

Everyday Deep Healing

by Caroline Marie Dupont

Down to earth guidance.

Heavenly recipes.

# **EVERYDAY DEEP HEALING**

by

**Caroline Marie Dupont**

**Heal symptoms & disease,  
fall in love with your body,  
and let your soul shine.**

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## **A Deep Healing Remembrance**

You are in the midst of an unfolding called Life.

It will look different from anyone else's.

You have an inner teacher.

Often called the Soul, it has always been with you  
and will guide you through your deep healing journey.

You must get comfortable with living in the unknown.

Your Soul will guide you to each step on your healing path.

However you cannot know that step without taking the previous one first.

You haven't done anything wrong, nor has your body.

Everything that feels uncomfortable is an opportunity to learn  
what makes you feel more alive, at peace, and connected.

You may be inspired by what you learn.

You will resonate with things that your Soul already knows.

You will also be challenged by the process of deep healing.

Your most tightly held beliefs will come into question.

Your most protected emotions will be brought to the surface.

If you want easy, this may not be the path for you.

That being said...

You will find deep healing increasingly effortless  
when your heart longs for it more than anything else  
and you begin to sense the unfathomable ocean of love that is supporting your journey.

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## **Introduction**

Deep healing refers to the innate capacity that your body has to maintain or return to a state of balance and vitality given the right circumstances. This may seem like a bold statement but the truth is that the vast majority symptoms and diseases that are considered incurable in western society can be healed. In addition, the soul has the capacity to shine in the midst of any physical issues as well as during the healing process.

Although we're dealing with more health challenges than ever, with a confusing array of healing approaches abounding, there is some solid and truly helpful guidance available to us, along with an inborn capacity to connect with intuition which is meant to be our guiding light. With faith, guidance and support from friends and genuine practitioners, and the willingness to do what it takes once we connect to our deepest aspirations, we all have the capacity to enjoy the beauty and ease of living in a body the way it was meant to be.

## **I love exploring the place where the body and soul meet.**

Too many of us are spending precious time dealing with health issues that rob us of our energy, prevent us from fully enjoying our lives and loved ones, and fulfilling our potential. Each one of us is here to discover what our particular song is and to sing it to benefit all of life. I believe that not only can we find that song more easily in a body that is clean and nourished, but that we can also sing that song more consistently and joyfully supported by foods whose dharma it is to help us.

## **The birth of this book**

For me, the impulse to write a book always comes from within. For a while I feel a little seed resting under the soil, gathering what it needs to grow and flourish. As I pay attention to my own healing process and to the needs of my students and clients, I sense common threads and areas that seem to universally need attention and exploration. This book fills a gap that I don't feel is readily met in the information that is currently out there and is born from my desire to create an offering that will speak to your soul, help you to fall in love with your body and give you all kinds of simple and practical ideas so you can make the necessary nutritional shifts easily and joyfully, heal your body and get on with the business of living a full and good life.

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## **The healing puzzle**

I'm fortunate to have the unique perspective of a practitioner who engages with multiple pieces of the healing puzzle. Because I work with nutrition, soul coaching, energy work, meditation, movement and yoga, often with the same client, I've gained an understanding of how the pieces interact with each other, and also when a certain piece has reached its limit unless we work with another piece. For example, I can give a client a menu plan that will help her to heal, but if she's caught in emotional struggles it will be all but impossible for her to find the energy and focus to follow my recommendations.

I wrote Everyday Deep Healing to give you the information and tools to keep you motivated and inspired so that you can stay on track and go the distance. When you understand the healing process it will be easier for you to navigate your unique journey, particularly when you encounter common but challenging bumps in the road that have the potential to derail you, for example loss of motivation, symptoms temporarily returning, and self-doubt to name a few.

## **We eat every day**

Food choices contribute a tremendous amount to our health and happiness. What we eat either adds to our overall sense of vitality or takes away from it. Consistently choosing foods that add to vitality is the key. We only get so many meals in a lifetime, and every meal is an opportunity to affirm our desire to feel good and to support our body in its role as a vehicle for our soul. In this book I'll share which foods should be avoided while you're healing and why, and which are the most powerful healing foods with ideas for incorporating them regularly.

## **Healing takes time**

Like most people, you've probably had the experience of feeling the positive effects of a cleanse: you've eliminated certain foods for a while, increased your intake of fruit and vegetables, taken herbs or supplements, drank juices and smoothies, and noticed improvements in your overall health. While you may have fallen back into old habits, and symptoms may have returned, you should know that everything you've done to improve your health up to this point creates a foundation for the next steps.

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That said, I want to go beyond education and a menu plan with this book. We will explore the process of positive change and I believe that if we look deeply enough at the barriers that seem to prevent us from moving forward they dissolve in the light of our willingness to see what's truly important and what's importantly true. I sense that at the heart of food and health challenge lies an ache to **return to the ease and fullness of soul**. When we explore our relationship with food with **curiosity and tenderness** we will invariably find pathways back to our deepest self, and effortless body and soul-supportive choices.

When you undertake following what I offer here in Everyday Deep Healing you will likely feel positive changes within the first few days, and possibly a complete disappearance of some of your symptoms. That said, it's important to know that in order to heal all the way it will generally take 6 months to 2 years on the health supportive approach that I present in this book because the organs need time to rebuild and detoxify. This might seem like a long time but when you consider that it's taken a lifetime, and arguably generations, to get to where you are as you read these words, it's actually quite a miracle. Regardless of the symptoms that you're experiencing you have a God-given right to health and happiness and the capacity to heal. Your body is always doing its best to support you in this endeavor. Even if you're not ready to completely embrace Everyday Deep Healing every little positive choice has a significant impact so don't worry about being perfect. Perfection is simply being yourself, being sincere and letting your health journey unfold. I have complete faith that you can do it.

## **Does the world really need another health and recipe book?**

When I choose and create recipes, it's important to me that they're not only tasty and satisfying, but that they also contribute to wholeness. The truth is that many of the tasty recipes out there have ingredients that unknowingly perpetuate our health problems. Also, the physical, mental and emotional issues that we're dealing with in this day and age are unique and require the innovative approaches that we'll be exploring together.

In my health practice I see many people who take relatively good care of themselves and are still suffering from symptoms. For example, you may be eating certain whole foods on a daily basis that may have been health-supportive in the past but are currently directly contributing to your issues. Understanding what's at the root of your symptoms, eliminating the problematic foods for

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as long as you need to, and regularly incorporating more of the most healing foods can literally make all the difference in the world.

## Learning to trust your intuition

There are many contradictory nutrition trends out there which are a source of confusion, frustration and discouragement for many. The primary way to get clear is to listen to your body and tap into your intuition. Although you will likely still refer to experts and science, you will learn to filter outside information through:

- **Your head.** Does the mind feel open and relaxed? Does the information make sense? Does it require you to continue convincing yourself?
- **Your heart.** Does the heart feel open and soft? Does it align with your deepest values? Do you sense that the information is coming from love?
- **Your gut.** Does the belly feel relaxed and unguarded? Do you feel safe? Is there a deep sense of “rightness”?

Over time you will be able to more easily identify and trust the foods, practices and practitioners that are most helpful for you at this time. You'll also begin to see your body for the ally that it is, and naturally become a better steward of it.

## How I came to Everyday Deep Healing

At 57, I'm clear that I want to spend the rest of my life feeling vital. That said, although a huge part of my life has been spent delving into all aspects of health, and living them to the best of my ability, I too have had mysterious symptoms that have required curiosity and dogged determination to turn around. Thirty years into the pursuit of all things health-related, feeling healthier than ever, I'm dedicated and passionate about sharing what I've learned in clear and simple ways, and helping you to also experience the joy of living in a vital happy body.

I was raised in the sixties, in an era where new types of processed foods were showing up on grocery shelves at an exponential rate. Although my mother was an avid and excellent cook and we ate plenty of whole foods, I also had my fair share of Jello puddings, Cheese Whiz, margarine, packaged soups, white sugar and more. No doubt I was exposed to many of the chemicals that were commonly being used to grow and process food during those times.

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Throughout my schooling years, right through to a Master's degree in physiology with a specialty in preventive and rehabilitative cardiovascular health, I was taught very little about truly health-supportive nutrition. The schools and universities that I attended simply towed the Canadian or American Food Guide line. As far as I can remember it was never questioned, and nutrition was often diminished as not that important in disease prevention and healing.

The birth of my first child brought forth a keen interest in nutrition. I naturally recognized that food could have a significant impact not only on my children's physical development but also on their souls' capacity to thrive. Around that time I read the book *Diet For A New America* by John Robbins and became a vegan practically overnight. While my heart resonated with this approach to eating it led me to countless books and articles researching how to do it right. I wanted to ensure that our family's health would not be compromised in any way. I already enjoyed being in the kitchen but most of my meals were full of animal products, fats, and refined foods like white flour and sugar. (Please note that *Everyday Deep Healing* doesn't necessarily require you becoming a vegan).

I was also still highly programmed by my earlier education and had to work through self-doubt and conditioned fears around our new way of eating's capacity to keep us all healthy. Of course I realize now that these fears were unfounded as my children thrived and rarely got sick. On the positive side, the fears did keep me digging and researching and eventually learning to trust myself. I spent many hours in the kitchen learning how to create plant-based meals that we could enjoy and that were also health-supportive. I started doing talks on vegetarianism and holding cooking classes in my home. In addition, this was the late 80s: it was rare to find organic food and natural products and the only health food stores were small privately owned businesses with limited choices. It took a lot of experimenting to find products and recipes for my family that were wholesome and tasty.

