

CHEAT WITH THE RIGHT TREAT

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

MODULE 4

About Some Key Ingredients I Like Using Often And Why I Use Them

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Welcome to your 4th and last module

This makes my heart smile, to see you here again, and thoroughly enjoying learning more about what you are putting into your body. I truly believe that the only way forward for us to reduce this crazy epidemic of premature ageing, as well as this out-of-control growing number of us all experiencing or having someone we love, deal with some kind of degenerative, lifestyle diseases or chronic illness, has to be through educating ourselves. For us to know more about what we put in and on our bodies, and how our daily habits affects every aspect of our mood, productivity, quality of life and longevity. So that we might demand better quality and more of, the right kinds of foods and learn to practice more of the positive habits that truly look after this amazing life and body we have been given. To give ourselves foods that make us feel great, along with a lifestyle that nourishes, not only our bodies, but our minds, our souls and yes, even our hearts!

It is my passion to seek out and share with you all the phenomenal, and indeed more accessible than ever, information out there, that is going to allow you, and empower you, to take your and your family's life, health and wellbeing into your own hands.

I just love that we are now a beautiful, positive part of each others lives: we are going to have so much fun together, and I look forward to supporting you in a spirited, loving, wholesome, organic kind of way. Oooooooweee, I'm so excited!!

I have said this before but I'll say it again, here's looking forward to sharing in your healthful journeys with you. To witness your amazing, continual transformation and feel the joy it brings into your life. Thank you, once again, so much for being here. I am so humbled to be a part of your special journeys of discovery, to create your most healthy, happy you.



Hugs xx
Sam♥

aka Sam Coconut, Carrot Lady, Wyatt!

P.S Once again, if you have any questions please feel free to contact me: sam@freshlifejourneys.com! I do make every effort to get back to all my readers responses even if it may take me a little while (after all, I'm a one-woman-band!) - I do appreciate every bit of feedback, so thank you in advance!

About Some Key Favourite Ingredients I Use Often, And Why I Use Them

Why Raw Organic Coconut?



Coconut Benefits

The coconut palm truly is the 'Tree of Life'. It produces tree nuts which are used and eaten in a variety of different forms. Its oil is one of the most beneficial known to man and the many other products derived from this humble nut has a myriad of vital and extremely health benefiting properties. Coconut, in all of its many forms, is packed with nutrients which are easily digested and assimilated by our bodies and is mostly made up of the healthy mono-saturated oils or 'good' oils.

Coconut Oil Benefits

When oils are heated it causes oxidation and this creates damaging free radicals. Most cooking oils develop free radicals faster than coconut oil does, when heat is applied. Coconut oil's high melting point makes it one of the healthiest of all oils, especially to cook with because, well, it is able to handle the heat! Better than almost every other food oil out there. Coconut oil easily replaces other oils and

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butters in your kitchen and recipes, therefore significantly reducing your exposure to free radicals. Examples of these free radical forming, lower melting point oils and saturated fats we normally consume on a daily basis include: animal based fats/oils or poor quality or genetically modified, highly processed vegetable oils, and trans fat oils. Be very careful about heating any of the touted 'healthy oils' like flaxseed oil, and yes, even olive oil - these oils are supremely beneficial to our health, but ONLY if they are consumed raw (not heated at all), otherwise once heated, even just a little, they can be some of the most damaging to consume. The fragile, delicate nature of these oils quickly react to heat causing oxidation fast, and therefore creating high amounts of damaging free radicals! See how important it is to know just that little more detail about foods and how they should be prepared for optimum health benefits. Again, one of the reasons we feel overwhelmed by information out there is because we hear something is good for us, but in the next minute, they are bad. It all comes down to quality of ingredients and HOW you use them.

Myths About Coconut Oil (and other coconut products), debunked!

Coconut oil and other forms of coconut, has in past decades been completely misunderstood, and also got given a bad rap due to poor manufacturing processes in times gone by. Coconut oil used to be thought of as a fattening oil - one which would make us gain weight and increase our risk of heart disease. Just like any other food or oil, if it is heavily processed, especially with poor manufacturing processes, and heated at extremely high temperatures, it will lose its nutritional value and will turn into something that actually damages our health rather than benefit it. Remember how heat causes free radicals? Well even coconut oil will start to oxidise at extremely high temperatures. Methods like cold-pressing to extract oils, are being chosen more and more, over the old, poorer manufacturing processes and the results are that we now have access to the most healthful coconut products ever. Pure, raw, organic, cold-pressed coconut oil is so much more widely available, and people all over the world, are finally learning about, feeling and experiencing its incredible health benefits for themselves.

Coconut oil converts very quickly into energy and is not recognised nor stored as fat. It actually assists the body in removing bad, damaging fats already present in the body! You can't get fat from eating organic cold-pressed (not heated) coconut oil. So the take away here is that it actually has the ability to make your body burn bad fat!

