and for being an active part of it all!

Hopefully you've already downloaded, and made some more of the sweet treat recipes from Module 1, plus enjoyed reading the information in Module 2 about sugar, my 'sweet tips', my 'sweet philosophy' and all about those dirty tricks bad ingredients play on us. I truly believe that this info (and the deliciousness of the sweet treats you've already made and are enjoying), is already helping you to experience just how empowering the right kind of information and the right kinds of foods, can be.

In this 3rd Module, we delve more into how to choose the right types of ingredients, and what we should be looking for - what ingredients we should be preparing our food with. For most of us, we can feel overwhelmed by food choices we should be making. We either don't know what's good for us, or we do know what's good but tend to justify the bad food choices

we make for ourselves and for our family because its easier, cheaper, less challenging and less time consuming. For me it was the same. The only thing I have found that has truly motivated me into action, is learning in more detail, HOW different foods affect my body, and WHAT happens to my body when I consume the wrong things and in detail... sometimes we need to be 'shocked' into action just a little bit.

I started [Fresh Life Journeys](#) because I dream about (and am working hard to create), the most amazing, information rich resource, where beautiful, 'wellness hungry', Well-Beans, like you and I, can find everything needed to awaken positive, healthful changes in our and our family's life. [Fresh Life Journeys](#) will continue to focus on useful tips, delicious clean eating recipes and many amazing wholesome, healthful lifestyle guides that will have you jumping for mung beans and vegan chocolate squares, because you just can't believe you finally found a place where you can find all the kind of stuff that resonates with your soul, speaks to your heart and inspires that part of you that knows you want to live more like the Well-Bean, you and I know you are.

I hope you know that I am passionate and will be here to support you in [many different ways](#), working hard to bring you all the well researched, cross referenced, real, raw information which I find, experiment with, love and then apply in my own life. I also will continue to learn and experiment in the kitchen to bring you more exciting and most of all, tasty nourishment that you and your family will love. [Fresh Life Journeys](#) is all about bringing you lots of great resources for you to use on YOUR fresh life journeys: as you build your dream, healthy, Well-Bean Lifestyle, full of Loving Wholesome Living...

[So remember... all this... is ALL about you!](#) There is no one better to decide what you need better than yourself. We usually just need to absorb, and

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Know where to find, the right (credible) information, solutions, recipes and ideas as we experiment to find out what works for us. You can and will be, your very own, Wellness Guru. You have the power to create your most happy, and supremely healthy self.

I am so honoured that I get to help you on YOUR journey. Your journeys of discovery, healing, wellness, happiness and so much more. And I get it, you're not only hungry to know more just for your own health and wellness goals, but you want to know more so that you can look after, and take care of those you love, those who rely on you to nourish them in every way. You and I are the same, we want the best for ourselves but we also want the best for our family and friends too. Just love that about you!

OK my fellow Well-Bean, chat to you in Module 4 and hope you have a loving, wholesome rest of your week. And don't forget, you can always get in touch with me at sam@freshlifejourneys.com if you need to.



Hugs xx
Sam♥

aka Sam Coconut, Carrot Lady, Wyatt!

P.S If you do get in touch, please know, that I do make every effort to get back to all my readers responses, even if it may take me a little while (I'm that "one 'woman'-band"!) I appreciate every bit of feedback, so thank you in advance!

About The Types of Ingredients And The Reasons For Choosing Them

Why Organic, Raw And Unrefined/Unprocessed?

When we return to ingredients that have been grown naturally, with as little human tampering possible, in the most organic way nature intended, we just simply get more health benefits. There is enough awareness now and enough information, studies and proof, that eating foods that are the least processed and come from healthy soil, and which haven't been exposed to chemicals, herbicides and fertilisers, have more nutrients and have more of a positive, healing, nourishing effect on our health, therefore increasing our and our family's wellbeing and longevity. Organic practices are coming back into high demand, not because a few extremist have protested hard enough, or a few 'greenies' have spoken out loud enough, but because millions of people around the world are driving that demand due to they themselves feeling better, improving or even curing their diseases and illnesses, and experiencing the difference for themselves.



Wild Foods And Superfoods

Wild foods, and/or superfoods are also being consumed more and more. But what are they? There are many different definitions for them, so I am just going to share with you what I understand them to be (this is neither wrong nor right, just my understanding of them).