Meanwhile, I became a Registered Holistic Nutritionist and began a long career teaching for some of the Toronto-area campuses of the Canadian School of Natural Nutrition. Working with clients and teaching cooking classes created the foundation for my first book *Enlightened Eating*. As I realized that good recipes, encouragement, and education were not enough to help people to shift their health eroding habits, and as I struggled at times with my own habits and health, I

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delved deeper into all things health related including energy work, yoga, movement, emotional healing and meditation.

In 2004, a series of events led me to a fortuitous meeting with a man who discovered a profound gift for channelling spiritual information while receiving energy work from me. As his intuitive gift unfolded, we were guided to offer readings related to health, relationships, life purpose, spirituality, the path of the soul, and more to private clients and occasionally large groups.

Over the course of the next two years, I was in ongoing direct contact with our spirit guides, including Edgar Cayce (see foot note), and received an invaluable and rare education on the care of the body and soul. The readings opened the door for much beauty for me but also both physical and emotional challenges as outdated beliefs and ways of being were excavated. The main way I stayed relatively afloat was a consistent meditation practice, which the guides encouraged at every possible opportunity. I was living two concurrent lives, as a single mom and householder needing to be in the world and doing my best to be of service, and as a soul in the process of intense transformation who needed a lot of self-care and quiet time to deepen my spiritual connection.

Foot note:

Edgar Cayce, who lived in the early part of the last century, has been called the “sleeping prophet” and the “father of holistic medicine”. In a state of relaxation and meditation, he was able to place his mind in contact with the super-conscious mind, which gave him access to as of yet unrevealed knowledge, new perspectives on history and even prophecies. For more than 40 years of his adult life, Cayce gave intuitive “readings” to thousands of seekers while in an unconscious state, most of which dealt with holistic health and the treatment of illness. Individuals from all walks of life and belief received physical relief from illnesses or ailments through information given in the readings. Many of his insights are still cutting edge a hundred years later. He also loved to explore topics like discovering your mission in life, exploring ancient mysteries, intuition, and taking responsibility for your health.

As I connected more deeply with my soul through spiritual practice I became less oriented to external sources of information and more attuned to intuition. This impacted my food choices and helped me to find my way in the midst of often conflicting trends. By the time I wrote the book *Deep Healing*, informed by my own journey and that of my students and clients, I had a deep sense that the most healing diet was one that was primarily made up of living plant-based

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foods. Although I had a strong inner knowing as to the effectiveness of this approach, paradoxically I was becoming less rigid, encouraging clients to become more self-responsible and to explore their own intuitive inclinations. While I felt it was my duty to orient them towards food recommendations that would have a powerful impact on their sense of well-being, I also trusted their body and soul complex to find its' way.

Although my health was generally better than my peers, I found that I had some relatively minor but persistent symptoms that perplexed me and dodged my best efforts at eradicating them. Among them were restless legs, sleep issues, periods of weight gain, digestive bloating at times, anxiousness, abnormal cells on my cervix, pressure around my eyes, and dry skin on my feet.

In early 2016 my naturopath and friend gave me the book *Medical Medium* by Anthony William. I brought it home and set it aside on my desk. The next day I had a client with diabetes and decided to check what Anthony had to say. I saw that not only did he not eliminate fruit (a common approach), he encouraged it. I had always sensed that this was the correct approach but didn't always have the confidence to recommend unreserved consumption of fruit to people with blood sugar issues given the strong trends recommending the opposite. My interest was piqued and I proceeded to delve into the book. As I was just finishing a juice fast with a group of clients I immediately undertook the 28-day cleanse that Anthony suggests. His cleanse was similar to the diet that I recommended for transitioning back to solid foods from juice fasting. The main difference was that it reduced fats significantly and included only fruits and vegetables, whereas in that past I had included some gluten-free grains and legumes. With Anthony's encouragement, I also started drinking celery juice and a heavy metal detox smoothie on a daily basis. The shifts in all of my symptoms were immediate. Thanks to Anthony's writings I understood for the first time that although I was taking good care of myself by all accounts, like all human beings, I had a pathogen in my system, specifically Epstein Barr virus, that was causing the majority of my symptoms. Certain foods that I was eating like corn and soy were feeding the virus so I needed to steer clear of these. I was thrilled that I was easily able to make relatively small tweaks in my diet and enjoy relatively huge improvements in my symptoms.

The unique thing about Anthony and the information that he shares is that he is receiving it from a source that he calls Spirit. Given my history with channelling it wasn't at all a stretch to trust

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information from the super-conscious, plus it all resonated deeply and aligned with so much of what I had discovered for myself. In addition, it has felt clear to me that Anthony's intentions are pure and the Spirit source of the information that he receives is loving and compassionate. Although I've been exploring nutrition with passion and dedication for the past 30 years, much of the more detailed information that I learned through Anthony and Spirit was new to me and set off light bulbs that have given me many invaluable new pieces to the health puzzle. I'm eternally grateful that as a result I've become a better steward of my body and a more effective practitioner.

When Anthony was four years old, as he was lying in bed one morning, he heard a man's voice that told him he would be with him for the rest of his life and that together they would help to reduce people's suffering particularly due to physical disease. Later that day, Spirit told him to stand next to his asymptomatic grandmother and say the words lung cancer, a diagnosis that was later confirmed. Unlike most intuitive voices, the one that Anthony hears is outside his body and when he blocks his ears, it becomes muffled. He hears it 24 hours a day and it gives him constant readings on the people he meets, tells him the root causes of their disease, and provides food, herb and supplement-based remedies. Although he has no formal science background, his knowledge of the human body is astounding. Popular health expert and New York Times bestselling author Christiane Northrup, M.D., has said that: "Anthony's gift has made him a conduit for information that is light-years ahead of where science is today." Nutritionist Ann Louise Gittleman, Ph.D., author of 30 health-related books has said that: "Anthony William is the Edgar Cayce of our time. . . [His] practical and profound medical advice makes him one of the most powerfully effective healers of the 21st century." Alejandro Junger, M.D., author of several popular best-selling health-related books states: "Within the first 3 minutes of speaking with me, Anthony precisely identified my medical issue! This healer really knows what he is talking about. Anthony's abilities as the Medical Medium are unique and fascinating."

I am grateful beyond words for the benefits that my clients and I have received through Anthony's dedication to his life purpose. He is an honest and compassionate voice in the midst of a cacophony of conflicting opinions that are often driven by ignorance, self-interest, greed and agendas. I continue to study his material extensively and have incorporated his wisdom and

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teachings in my practice and writings, including the book that you hold in your hands. That said, I will be summarizing what Spirit shares through Anthony for the sake of mainly focusing on the application of the principles, so if your interest is piqued I highly recommend connecting to his teachings through his web-site [medicalmedium.com](http://medicalmedium.com), his books, blogs and radio programs.

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## **There are 2 main factors that interfere with our health.**

The first is an excess of toxins which prevent the body from functioning optimally.

The second is a lack of the nutrients needed for the body to function optimally.

Let's explore these more closely.

## **Toxins and pathogens have changed the course of human health**

Any healthy body has a small amount of viruses and bacteria (together I will refer to these as pathogens) whose role it is to ingest and neutralize toxins, both those produced as a result of metabolism and those coming from the environment. Since the industrial revolution humans have been exposed to increasing amounts of toxic chemicals and heavy metals through the air that we breathe, the foods that we eat, the water that we drink and the products that we use.

When pathogens consume these chemicals, like any organism, they excrete waste. Thanks to Anthony's capacity to access information that is ahead of current-day science, we are becoming aware that what they excrete is even more toxic than the initial chemical. The environment in the tissues surrounding the pathogens then becomes so toxic that only certain mutated forms of it survive. As these reproduce and continue to consume chemical and heavy metal cocktails the environment in the body continues to get more and more toxic which leads to inflammation, malfunction of the cells and organs, and ultimately the vast majority of the physical, mental and emotional symptoms that we are experiencing nowadays.

There are currently more than 100 varieties of the Human Herpes Virus (HHV). Epstein Barr Virus (EBV), which is commonly known, falls into the HHV category. Although medical communities are only aware of one variety, Anthony reveals that there are over 60 varieties of EBV. There are also over 30 varieties of non-rash shingles virus, also herpetic, that are responsible for colitis, Bell's Palsy, colitis, neuropathy, migraines, frozen shoulder, trigeminal nerve inflammation and more.

Ninety-eight percent of cancers are caused by a virus (often a form of Epstein Barr) in combination with pesticides, radiation or heavy metals. The virus has mutated so many times that it eventually becomes cancerous. The cells in the area of the cancerous virus are also transformed

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into cancer cells through exposure to viral by-products. Together the cancerous virus and body cells form a lesion.

Viruses are also implicated in the growth of cysts, nodules, fibroids, and tumors. The body forms these growths in an attempt to partition the toxins away from the rest of the tissues.

Neurotoxins produced by viruses create a host of neurological symptoms related to fibromyalgia, multiple sclerosis, anxiety, depressions, glaucoma and other eye issues, chronic fatigue syndrome, vertigo, Lyme disease, heart arrhythmias, ALS, Parkinson's, irritable bowel, Crohn's disease, and more.

Dermatotoxins produced by the viruses are responsible for eczema, psoriasis, rosacea, vitiligo, itchy skin, hives, acne, and other skin issues.