It can not only be eaten in many different ways, but it can also be used in many different ways. Just the oil alone can be used on the skin as a moisturiser or as a

treatment to improve many different kinds of skin concerns. It has an SPF10 sunscreen, and is a beautiful hair conditioning treatment. I even make my own homemade natural, non-toxic insect repellent with it.

Forms of Coconut I Use In Recipes

Coconut Oil, Organic Cold-pressed

Coconut Chips/Flakes/Shredded

Creamed Coconut

Coconut Cream

Coconut Yogurt

Coconut Water

Why Raw Organic Cacao?



Cacao And It's Benefits

I am like most people on the planet - I love chocolate. I'm sure you're nodding your head in agreement with me on that one. All 'chocolate' is created from the cacao bean, pronounced 'ka-kow' (like 'cow'). Modern, commercially made chocolate is not good for us at all, for many reasons: the way its manufactured and the fact that all the wrong oils/fats and truck-loads of sugar are added to it. That old saying about 'chocolate' being very good for us, is actually very true but ONLY if you don't heat it, over-process and destroy all the beneficial elements of it. Heating and over-processing, is unfortunately what happens with most mass produced chocolate.

If cacao is only gently processed, to maintain it as a raw ingredient: raw, is considered to be anything that is either not heated at all, or only has 'heat' of around 40°C/100°F applied. Keeping it in it's raw, organic and nutritionally dense form, it is said to be one of the most powerful superfoods on the planet. It actually contains pharmacological components that act to de-stress and anti-depress, and contains a long list of vital nutrients our bodies love to absorb and utilise for

optimum health. The high levels of magnesium and antioxidants found in cacao, are more than can be found even in blueberries, wine and green tea!

If prepared the right way: keeping the cacao raw, and therefore with all its nutrients still in tact; and then combining it with other beneficial whole food ingredients, you never have to feel guilty about indulging your chocolate addiction, ever again.

When I discovered that I could eat (healthy) chocolate to my hearts content, needless to say, I was in heaven. Still am. Can't go a day without something sweet or chocolate-y to satisfy my over achieving sweet tooth! Hence the birth of '**Cheat With The Right Treat**'.

Forms of Cacao I Use In Recipes

Cacao Powder

Cacao Nibs

Cacao Butter

Cacao Paste

Why Raw Organic/Insecticide-free Whole Almonds?



Almonds And It's Benefits

Almonds come from a nut tree and have been cultivated for as long as olives have. Sweet almonds are the ones we eat (there is such a type of almond called a bitter almond - I'd take a guess and say they are not so yummy for eating!). The kernel (or seed, which we know as the nut) contains 40-60% oil and about 20% protein.

As with all nuts, almonds through to peanuts, they have been misunderstood, thought to make us fat if we eat many of them. Nothing could be further from the truth, but only if we are consuming them in their raw form. Nuts mostly contain all the good oils our bodies utilise and need for optimum health. They contain powerful antioxidants and anti-inflammatories (many illnesses and degenerative diseases are being said to be linked to inflammation in the body e.g.. heart disease = an inflammatory condition).

The omega-3 and omega-6 polyunsaturated fats/oils, which are the oils nuts are mostly made up of, reduce bad cholesterol and help normalise cholesterol levels.

Almonds in addition are approximately 40% omega-9 monounsaturated fatty acids, one of the highest percentages of all nuts. Almonds are especially rich in Vitamin E, which is a heart protective antioxidant. Almonds are also especially high in the amino acid arginine, which is an immune system booster and known to inhibit tumour growth.

If you heat nuts all the stuff that makes them great, becomes stuff that affects your health in negative ways... roasted, heated, over-salted, nuts are not good for you. However, if you eat nuts in their raw form they are SO good for you, especially if you activate them. See *Module 1*: I share with you how to easily activate Almonds using just your oven, in my very first message I wrote to you in *Module 1*: "*Quick tips from me on these recipes.*"

The great thing about eating foods that have good oils/fats in them, is that they make you feel fuller quicker (you don't eat as much) and you stay feeling fuller for longer (don't get hungry as quickly). It is also an exceptionally versatile ingredient as you will see in the recipes I've already shared and in the future.

Forms of Almonds I Use In Recipes

Almonds, Raw Whole

Almond oil, virgin cold pressed

Almond Butter

Almond Meal

Why Raw Organic Honey?



Honey And It's Benefits

The Egyptians were one of the first to keep bees and honey has been consumed throughout history, regarded as a healing, energy giving food, believed to extend the longevity of those who consume it. Honeybees visit approx. 2 million flowers to make 1 lbs / 1/2 kg of honey! Honey bees are the only insects that produce a food humans can consume and it's also the only food in the world, that doesn't spoil over time.

Honey in its raw, organic and unfiltered/unprocessed state is rich in enzymes, probiotics, minerals, and antioxidants. It is healing, easily digested and a gentle form of energy (sugar) for the body. Bee pollen is the most complete superfood found in nature and contains vitamin B9 plus all 22 essential amino acids which makes it an energy-rich, complete protein source.

Forms of Honey I Use In Recipes

Honey, Raw, Unfiltered, Unprocessed (preferably Manuka)

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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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