Foods found growing in the wild are, well...wild foods. These are plants/organisms that have grown, totally free from human interference. They are usually found in areas outside of urban habitation, and although you might find some wild edibles growing in your backyard, these normally are plants that are not specifically cultivated and are certainly not produced using agricultural practices. Wild foods are usually found in extreme destinations and due to the wild ecosystems in which they grow, they usually are exceptionally potent (in a good way!), developing more intense nutrients, due those extremes of environment they have to endure to survive.

I like to think that most wild edible plants are superfoods. I don't really think of them as being two different things. I think of a superfood as being a nutrient dense food and wild (not cultivated) edibles would therefore be the most nutrient dense superfoods you can get.

By natural law, that old saying 'Only the strongest survive.' really is true. Plants/organisms that grow in the wild, have to 'fight' to survive, thrive and reproduce. These environmental challenges creates strong genetics and other positive enhancements from a biological perspective within the plants themselves. They have to produce more antioxidants and develop more richly dense nutrients in order to be strong enough to cope with the environmental challenges they are faced with. The harsher the environment, the more potent the nutrients found in the plant. This positively translates to our plates because eating these wild/superfoods gives our bodies more nutritional value per 'calorie'. Good examples of plant based wild/superfoods include the Acai berry found in the Amazon Jungle, and the Goji berry which grows in the Himalayan Mountains. Based on the description for a Superfood found below, I would call most edible wild plants/organisms, Wild Superfoods: The Oxford University Dictionary website states a superfood to be, a nutrient-rich food considered to be especially beneficial for health and well-being.

There are some cultivated varieties of plants that are now considered to be super/highly beneficial foods over and above most other conventionally plants. Dark green leafy vegetable plants, such as Kale is a good example.



I think a great variety of different plant based foods really is the key to overall good health, so as long as what you eat is organically grown: not grown from gmo seeds/genetically modified organisms, and are grown without the use of chemical pesticides, herbicides, fertilisers and so on; whatever plant based foods you eat is going to be great for your health. Eating deficient food: food that is chemical and toxin-laden; food that has been grown on deficient soil and therefore can't possibly absorb sufficient vitamins, minerals and other nutrients; food that has been grown from hybridised and genetically modified seeds, actually negatively impacts your health, never mind leaving you nutritionally starved. Sick deficient plants don't make healthy, well nourished humans.

Superfoods therefore are highly beneficial little extras we should all be consuming, that pack a quality, nutritional punch! Wild/Superfoods can be a little pricey, but we only need small amounts of them, in addition to other good foods we are eating daily, for them to have an impact on our health.

In conclusion, Wild foods and superfoods are foods as Nature intended and are a valuable addition even if you are eating lots of raw, (certified) organic, fruits, vegetables, nuts and seeds.

Our Bodies Don't Recognise Some Of The Foods We Eat?

Our body has an amazing ability to reject and get rid of what it doesn't need and especially what it doesn't recognise! So much of the foods found in the 'Western Diet', is recognised by the body to be foreign, harmful and toxic to us.

Our bodies know what is detrimental to our health and wellbeing. It then tries to protect us and attempts to get rid of all these bad toxins. The body tires itself out trying to continually get rid of these toxins through our digestive tract, our skin and through our other excretory systems. Our bodies are exhausted from constantly trying to rid our bodies of the toxins we constantly expose it to. And when it is overwhelmed by the sheer volume of toxins, and can't effectively rid itself of these toxins, it then stores these toxins in fat (the safest place to store it) to help protect our vital, essential organs from damage.

Add to that, the fact that we are not even giving our bodies the best quality food; the nutritious, organically grown, healthy plant foods, which the body needs and uses to repair damage, and deal with this 'workload'. Just the task of keeping up all normal bodily functions, as well as continually having to rid our bodies of the all these toxins... no wonder we get sick!

What happens when we eat good, clean, organic, whole foods?

- 1. Our body doesn't have to continue to deal with as many toxins coming in.**
Examples include modern agriculture: chemicals fertilisers, pesticides and herbicides and GMO's - genetically modified organisms.
- 2. Our body now recognises the food because it's as nature intended it.**
When we consume what we have evolved to consume, our body can actually fully utilise what we eat.
- 3. Our body starts to have the right fuel and therefore the energy it needs to do a better job of removing existing bad toxins.**
Your body will also be able to start detoxing and ridding the body of the deep, underlying toxin build up that has been accumulating in your body for years.
- 4. By replacing toxin-laden foods, with nutrient dense, living/raw plant food,** the body will not have to deal with getting rid of what shouldn't be there, and instead be able to focus on better absorbing nutrients for optimal health.