Many viruses end up in the liver as there is a high concentration of chemicals there for them to consume. The toxic output burdens the liver and interferes with its capacity to do its many jobs, including regulating hormones, creating many of the symptoms commonly blamed on the endocrine system. Hepatitis diagnosis often comes when there has been long-term damage done by EBV. The liver's capacity to regulate glucose also becomes compromised leading to hypoglycemia and diabetes. The sticky residue excreted by the viruses negatively affects the cardiovascular and lymphatic systems.

The viruses also often take up residence in the thyroid, interfering with its function and leading to the vast array of diagnoses that are common today: Hashimoto's, Graves, hypothyroidism, hyperthyroidism, thyroid nodules, thyroid cancer, etc.

As mentioned above, our bodies are also host to various bacteria, for example streptococcus, which feed off chemicals and certain foods and excrete toxins that irritate the nerves of the digestive tract for example creating inflammation, bloating, discomfort, constipation, celiac disease, and more. Strep also leads to recurrent urinary tract infections and bacterial vaginosis, and contributes to allergies and acne.

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## **Main sources of toxicity**

Viruses and bacteria feed off of 3 primary toxins: radiation, heavy metals and DDT. Keep in mind as you read through the following paragraphs that there are plenty of foods that can help to remove these toxins and help the body to heal from their damage.

With the atomic bombings of Hiroshima and Nagasaki, plus the nuclear disasters at Chernobyl and Fukushima more radiation than ever before saturates our body systems. Whether from direct exposure, environmental fallout, food and water contamination, or inheritance of our parents and grand-parents' exposure, radiation is one of the major health risks we all face. It's a leading contributor to cancers, endocrine system dysfunction, bone diseases such as osteopenia and osteoporosis, bone spurs, immune system failure, and skin diseases. Radiation stays in the atmosphere and in 1000 years only half of the radiation from Hiroshima will have fallen down to earth.

## **Toxic heavy metals**

When man started mining below the earth's crust, certain metals that were toxic to human and animal tissue were brought to the surface and started making their way into the food chain. Lead, mercury, copper, cadmium, nickel, arsenic, and aluminum can build up in the body to create or contribute to illness. What's more, they tend to oxidize particularly in the presence of fats, creating a toxic runoff that damages tissues in the area particularly the brain and nervous system, and they lower overall immunity. They also join together to form even more toxic alloys. Many of the heavy metals that we have in our system are over a thousand years old as they have been passed on through bloodlines from generation to generation. As they continue to build they are behind some of the most widespread health issues today like ADHD, autism, Alzheimers, infertility, Crohns, colitis, Parkinson's, depression, anxiety, cancers and seizures. In addition they are a primary fuel for the viruses mentioned above.

## **DDT and other pesticides**

DDT, other pesticides and herbicides are the major underlying causes of suppressed immune systems – they weaken people's bodies so pathogens and other contaminants can take advantage. Even though DDT has been banned in many countries it persists in the environment and is carried far and wide by the wind. Like heavy metals, DDT gets passed on through the

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generations. These chemicals make our livers hypersensitive, instigate diabetes, enlarge spleens and hearts, cause poor digestion, trigger migraines and chronic depression, create skin disorders, and disrupt hormones.

*The main take-away here is that viruses and bacteria in combination with toxins are responsible for the vast majority of symptoms and diseases nowadays. Regardless of the specific symptom, and type of pathogen and toxin, the general Everyday Deep Healing dietary recommendations are the same, although certain foods, wild foods and herbs can be used to fine tune and speed-up the healing process. Any of the Medical Medium resources will point you in the direction of the best foods and supplements for your condition.*

## Nutrients

In the world of nutrition, foods generally get broken down into the following nutrient categories: carbohydrates, proteins, fats, minerals, vitamins, phyto-nutrients, water and fiber. In the pursuit of health, we are looking to get a wide array of bio-available nutrients in the right proportions.

Carbohydrates, protein and fats are often called macronutrients because they make up the bulk of our diets and are a source of calories. There is much debate around the proportion of macronutrients that humans need. The Everyday Deep Healing Diet is made up of a high percentage of carbohydrates, and is relatively low in proteins and fats, although you will be getting all that you need to meet your body's needs. The key will be to avoid taking in too many high fat and protein foods which burden the entire digestive system and elimination channels and contribute directly to disease and aging.

Consider the following:

- The longest-lived humans eat a high carbohydrate diet (see Healthy at 100 by John Robbins, Blue Zones by Dan Buettner with the National Geographic Society, and The China Study by Colin Campbell)
- Our closest mammals, who share 98% of our genetic code (for example gorillas, chimpanzees, orangutans, gibbons, and bonobos), eat primarily fruit (65 – 80% of diet), plus leaves and nuts (1.4% insects) – they are large, powerful and lean animals.

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- The optimum clean fuel for every cell in your body is glucose.
- The brain is made up of 80% glucose and requires an abundance of natural sugars to function at its best.
- Human breast milk is primarily made up of unique and diverse sugars. The amount of protein in breast milk is relatively low, only 2.5 to 3.5 % of total calories, when we are doubling our weight in less than 6 months.
- Liquid oils and large amounts of cracked nuts and seeds are only available to us because of technology.
- Fats thicken the blood, but in order to detoxify and carry oxygen, the blood needs to be thin.
- Fats create an oily wall around pathogens that makes it harder for the immune system to get at them.
- Heavy proteins and fats are hard work for the digestive system. Most people notice that they feel more tired after eating a meal that is higher in fat and protein.
- Undigested fats and protein putrefy and harden on the walls on the intestine, blocking absorption of nutrients and creating an environment where pathogens thrive and inflame the digestive tract.
- When the liver is overburdened by fats and proteins it doesn't do its other jobs as well, for example detoxification and glucose and hormone regulation.

## **Digestion**

Not only do the foods that we eat need to be high in important nutrients but they also need to be easy on the digestive system whose role it is to break down the foods down into absorbable nutrients. Once absorbed, the nutrients are then filtered through the liver and delivered to the cells. Any waste products must be dealt with by the liver, kidneys, skin, lungs, sinuses, colon, etc. Many foods that are commonly thought to be nutritious because they are high in certain nutrients are all but impossible to digest fully for most people, especially as we age. Food that isn't completely digested rots in the intestines which is the ideal breeding ground for viruses, bacteria and parasites. The putrefaction also creates an ammonia gas which seeps through the body resulting in fatigue, dental issues, skin problems, restless sleep, anxiety and more.

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Eating high amounts of animal products like meat, dairy and eggs as well as grains, flour products, legumes, nuts, seeds and oils dampens digestive fire and undermines health in the long run. One of the best ways to tell how easily your digestive system is dealing with a meal is your level of energy afterwards. If you feel physically sluggish, mentally foggy and emotionally unstable after certain foods there is a good chance that they aren't the best for your system.

## **Meet your nutrient needs, reduce your toxic load and feed your soul with these four food groups**

In terms of your requirements for all of your nutrient needs, fruit, vegetables, wild foods and herbs fill these beautifully because they are easy to digest and contain the widest range of bio-available nutrients including trace minerals, enzymes, co-enzymes, omega fatty acids, protein, phytochemicals (anthocyanins, lycopene, chlorophyll, luteine, resveratrol, flavonoids, and more), and antioxidants.

Plus, and this is important, they don't add to your toxic load, in fact they go to work to remove heavy metals, radiation, pesticides and other chemicals from your body, and then go the extra mile by healing the damage done by these chemicals and protecting you from future damage by toxins. Anthony calls these foods 'The Holy Four'.

These healing foods also contain intelligence from the unseen realms which communicate with your soul and help it to thrive. Fruit, vegetables, herbs and wild foods have a living history of helping humans from the beginning of time and are saturated with healing wisdom. They have a profound impact on your psychological well-being, helping to lift challenging mental and emotional states so that you can feel lighter, clearer and more connected to your deepest self.

## **The four most powerful foods one at a time**

### **Fruits**

Fruit are a foundational food in Everyday Deep Healing because they outweigh the nutrition of all other food categories. Sadly, there are very unfortunate trends nowadays directing people away from fruit. Many people find that they get some good results on a protein and vegetable diet because they've eliminated junk food, processed sugar, dairy and gluten. Eventually though

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they reach a plateau, find they have strong cravings for carbohydrates and may even find that joy and lightness is elusive. This is because the body is missing readily available glucose which can be beautifully provided by fruit, as well as certain nutrients and energetic qualities that are only available in fruit. You need to know that all fruit are actually critical to healing and there's only so much healing you'll be able to do without it.

Fruit has four times more anti-oxidants than even vegetables. These anti-oxidants cleanse the liver on a daily basis and clear the lymphatic system of toxins. They are more powerful detoxifiers than any supplement you can purchase. Thanks to Anthony and Spirit we know that they have many as of yet undiscovered anti-oxidants, phytonutrients and co-enzymes. They actually help to rewire DNA and RNA. They are anti-cancer, anti-viral, anti-bacterial and anti-candida. Candida is actually a beneficial organism that protects us from pathogenic viruses. Once the viral load decreases through the approach to eating presented here so will the candida.

Fruit is nature's fast food as they need very little preparation and can be a meal if eaten in sufficient enough quantities. People find they do far less bingeing on refined carbohydrates because they are getting all the glucose they need in the perfect format. Fruit is easy to digest, supremely hydrating, and will help you to maintain or bring back your youthfulness.

Fruit has a profound effect on your emotional body and strengthens the connection to your soul. When you include a significant amount of fruit in smoothies, salads, desserts and snacks you will find that the heavier emotions disappear, and that challenging emotions in general move through more easily. With less congestion in your emotional body you have greater access to the natural state of your soul: peace, joy, harmony, faith, inspiration, freedom and more.

## **Leaves and vegetables**

It's no surprise that vegetables, particularly leafy vegetables should make up a significant part of a healing diet. They increase alkalinity, especially in the lymphatic system which is an internal network that connects all the spaces between the cells. The alkalinity of the whole body hinges on the lymphatic system and leafy greens help to expel, purge and drain the areas around the cells of toxins. This helps to keep the inside of the cell and cell membrane functioning at their highest potential.

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Leaves and other vegetables contain mineral salts (cofactors associated with sodium) – iodine, chromium, sulfur, magnesium, potassium, calcium, manganese, molybdenum – which are critical for neurotransmitter and neuron support, and fundamental for building electrolytes. They raise hydrochloric acid levels in the stomach, improving digestion and reducing viruses and bacteria in the digestive system including h.pylori.

Leaves have the most bioavailable and assimilable protein and are high in enzymes, vitamin A, B-vitamins, chlorophyll and carotenes which feed all body systems. They are also a great source of what Anthony calls elevated biotics which are good bacteria that form on the surface of leaves (and fruit) during the growing period. With a broad spectrum of beneficial bacteria, some currently unknown by science, elevated biotics from unwashed or lightly rinsed produce are superior to store bought probiotics and fermented foods. This is how man and animals have been maintaining gut bacteria since the beginning of time.

Many diseases nowadays for example gout, kidney disease, kidney stones, gall stones, hepatitis C, osteopenia, osteoporosis and heart disease. are protein-related as they are caused by protein sources not being broken down, instead feeding pathogens and causing deterioration in the body. Leaves and vegetables help to reverse these.

Leaves and vegetables provide you with a sense of grounding to carry you through challenging times. When life seems to be moving too fast, or you feel out of balance and vulnerable, leaves and vegetables connect you with your inborn stability and strength.

## **Herbs and Spices**

Each herb or spice has a unique taste and properties that not only contribute to our enjoyment of food but also offer profound qualities that aid in restoring our health. Anthony writes extensively about many of these in his book Life Changing Foods but here is a summary to give you a sense of what a gift these foods are:

- Aromatic herbs like oregano, rosemary, sage, thyme are anti-fungal, anti-viral and anti-bacterial. Oregano kills off unproductive bacteria including h pylori, e. coli (which causes diverticulitis and diverticulosis) and streptococcus. Rosemary specializes in fighting off anti-biotic resistant bacteria. Sage is geared towards fighting fungus. Thyme targets the

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flu virus, enterovirus, norovirus, and herpetic viruses responsible for so-called auto-immune disorders and lyme. It can cross the blood brain barrier to fight off viruses that have started to attack the central nervous system.

- Cilantro removes heavy metals from all over the body with a specialty in addressing the well-being of the deep tissues of the brain. If you don't like the taste, it's likely because it's reacting with heavy metals in your saliva. This will change in time when you target heavy metals through the protocols and recipes shared here.
- Garlic is the ultimate anti-viral, anti-bacterial (however in its' intelligence it feeds good bacteria!), antifungal, and anti-parasitic food.
- Ginger is antispasmodic and soothing for the digestive and nervous system. It has 60 trace minerals, 30 amino acids, 500 enzymes and co-enzymes. Like other herbs and spices it's anti-viral, anti-bacterial and anti-parasitic.
- Parsley's mineral salts bind onto unproductive acids and take them out of the body making it one of the most powerful alkalizing foods.

## Wild foods

Wild foods have been on the planet since the beginning of time. They have adapted to many conditions and reconnect us to the resilience and strength of our soul when we eat them.

- Wild Blueberries are loaded with antioxidants, phytochemicals (many as of yet undiscovered by science), amino acids, co-factors, co-enzymes, essential fats, vitamins and minerals. They are the ultimate liver and blood cleansers and help to maintain the health of the eyes, digestive system and immune system. They also help to repair the damage done by heavy metals, radiation and pesticides.
- Sea Vegetables like dulse, kelp and nori absorb poisons like heavy metals and radiation, deactivate their destructive frequency, then release them back into the ocean. In the body they lock onto the chemicals and deactivate them, but because it's not their natural environment they don't release them so they are critical in helping the toxins that you are drawing from deep within your being to leave the body in the stool. They are also a great source of hard to find trace minerals, and are an active source of iodine a key mineral for

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the thyroid. They are also involved with reconstructing DNA and therefore contribute to all aspects of physical renewal

- Burdock root contains almost all trace minerals and is therefore very grounding and strengthening for the whole body. In particular, it targets the the dense core of the liver where chemicals and pathogens like to hide.
- Dandelions come up in early spring when our bodies are due for cleansing. The bitterness is due to alkaloids which cleanse organs of heavy metals, radiation, DDT and other poisons. All parts can be used. Interestingly, Anthony shares that flowers clean out hollow organs like the stomach and intestinal tract, the leaves purify the blood and lymphatic system, the stems go to work on dense organs like the liver, spleen, and brain, and the root detoxifies to the deepest core of the dense organs. In addition to its cleansing powers, dandelion is deeply nourishing, bringing with it strengthening magnesium, B vitamins, manganese, iodine, vitamin A, calcium, iron, selenium, silica, and chlorophyll.
- Nettle leaf, an adaptogen with over 700 phytochemicals, supports us through periods of stress. Among its' many properties, it pampers the adrenals glands, enhances egg production, and rids the body of toxic estrogen from plastics and pesticides. It provides over 40 highly bio-available trace minerals which support and build the bones and other tissues.
- Wild honey is a miracle food. Anthony shares that it has more than 200,000 phytochemicals that the bees collect from far and wide. It protects and heals us from radiation and has phytochemicals that shut down cancer growth. Its' highly absorbable sugar and B12 coenzymes make it one of the most powerful brain foods available. It repairs DNA, strengthens the immune system and is extremely high in bioactive forms of calcium, phosphorus, potassium, zinc, molybdenum, chromium, manganese and selenium.

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## Deep Healing

This is the basic plan and great for people who are starting off.

- Have celery juice on an empty stomach every day
  - Celery juice has profound benefits on digestion, inflammation, neurological issues, sleep issues, skin health, toxicity and more.
  - It can be made in a juicer or blender.
  - See recipe.
- Drink three 16 ounces glasses of lemon or lime water every day at least 20 minutes before a meal (for example first thing in the morning, noon and 5 pm)
  - Water loses its vitality and absorbability when it sits in purification plants and pipes. Fresh squeezed lemon or lime juice energetically reminds water of its inherent vitality rendering it much more hydrating.
  - This beverage can be drunk cold, room temperature or lightly warmed
- Eliminate ‘no’ foods
  - **Dairy, eggs, gluten, corn, soy, canola, pork and MSG** are the main foods that pathogens feed on and should be eliminated while you still have symptoms.
  - All of the recipes in this book are free of these ingredients.
- Include an abundance of fruit and vegetables, both raw and cooked, as much as you’d like
  - The recipes and menu suggestions in this book will teach you how easy and tasty it is to build a diet made up of primarily fruit and vegetables, plus herbs, spices and wild foods.
- Include a green smoothie every day
  - Smoothies are an easy and delicious way to take in fruits and vegetables.
  - See the recipes section.
- Include raw vegetables or a salad everyday
  - See the many salad recipes in this book.
- Limit meat to a small piece once a day or less and eliminate tuna, bass and swordfish
  - Highlight vegetables and fruit in your meals.

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- All of the recipes in this book are meat and seafood free.
- Limit grains to gluten free whole grains: quinoa, millet, brown rice, buckwheat, teff, oats
  - Highlight vegetables and fruit in your meals.
  - Most of the recipes in this book are grain free, all are gluten-free.
- Snack on fruit and vegetables.
- Decrease fat by half and use only cold-pressed oils (for example extra-virgin olive oil and cold-pressed coconut oil)
  - All of the recipes in this book are low fat and many are oil-free.

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## Deep Healing Plus

- Have celery juice on an empty stomach every day
- Include other green juices for example plain cucumber juice, or cucumber-celery-cilantro juice
- Drink three 16 ounces glasses of lemon or lime water every day at least 20 minutes before a meal (for example first thing in the morning, noon and 5 pm)
  - Water loses its vitality and absorbability when it sits in purification plants and pipes. Fresh squeezed lemon or lime juice energetically reminds water of its inherent vitality rendering it much more hydrating.
  - This beverage can be drank cold, room temperature or lightly warmed
- Eliminate ‘no’ foods
  - Keep **dairy, eggs, gluten, corn, soy, canola, pork and MSG** out of your diet while your experiencing symptoms
- Include an abundance of fruit and vegetables, both raw and cooked
  - aiming for 80 percent of the bulk of your diet to be fruit and vegetables
- Include a heavy metal detox smoothie everyday
  - This special smoothie includes 5 ingredients that work as a team to remove heavy metals from deep within your tissues.
- Eat a salad meal every day.
- Limit or eliminate grains (except possibly millet and quinoa a few times a week) opting instead for potatoes, sweet potatoes and squashes.
- Add tea infusions and mineral broths to your life
  - These add unique nutrients and properties that take your healing plan to the next level
- Snack on fruit and vegetables
- Limit fat to 2 tablespoons of cold pressed oils, ¼ cup nut, 2 Tablespoons seeds

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## **Nutritional Rebirth (try this for a week to 28 days)**

- Have celery juice on an empty stomach every day
- Continue to drink three 16 ounces glasses of lemon or lime water every day at least 20 minutes before a meal (for example first thing in the morning, noon and 5 pm)
- Include other green juices for example plain cucumber juice, or cucumber-celery-cilantro juice
- Eliminate 'no' foods
  - Keep **dairy, eggs, gluten, corn, soy, canola, pork and MSG** out of your diet while you're experiencing symptoms
- Eat as much raw fruit and vegetables as you'd like
  - For this plan all foods are eaten raw, however you could add steamed vegetables or soups occasionally
- Continue to include green smoothies as a meal or snack
- Continue to take in the heavy metal team of foods, either in smoothies or added to other dishes
- Eat a salad meal every day
- Sip on tea infusions and mineral broths
  - Mineral broths are a great source of concentrated and easy to absorb nutrients that help to balance and rebuild the body.