Giving Our Digestive Systems A Break

There are more specific reasons for there being no flours, wheat products, meat and dairy of any kind in recipes here on 'Cheat With The Right Treat' and on Fresh Life Journeys, but for now the main reason is a simple one: plant based, whole foods are some of the easiest foods for your body to digest and absorb nutrients from. It's also the most important, and least consumed 'food group', albeit one that offers the most health benefits. There is a lot more information to be shared on this subject in the future on the blog.

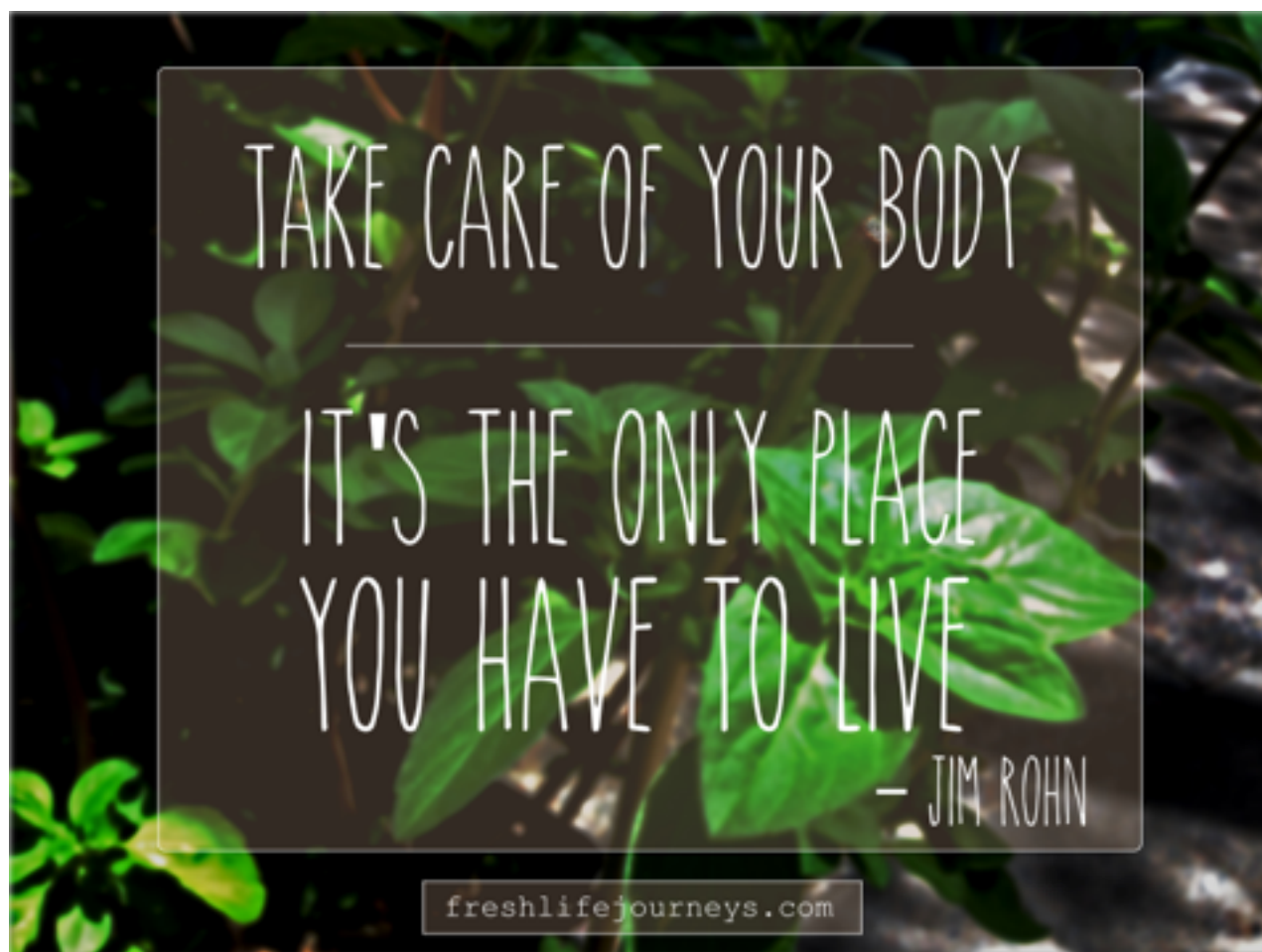
The research I've done so far, and look forward to sharing more of with you, seems to be that many of the manufacturing elements in the 'food industry' form part of the reason commercial foods makes us sick and fat, therefore eliminating them and sticking to more plant-based, mostly raw, organic whole foods gives our body a break from having to process stuff it was never designed to process, and allows our body to start functioning better, due to adding more of the right foods our bodies are really craves and can really utilise.