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## RECIPES

### elixirs, milks and teas

#### simple nourishing tea infusions

Makes 2 cups

There are many recipes in Deep Healing for Tea Infusions from loose herbs.

Here are 3 simple options made from tea bags. I like the Traditional Medicinals brand.

- Bring 2 cups of water to a boil in a small pot.
- Add the 3 tea bags and let sit for 15 to 30 minutes.
- Remove the tea bags and enjoy, warming the tea as necessary.

Version 1:

- 1 nettle tea bag
- 1 raspberry leaf tea bag
- 1 lemon balm tea bag

Version 2

- 1 nettle tea bag
- 1 raspberry leaf tea bag
- 1 licorice root tea bag

Version 3

- 1 nettle tea bag
- 1 dandelion root tea bag
- 1 licorice root tea bag

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#### infused water

- Fresh mint
- Fresh lemon balm
- Thinly sliced lemon or lime
- Thinly sliced cucumber
- Frozen berries (blueberries and raspberries work well)
- Thinly sliced ginger

Put one or more of these ingredients in a large jar and fill with water. Let sit for an hour or longer, leave on the counter and enjoy all day long. In the summer store in the fridge for a refreshing and hydrating beverage.

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## **golden chai milk**

1 cup coconut flakes  
3 cups warm water  
4 soft dates  
1 inch fresh turmeric  
2 inch cinnamon stick  
¾ inch ginger  
5 cloves  
5 allspice berries  
5 cardamom pods  
1 Tbs honey

- Blend on high speed for 1 minute. Strain through a nut milk bag. Serve warm or cold.
- 

## **chaga & carob coconut milk elixir**

1 cup dried coconut  
4 cups warmed water  
¼ cup dates  
2 Tbs carob powder (I like Bob's Red Mill brand)  
2 Tbs chaga powder  
3-inch cinnamon stick  
pinch salt

- Blend all ingredients for about a minute in a blender. Strain through a nut milk bag. Serve warm or refrigerate for a cold beverage.
- 

## **coconut milk**

1 cup grated dried coconut  
2 ½ cups water

- Blend coconut and water on high speed for a minute. Strain through a nut milk bag. Use for any recipe that calls for milk.

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## **garden lemon balm and mint iced tea**

½ cup fresh mint leaves

½ cup fresh lemon balm leaves

10 fresh raspberry leaves

4 cups boiling water

1 Tbs raw honey

Roughly chop all of the leaves and put in a glass jar. Fill with boiling water and let sit for 1 to 4 hours. Strain, stir in honey and refrigerate. Serve cold, over ice if desired.

### Lemon balm

- Calms the nervous system, especially in the digestive system
- High in trace minerals: boron, manganese, copper. Chromium, molybdenum, selenium and iron plus silica (great for hair, skin and nails)
- Monitors stores of B12
- Anti-parasitic, anti-viral, anti-bacterial
- Detoxifies liver, spleen and kidneys, reduces bladder inflammation

### Mint

- calming, digestive, and antibacterial qualities
- aids in the digestion of fats
- helps to relieve mental fatigue, mood swings, sinusitis, asthma, head colds, headaches, and congestion.

### Raspberry leaf

- balances the reproductive system, addresses infertility, fortifies mother's milk
- supports adrenal glands production of estrogen, progesterone, and testosterone
- feeds the thyroid gland with critical nutrients
- blood cleanser and overall detoxifier, high in minerals especially iron

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## hibiscus & ginger lemonade

**Anthony says:** *The unique anthocyanin compound that gives hibiscus its red coloring helps rejuvenate the liver, bringing it back to life by cleaning mucus off cell membrane walls and improving the liver's ability to perform its responsibilities. This herb is also a gallbladder rejuvenator—it cleans off gallbladder walls—and improves the liver's personalized immune system.*

½ cup Jamaican sorrel (hibiscus) or 4 hibiscus tea bags  
2 inches sliced ginger  
4 cups boiling water  
juice of 1 lemon  
2 to 4 Tbs honey

Put the hibiscus and ginger in the bottom of a quart sized jar. Pour in boiled water and let sit for 4 hours. Add lemon juice and honey, stirring to dissolve. Refrigerate.

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## elderflower mint iced tea

1 cup loosely packed elderflowers (fresh or dried)  
4 cups boiling water  
1 Tbs raw honey  
juice of ½ lemon  
frozen blueberries or raspberries

Put the herbs in a glass jar. Fill with boiling water and let sit for 1 to 4 hours. Strain, stir in honey and lemon juice and refrigerate. Serve cold, over ice, and if desired, add frozen blueberries or raspberries.

From Medical Medium: Elderflower tea is a soothing and healing beverage that contains strong anti-viral, anti-bacterial, and anti-inflammatory properties. Elderflowers are rich in vitamins A, C, and B-complex as well as numerous phytochemicals and antioxidant compounds. Elderflower tea is a powerful immune booster and is particularly helpful with respiratory ailments such as bronchitis, sinusitis, laryngitis, tonsillitis, asthma, chronic cough, sore throat, cold, flu, and fever. Elderflower is a natural decongestant and helps to clear up mucus and congestion in the lungs, sinus, and nasal passages. It's also very helpful in treating other viral illnesses such as measles, chicken pox, shingles, and Epstein Barr. Elderflower has the power to purify the blood and cleanse the lymphatic system of toxins and debris. Elderflower works as a natural diuretic and can help eliminate water retention, bloating, and edema. Elderflower is also known to be particularly useful in benefiting liver disorders, fungal infections, urinary tract infections, toothaches, gout, headaches, arthritis, and hay fever.

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## **orange aloe elixir**

(adapted from Medical Medium)

juice of 2 oranges (Valencias tend to be the juiciest) – about 1 cup

1 cup coconut water

4 inches fresh aloe leaf

1 teaspoon honey

- Cut the aloe leaf in half lengthwise and scoop the gel out into a blender.
  - Add the orange juice, coconut water and honey.
  - Blend on high for 30 seconds until frothy.
  - Enjoy right away.
- 

## **warm grapefruit juice morning elixir**

1 - 2 grapefruit

½ to 1 tsp honey

hot water

- Put the kettle on.
  - Juice the grapefruit with a citrus press
  - Pour a little hot water in the bottom of a glass, add honey and stir to dissolve.
  - Add grapefruit juice and enough hot water to double the volume.
- 

## **spiced chaga tea with macadamia milk**

1 heaping tablespoon chaga powder

4 cups water

1 cinnamon stick, or ½ teaspoon cinnamon powder

4 thin slices ginger

6 cardamom pods, split

3 black pepper balls

3 cloves

½ cup shredded dried coconut

1 - 2 teaspoons honey

1. Put chaga powder, water and cinnamon in a medium pot. Bring to a boil, turn heat down and let simmer for 30 minutes.
2. Strain the tea into a blender with the macadamia nuts and honey and blend until frothy.
3. Pour into cups and enjoy!

Variation: use 2 dandelion root tea bags instead of the chaga

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## juices

### celery juice

From The Medical Medium blog: “Fresh celery juice is one of the most powerful and healing juices one can drink. Just 16 oz of fresh celery juice every morning on an empty stomach can transform your health and digestion in as little as one week.

Celery juice also has significant anti-inflammatory properties making it highly beneficial for those who suffer from autoimmune conditions such as Fibromyalgia, Chronic Fatigue Syndrome, Migraines, Vertigo, IBS, Rheumatoid Arthritis, Psoriasis, Eczema, Acne, Lupus, Guillain-Barre, Sarcoidosis, Raynaud's, Meniere's, GERD, Bursitis, Restless Leg Syndrome, and Gout.

Celery juice is also strongly alkaline and helps to prevent and counteract acid reflux, acidosis, high blood pressure, joint pain, ringing in ears, tingles & numbness, hot flashes, blurry eyes, headaches, heart palpitations, edema, heartburn, fatigue, dizziness, muscle cramps, sleep issues, constipation, and bloating. It also helps to purify the bloodstream, aid in digestion, relax the nerves, reduce blood pressure, and clear up skin problems. Celery contains compounds called coumarins which are known to enhance the activity of certain white blood cells and support the vascular system.

Celery juice is rich in organic sodium content and has the ability to dislodge calcium deposits from the joints and hold them in solution until they can be eliminated safely from the kidneys. It is also an effective natural diuretic and has ample ability to flush toxins out of the body which makes it excellent to use on any weight loss program.”

1 bunch celery, organic when possible\* (makes approx 16 oz juice)

- Wash 1 bunch of celery and run through a juicer, drink immediately for most therapeutic benefits.
- However, if you prefer, you can also blend the celery in a Vitamix, Nutribullet, or any high speed blender and strain with a nut milk bag.

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### apple ginger celery juice

4 red apples

4 to 6 celery stalks

1 to 2 inch piece of ginger

1 tsp cinnamon (optional)

- In a juicer, juice the apples, celery, and ginger. Stir in the cinnamon and serve. Or do the whole thing in a blender and strain through a nut milk bag.

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## **celery, cucumber, apple juice**

Anthony recommends this juice combination for maximum cleansing benefits, and the right balance of mineral salts, potassium and sugar to stabilize blood sugar levels. For a day-long cleanse, he suggests drinking a 16 ounce glass every 2 hours, with a glass of water in between each juice to assist the body in flushing out toxins. Do this on a day when you can rest and take care of yourself.

6 celery stalks  
1 cucumber  
2 apples

- Run the ingredients through a juicer, alternating the softer cucumbers and apples with the celery, or make it in a blender and strain through a nut milk bag.

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## **blender wild greens juice**

½ cucumber  
3 celery stalks  
1 green apple  
1 cup pineapple  
wild greens: nettle, dandelion, sow thistle, wild spinach (1 to 2 cups)  
½ cup water

- Blend on high for 1 minute. Strain through nut milk bag.

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## **citrus wild food elixir**

1 orange  
1 grapefruit  
4 stalks celery (and or cucumber)  
2 cups loosely packed greens: all wild or a combination of wild (nettles, dandelion leaves, wild spinach, mallow, sorrel, purslane) and cultivated (spinach, kale, swiss chard, romaine lettuce, parsley, etc.)

- Add an inch of filtered water and blend on high for 1 minute.
  - Strain through a nut milk bag and enjoy!
-

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## **cucumber juice**

1 English cucumber or 2 field cucumbers

- Cut the cucumber coarsely and put in a blender with ½ inch water.
  - Pulse 10 times or so until the mixture is a uniform texture.
  - Pour through a nut milk bag and squeeze to strain.
  - Enjoy right away.
-

# Everyday Deep Healing

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## smoothies and breakfasts

### pineapple green smoothie

1 ½ cups fresh or frozen pineapple  
1 small banana  
½ cup water  
½ cup coconut water or more water  
1 teaspoon peeled and grated ginger  
¼ small avocado  
1 teaspoon honey (optional)  
Juice of ½ lemon or lime  
¼ cup parsley, or 1 teaspoon BGJP, or hand

Blend on high for about 30 seconds until smooth.

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### mango green smoothie

1 ½ cups mango  
1 small banana  
½ cup water  
½ cup coconut water or more water  
1 cup orange juice (from about 2 oranges)  
½ teaspoon lime rind  
Juice of ½ lime  
1 teaspoon honey  
1 cup spinach, and/or 1 teaspoon BGJP

- Blend on high for about 30 seconds until smooth.
-

# Everyday Deep Healing

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## **spiced peach and sorrel smoothie**

Freeze peaches to extend their season. Simply slice them with the skin on, freeze on a cookie sheet and then transfer to sealed plastic bag.

Sorrel leaves are tart and fresh. They come from a perennial garden plant, and can also be added raw to salads, or used in cooked soups. If you don't have it, use any other type of green.

Freeze grapes to add natural sweetness to smoothies.

2 or 3 peaches (fresh or frozen)

handful frozen grapes

1 ½ cups loosely packed sorrel leaves (you could use the wild version, wood sorrel, or any other green)

1/2 tsp vanilla bean powder or extract

½ to 1 tsp cinnamon

¼ tsp allspice

water

Put all ingredients in a blender and process until smooth adding water to achieve desired consistency.

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## **calming greens smoothie**

adapted from Kris Carr

2 frozen bananas

2 cups green grapes (can be frozen)

½ avocado (can be frozen)

1 cup cilantro, loosely packed

½ cup fresh mint leaves loosely packed

2 cups spinach, baby kale or other green (I added wood sorrel and wild spinach)

1 ½ cups water or coconut water (part of this can be ice if your fruit aren't frozen)

- Blend all ingredients until smooth adding more water to reach desired consistency.
-

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## **chocolaty blueberry mint shake**

2 bananas (frozen preferably)  
2 – 4 Tbs fresh mint (4 to 8 leaves)  
1 tsp barley grass juice powder  
1 heaping tsp raw honey  
1 tsp carob  
1 tsp cacao (or more carob)  
1 heaping tsp tahini or almond butter  
1 cup water (use ice cubes if your bananas aren't frozen)

- Blend on high for 1 minute until smooth and creamy.
- 

## **melon berry tango**

4 cups watermelon chunks, large seeds removed  
1 cup fresh or frozen blueberries, strawberries, or raspberries  
1 – 2 Tbs lemon or lime juice  
6 mint leaves  
1 Tbs raw honey

- Combine all the ingredients in a blender and process until smooth.
- Strain into a bowl through a medium-fine strainer. Pour into glasses and serve immediately.

**Variation:** Replace the watermelon with other types of melon, such as cantaloupe or honeydew.

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## heavy metal detox smoothie

Cilantro, Hawaiian spirulina, barley grass juice powder, dulse and wild blueberries are a tag team that pull heavy metals out of your body. Try to include all of them within a 24 hour period everyday while you are focused on cleaning out your body from these health robbing metals. Or include them all in this smoothie so you don't have to think about which ones you've had or haven't had.

2 bananas

1 cup frozen wild blueberries

1 cup cilantro

a few fresh dates

juice of ½ lemon

1 tsp Hawaiian spirulina

1 tsp barley grass juice powder

1 tsp dulse flakes

juice of 1 orange

water as needed for desired consistency

- Blend all ingredients until smooth.

Other ways to enjoy the Heavy Metal Detox Team:

- Snack on Atlantic dulse in sheets with fruit and celery
  - Purchase spirulina in tablet or capsule form and swallow with any meal
  - Add cilantro to salads and other dishes
  - Use wild blueberries in the smoothie portion of your smoothie bowls
  - Add barley grass juice powder to any of your other smoothies.
-

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## **tropical heavy metal detox**

Cilantro, Hawaiian spirulina, barley grass juice powder, dulse and wild blueberries are a tag team that pull heavy metals out of your body. Try to include all of them within a 24 hour period everyday while you are focused on cleaning out your body from these health robbing metals. Or include them all in this smoothie so you don't have to think about which ones you've had or haven't had.

juice of 1 orange

juice of ½ lime

1 banana

1 cup frozen mango

1 cup frozen pineapple

1 cup frozen blueberries

1 cup cilantro

1 teaspoon spirulina

1 teaspoon barley grass juice powder

1 teaspoon dulse flakes

1 teaspoon honey or a couple of soft dates (optional)

enough water or coconut water for desired consistency

Blend all ingredients until smooth.

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## **smoothie bowl**

1 large serving or 2 small

1 ½ cups frozen wild blueberries  
1 banana (or frozen mango or papaya)  
1 teaspoon barley grass juice powder  
Juice of 1 orange  
1 teaspoon honey  
½ teaspoon vanilla  
Sprinkle of cinnamon (optional)

Fruit: strawberries, banana, grapes, kiwi, peaches, mango, pineapple, etc. + ¼ tsp grated lemon rind

Toppings: mulberries, pumpkin seeds and hemp seeds

- Blend blueberries, banana, barley grass juice powder, orange juice, honey and vanilla. Blend long enough for the smoothie to come to room temperature. I often take the frozen fruit out first thing in the morning and let sit in the blender so that they thaw a little.
- Prepare 2 to 3 cups of chopped fruit plus grated lemon rind and toss to combine.
- Put in a bowl and top with smoothie, followed by dried fruit and nuts/seeds.

## **Tropical version:**

- Smoothie: mango, banana, papaya (I often use frozen fruit), ½ tsp honey, ½ tsp vanilla (optional), juice of 1 orange
  - Fruit: banana, pineapple, mango, papaya, kiwi, + ½ tsp grated lime rind
  - Toppings: coconut flakes, chopped Brazil nuts, cacao nibs, raisins or mulberries
-

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## **papaya smoothie bowl**

adapted from Medical Medium

Makes 2 servings

4 cups cubed papaya (fresh or frozen) – part of this could be mango  
3 dates, pitted  
2 cups raspberries, divided (or 1 cup frozen raspberries, plus 1 cup sliced fresh strawberries)  
1 cup diced mango  
1 banana, sliced  
1 tablespoon shredded coconut  
1 tablespoon minced fresh mint  
½ lime

- Blend the papaya, dates, and 1 cup of the raspberries in a blender until smooth.
- Pour the mixture into 2 bowls.
- Arrange the mango, banana slices, and remaining raspberries on top.
- Finish with a sprinkle of shredded coconut, fresh mint, and a squeeze of lime.