My Love Of Organic, Raw, Unprocessed/Unrefined Whole Foods

The Fresh Life Journeys I have been exploring, on my path to healing, losing weight, shaking depression, and helping me to gain my vitality, clarity and lust for life back, can be traced, fundamentally, back to these main foundations: a new found understanding, a new found respect and a budding romance and love affair with mostly plant-based, mostly raw, and as organic as I can get, whole foods.

By choosing to follow the principles, recipes, tips and other info shared on Fresh Life Journeys, I hope you too will find the information I share to be motivating, and I hope there will be lots that inspires you here to embark on or continue on your own journeys of discovery: tasting, testing, trying, adding and using better quality ingredients in your and your family's fresh, wholesome existence.

Fresh Life Journeys is all about helping you find what works for you, what will make your and your family's life a more nourished one. If anything I have shared so far makes you feel all warm and fuzzy on the inside and inspires you to want to live more healthy then you have a fairly good idea of what being a part of Fresh Life



Journeys Family is all about, and I will endeavour to bring you everything that is loving, and wholesome to your lifestyle. It really is my true passion to have others experience the same health benefits, energy and wellbeing that good wholesome food and lifestyle has and does bring me and my family. I will continue to share only what I have experienced, tried and love.

Conclusion: Let's 'Wrap' This Gift Up!

...I know, I know, I just can't help these little plays on words lol!

Ok, but seriously, what I hope you'll take away from this Module are these 2 things:

1. Eating more unprocessed, whole food ingredients, like the one's you've found in '**Cheat With The Right Treat**'s recipes, helps diminish cravings, aids in weight loss, and delivers super, 'good-for-you' ingredients to your body in a most enjoyable way!
2. When you remove empty calories and toxic foods like those laden with additives, preservatives and highly processed sugars, and replace them with unprocessed, whole food ingredient foods, your body will sing and dance and thank you, BIG TIME! They contain ingredients that fill you up with fibre and are packed with nutrients which helps the cravings start disappearing. While I don't 'crave' sweet things like I used, I still do and always will, enjoy sweet treats. Especially anything to do with chocolate. Both you and I get to satisfy our sweet tooth without the guilt that normally comes along with it.

So here's to enjoying healthy sweet treats. We don't have to cut out all enjoyment when it comes to being healthy. Even though we want to lose that extra weight, improve our wellbeing, and pursue healing for our bodies, we can still enjoy the yummy things in life by learning how to use the right alternative ingredients, all without losing the satisfaction something sweet can give you. I hope you will make and enjoy these healthy sweet treats recipes with your family and friends for a long time to come. I hope you love and enjoy these treats as much as I do and I look forward to hearing your feedback!

AMEN to wholesome ingredients!

References and Resources

You will have already read the following in previous Modules:

One of my biggest values with [Fresh Life Journeys](#), is that I only share information from reliable and credible sources.

All the factual information I have added here and indeed anywhere on [Fresh Life Journeys](#) is sourced from experts, doctors, specialists and other passionate and well established public figures who I've thoroughly researched and feel I can trust. Those who have proven their knowledge, passion and or expertise over an extended period of time.

I like to call these wonderful pioneers, my [Wellness Mentors](#).

I also prefer to listen to [Wellness Mentors](#) who for the most part, live and breathe what they believe, research, talk and write about, especially seeing as I myself try to do the same - I say most of the time (80% of the time I'd say), because we are after all, only human. [The 80/20 concept](#) that I enjoy living by is also, for most people, a much more do-able concept than constantly being strict and causing ourselves stress trying to be healthy 100% of the time - which is virtually impossible... unless you live in a bubble!

Across all articles, guides, e-books and blog posts found on [Fresh Life Journeys](#), there will always be a section like this one which will tell you where I get my information from. xx

[Superfoods](#) - David Wolfe

[Healing The Gerson Way](#) - Charlotte Gerson

[Raw Juices Can Save Your Life](#) - Dr Sandra Cabot

[The New Oxford Book Of Food Plants](#) - John Vaughn and Catherine Geissler

[The Encyclopedia of Nutrition And Good Health](#) - Dr Robert A. Ronzio

[The Perricone Promise](#) - Dr Nicholas Perricone

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