---

## **good morning breakfast soup**

2 apples with peel, cored and cut into chunks  
4 dried figs, soaked 4 hours or overnight  
4 dried prunes, soaked 4 hours or overnight  
2 celery stalks, leaves removed, coarsely chopped  
2 tablespoons ground flaxseeds  
½ to 1 teaspoon cinnamon powder  
1 cup hot water

- Combine the apples, celery, figs, prunes, flaxseeds and cinnamon in a blender.
  - Pulse for a few seconds at a time while pouring in the hot water through the opening in the lid. Mixture should still have some texture.
  - Enjoy right away.
-

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## dips and spreads

### baba ganoush

1 large eggplant  
1/4 cup tahini  
1/4 cup fresh lemon juice, plus more as needed  
2 garlic cloves, minced  
1 pinch ground cumin  
salt, to taste (1/2 teaspoon or so)  
1 tablespoon chopped fresh flat-leaf parsley  
2 tablespoons coarsely chopped black olives

- Preheat oven to 400 degrees F (200 degrees C). Prick the eggplant with a fork in several places, place on a baking sheet. Roast it for 30 to 40 minutes, turning occasionally, or until soft (it will collapse on itself). Remove from the oven, let cool slightly, and peel off and discard the skin. Scrape off any flesh that is sticking to the skin.
- Place the eggplant flesh in a bowl. Using a fork, mash the eggplant to a paste. Or use a food processor.
- Add the tahini, lemon juice, garlic and cumin and mix well.
- Season with salt, then taste and add more tahini and/or lemon juice, if needed.
- Transfer the mixture to a serving bowl and spread with the back of a spoon to form a shallow well. Drizzle the olive oil over the top and sprinkle with the parsley and chopped olives.
- Serve with raw vegetables at room temperature. Will keep for 4 days in the fridge.

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### kale oregano pesto

1/2 cup walnuts or cashews  
4 garlic cloves  
4 cups chopped kale, stems removed, loosely packed  
2 cups fresh oregano leaves, loosely packed  
1 Tbs lemon juice  
1/2 tsp honey  
1/2 tsp salt  
1/2 cup olive oil

- Grind walnuts and garlic in a food processor.
- Add kale, oregano, lemon juice and salt and process until the leaves are finely chopped.
- Pour olive oil through the feeding tube with the machine running.

# Everyday Deep Healing

by Caroline Marie Dupont

- Pack into 1 or 2 jars. Keeps in the fridge about 2 weeks and freezes well.
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## wild greens pesto

Use over noodles, to add flavor to soups, or as a spread for crackers or bread. It's great as a salad dressing too.

2/3 cup walnuts, cashews, pumpkin or sunflower seeds or a combination  
2 large garlic cloves, coarsely chopped (or use 6 wild leek leaves)  
¼ cup chives, coarsely chopped  
1 ½ cups lightly packed nettles, lambsquarters, or garlic mustard leaves or a combination  
2 cups lightly packed fresh spinach  
2 tablespoon lemon juice  
½ tablespoon apple cider vinegar  
½ teaspoon honey  
½ teaspoon salt  
½ cup extra virgin olive oil

- Put nuts in a food processor and process until finely ground.
  - Add garlic and chives and process for 20 seconds.
  - Add greens, lemon juice, cider vinegar, honey and salt. Start processing and slowly add olive oil through the top of the machine. Process until greens are finely chopped, with a uniform texture. Scrape down sides of processing bowl with a spatula as needed.
  - This recipe can be doubled or tripled and pesto can be stored in jars in the freezer for up to a year. Or, freeze in ice cube trays for single serving sizes. Otherwise it will keep in the fridge for a couple of weeks (add oil to the top of the unused portion).
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## cashew cheese sauce

¾ cups raw cashews  
1 cup water  
1 tablespoons freshly squeezed lemon juice  
1 small clove garlic, chopped  
½ tsp honey  
1/2 teaspoon salt

1. Put all the ingredients in a blender and process until completely smooth, stopping occasionally to scrape down the blender jar with a rubber spatula and move the mixture toward the blades.

**Cheddar cheesy sauce:** add ½ red pepper

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## **nut and seed mix**

Grind a combination of nuts and seeds in a coffee or spice grinder, or your blender. For example:

- 1 cup raw cashews
- ½ cup pumpkin seeds
- ¼ cup sunflower seeds

Or,

- 1 cup macadamia nuts
- ½ cup walnuts
- ¼ cup hemp seeds

Store in a jar in the fridge and use in salads, or as a topping for noodles dishes.

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## **black bean hummus crudité platter**

adapted from Medical Medium

1/2 cup dried black beans, soaked overnight or 1 1/2 cups canned black beans, drained and rinsed (reserve about 4 tablespoons of the bean-water from the can)

1/2 cup peeled and diced ripe avocado

1/4 cup cilantro leaves + more for garnish

1/2 jalapeño, seeded and roughly chopped, or a dash of cayenne pepper

4 tablespoons lime juice, freshly squeezed

1/2 Tbsp finely chopped garlic

1/2 tsp each ground cumin and ground coriander

salt and pepper, to taste

For crudités:

4 - 5 orange and purple carrots, peeled and cut into wedges

6 radishes, cut into wedges

3 small Persian cucumbers, cut into slices and wedges

2 bell peppers (yellow and red), cut into wedges

3 celery stalks, cut into sticks

10 cherry tomatoes

- If using dried black beans, drain the beans and discard liquid. Place them in a medium-sized pot and fill with water. Bring to the boil and cook for 45-75 minutes until very soft. Set aside 4 tbsp of the cooking liquid, then drain the beans and let cool.
- Place the cooked or canned beans, avocado, cilantro, jalapeño, lime juice, garlic, ground cumin, ground coriander and reserved cooking liquid/water from the can in a food processor or blender and blend until very smooth. Season with salt and pepper.
- Arrange prepared vegetable crudités on a platter. Spoon the hummus into a bowl and garnish with fresh cilantro. Serve with the crudités.

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## salads and raw meals

### summer salad meal w/ cheesy cauliflower, olives & marjoram

1 cup finely chopped cauliflower  
10 cherry tomatoes, halved  
2 Tbs sliced onions (red or green)  
2 Tbs fresh marjoram or oregano, finely chopped  
2 Tbs lemon juice  
4 to 6 olives, pitted and chopped  
1 avocado, cubed  
1/4 cup cashews or macadamia nuts, ground  
1 large garlic cloves finely chopped  
salt, to taste  
4 cups loosely packed lettuce (any kind)  
Toss all ingredients, except lettuce, in a medium salad bowl until evenly combined.

- Add lettuce and toss to combine. Taste and adjust seasoning.

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### mike's amazing nappa w/ creamy asian dressing

1 head nappa cabbage, washed and thinly sliced  
1/2 cup cooked edamame beans, or fresh peas (or a combination)  
1/4 cup thinly sliced baby carrots  
1/4 cup sliced onions (green or red)  
4 radishes, thinly sliced  
1 celery stalk, thinly slice on a diagonal  
1/2 red pepper, sliced  
1/4 cup raw almonds chopped  
1/2 cup cilantro, chopped

Dressing:

3 Tbs lemon juice  
2 Tbs raw almond butter  
2 Tbs cup cold-pressed sesame oil  
2 Tbs light gluten-free tamari  
1/3 cup water  
1 inch ginger, peeled  
1 garlic clove  
1 Tbs maple syrup

- Blend until smooth. Pour over salad ingredients. Keeps well for a day or 2 in the fridge.

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## **thai cucumber noodle bowl**

Serves 1 as a meal or 2 as a side

1 English cucumber, spiralized  
1 small carrot, spiralized, made into ribbons with a peeler, or julienned  
4 inches daikon radish, spiralized, made into ribbons with a peeler, or julienned (optional)  
1/4 cup thinly sliced red onion  
1 mango, sliced (cut off cheeks, slice thinly in the skin and then scoop out with a spoon)  
1/2 cup chopped cilantro  
1/4 cup chopped cashews  
1 teaspoon cold pressed sesame oil  
juice of a lime  
salt  
dash cayenne  
1/4 cup basil leaves, sliced (optional)

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## **salad meal w/ cheesy cauliflower, olives & marjoram**

Serves 1 as a meal

1 cup cauliflower, chopped medium fine  
10 cherry tomatoes, halved  
2 Tbs sliced onions (red or green)  
1 celery stalk, halved and sliced thinly  
2 Tbs fresh marjoram or oregano, finely chopped  
2 Tbs lemon juice  
1 teaspoon olive oil  
4 to 6 olives, pitted and chopped  
1 avocado, cubed  
1/4 cup nut 'n seed parmesan (see below)  
1 large garlic clove finely chopped  
salt, to taste  
4 cups loosely packed lettuce (any kind)  
Toss all ingredients, except lettuce, in a medium salad bowl until evenly combined.

- Add lettuce and toss to combine. Taste and adjust seasoning.

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## **citrus salad plate**

2 cups arugula, or 1 head butter lettuce  
6 oranges, peeled and thinly sliced (including if possible, blood oranges and tangerines)  
10 green olives, pitted and chopped  
1 avocado, sliced in half, scored into dice, and scooped  
2 tablespoons finely sliced red onion  
¼ cup chopped parsley  
salt and pepper to taste

1. This salad can be arranged on individual plates or on a big platter.
2. Arrange arugula, followed by the sliced citrus fruit.
3. Garnish with olives, avocado, red onion and parsley

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## **beet, pear & dill salad**

4 beets cooked, cooled, peeled and sliced (any type or a variety)  
¼ cup red onion, thinly sliced  
2 stalks celery, thinly sliced  
2 pears, quartered and thinly sliced (or use apple)  
1 cup thinly sliced red or yellow pepper  
½ cup finely chopped dill  
¼ cup chopped walnuts or pumpkin seeds  
Juice of 1 orange  
Juice of one lemon or lime  
Salt to taste  
Lettuce or sprouts

- Combine beets, onion, celery, pears, peppers, dill, nuts, orange and lemon juice in a medium bowl. Allow to marinate for at least an hour.
- Serve over lettuce and top with sprouts.

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## **kale salad w/ moroccan cauliflower & tahini dressing**

For the roasted cauliflower:

1 medium cauliflower, cored and cut into bite-sized flat florets  
1 teaspoon extra-virgin olive oil  
1 teaspoon ground cumin  
1 teaspoon ground cinnamon  
Cayenne pepper (to taste)  
1/2 teaspoon salt

6 cups finely chopped kale  
1 carrot, grated  
1/4 cup sliced red onion  
1/4 cup dried cranberries  
various sprouts

### **Creamy Tahini Dressing**

1 tbsp tahini  
1 small peeled and chopped zucchini (1 cup)  
Juice of 1 lemon (2 – 3 Tbs)  
1 clove of garlic  
2 dates  
1/4 tsp salt

- Preheat oven to 400°F. Put prepared cauliflower on a baking sheet lined with parchment. Sprinkle with olive oil, cumin, cinnamon, cayenne and salt. Roast for 25 to 30 minutes until cauliflower is tender and golden. Set aside.
- Make dressing by blending tahini, zucchini, lemon juice, garlic, dates and salt.
- Put the prepared kale in a salad bowl, add dressing and massage until kale is wilted and tender. Add carrot, onions and cranberries and toss to combine.
- Toss in cauliflower and cranberries. Top with sprouts and serve.

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## orange & fennel salad

3 cups arugula  
1 small fennel bulb  
3 oranges, peeled and thinly sliced (include navel, blood oranges, mineolas and/or tangerines)  
¼ cup thinly sliced red onion  
¼ cup chopped parsley  
2 tablespoons pumpkin seeds, coarsely chopped  
salt and pepper to taste  
splash of olive oil (optional)  
splash of lemon juice (optional)

- Arrange the arugula on the bottom of a shallow salad bowl
- Layer fennel, then oranges.
- Garnish with onion, parsley and pumpkin seeds.
- Season with salt, pepper, and optional olive oil and pepper.

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## winter salad w/ creamy dill dressing

### salad ingredients:

1 Romaine heart, sliced  
1 cup radicchio, sliced  
1 apple, diced  
1/2 cup blueberries  
1 celery stalk sliced fine  
1 green onion, sliced fine  
½ cup parsley, chopped fine  
1 carrot grated  
¼ cup walnuts, chopped  
Sprouts

### creamy dill dressing:

1 avocado  
1/3 cup loosely packed dill, or 1 – 2 teaspoons dried dill  
2 tablespoons lemon juice  
¼ cup water  
small clove garlic  
½ tsp sea salt  
½ tsp honey

1. Blend ingredients together. I use an immersion blender.
2. Just before serving, pour dressing over salad ingredients and toss to combine.

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## **fall garden veggie rolls with tahini chili sauce**

These rice paper rolls are a nice variation on the regular Thai-style rolls.

1 small red beet, shredded  
1 large carrot, shredded  
2 inches daikon radish, grated  
1 apple, grated  
1 to 2 Tbs lemon or lime juice  
¼ cup chopped parsley

Rice papers (ethnic section of your grocery or health food store)  
Sprouts of any kind  
Sliced avocado (optional)  
Sliced baked tofu (optional)  
Cooked gluten free noodles (optional)

### Chili Sauce:

2 tablespoons tahini  
1 garlic clove  
1 inch fresh ginger, peeled  
1 tablespoon white miso paste  
1 tablespoon coconut sugar, honey or maple syrup  
2 tablespoons lime juice  
¼ to ½ teaspoon chili pepper powder, or chili sauce (anything to add heat)  
Water, as needed

1. Grate beet, carrot, daikon radish and apple. Put in a medium bowl and add lemon or lime juice and parsley.
2. To make tahini chili sauce, put all ingredients in a blender and process until smooth, adding enough water to reach a thick and smooth consistency.
3. Soak a clean dish towel and wring out excess water. Lay it flat on the kitchen counter. Soak rice papers, one at a time in a large bowl of warm water, for 1 minute until soft. Transfer the rice paper to the kitchen towel and pat any excess water away. Put about 1/3 cup of the grated vegetables near the bottom edge (closest to you) of the rice paper. Add sprouts, and any other ingredients (avocado, tofu, noodles, etc). Fold the bottom edge of the rice paper over the ingredients and roll away from you, tucking in the sides as you go along. Repeat until you have finished the grated vegetables. Serve with sauce.
4. Leftovers should be stored in the fridge with a wet paper towel beneath them to keep the rice paper wraps moist.

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## **sweet and savory kale salad**

Unlike many salads, this one improves as it sits; because the vegetables are dense, they benefit from having time to marinate and soften in the dressing.

1/2 cup freshly squeezed orange juice (1 orange)  
2 Tbs extra-virgin olive oil  
1 Tbs honey  
1/4 tsp salt, plus more to taste  
5 cups stemmed and thinly sliced kale, lightly packed  
1 large apple or 2 small, diced small  
1 small carrot, scrubbed and grated  
1 large stalk celery, halved and sliced thin  
1/2 cup thinly sliced fennel  
1/2 cup finely chopped red cabbage  
1/4 cup thinly sliced red onion  
1/4 cup chopped raw almonds, pecans, or walnuts  
3 Tbs dried cranberries, raisins, or dried blueberries

- Put the juice, oil, honey, and salt in a large serving bowl and whisk until well blended.
- Add the kale, apples, carrot, fennel, cabbage, and onion and toss gently until well combined. Let sit at room temperature for 30 to 60 minutes.
- Just before serving, add the almonds and cranberries and toss gently to combine.
- Stored in a sealed container in the refrigerator, Sweet Kale Salad will keep for 3 days.

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## **rainbow greek salad** **adapted from Medical Medium**

1 ½ cups red cherry tomatoes, halved  
1 ½ cups diced cucumber  
1/2 diced red bell pepper  
1/2 diced yellow bell pepper  
1/3 cup thinly sliced red onion  
1 diced avocado  
3/4 cup olives, pitted and halved  
2 tbsp fresh oregano, leaves only  
1 tbsp fresh marjoram, leaves only (optional)  
2 tsp fresh thyme, leaves only  
3 tbsp fresh lemon juice  
¼ cup ground cashews/pumpkin seeds (optional)  
Sea salt and pepper, to taste

- Place all the ingredients in a large bowl and mix to combine. Taste and adjust seasoning.

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## **salad meal with mango & creamy orange-avocado dressing**

(serves 1 as a meal)

4 cups lettuce (use a variety, and add any wild greens like dandelion, garlic mustard, mallow)

1 cup chopped cilantro

3 Tbs thinly sliced red onion, or green onion, or chives

1 mango, cubed

6 cherry tomatoes, halved

2 stalks celery, sliced

2 radishes, thinly sliced

Diced cucumber (optional)

½ avocado

Juice of one orange

A few strawberries

Salt, to taste

Edible flowers (chive flower leaves, violets, calendula leaves, borage, nasturtiums, etc.)

- Put the salad ingredients in a bowl.
  - Blend avocado and orange juice (and optional strawberries) to make dressing and pour over salad. Toss and add salt to taste.
  - Garnish with edible flowers.
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## **nori rolls w/ creamy teriyaki sauce**

6 nori sheets (you could also use collard leaves)

Vegetable options:

bell pepper, any color, sliced very thin

avocado, sliced thin

red cabbage, shredded

grated carrots

sliced green onions

sliced mango

steamed asparagus

cucumbers, cut into matchsticks

sprouts

microgreens

### **Creamy teriyaki dipping sauce:**

1/3 cup coconut 'soy' sauce

2 tablespoons lemon juice

1 tablespoon maple syrup

2 tablespoons tahini

2 teaspoons peeled and finely grated ginger

1 teaspoon minced garlic

Dash cayenne (optional)

- Whisk all ingredients together with a fork, or blend with an immersion blender.
- Pour a small amount of the dip into individual small bowls.
- Leftover sauce will keep in the refrigerator for a week and makes a nice salad dressing or sauce for steamed vegetables.

### **mango-tomato dipping sauce (Medical Medium):**

1 cup diced mango

1 cup diced tomato

1 quarter-size slice ginger

dash cayenne

### **avocado dipping sauce (adapted from Medical Medium):**

1 avocado

juice of 1 lime

¼ cup cilantro

1 small date

dash cayenne

½ cup water

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## **soups**

### **wild rice & mushroom soup**

½ cup French or green lentils, soaked 4 to 8 hours

½ cup wild rice, soaked 4 to 8 hours

1 onion, chopped

2 carrots, quartered and sliced 1 cm thick

2 celery stalks, halved and sliced

3 cups assorted mushrooms, sliced (I used brown and shitake) (you could also replace part of these with dried and soaked mushrooms)

1 ½ teaspoons dried thyme (or more to taste)

1 bay leaf

6 cups vegetable broth

½ cup raw cashews

Juice of ½ lemon

1 cup fresh parsley, finely chopped

Salt and pepper to taste

- Soak lentils and wild rice together for 4 to 8 hours, drain and rinse. Set aside.
  - Put chopped onion in a soup pot with ½ cup water, turn on high and cook for 5 minutes, adding more water if needed, until onion begins to soften.
  - Add lentils, wild rice, carrots, celery, mushrooms, thyme, bay leaf and broth and simmer on medium-low heat for 40 minutes until vegetables are tender.
  - Put cashews in a blender with 1 to 2 cups of broth from the soup, plus the lemon juice and blend on high for about 30 seconds until creamy and smooth.
  - Add to soup, stir in parsley, and season to taste. Really good reheated the next day.
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## **curried root vegetable chowder with dumplings**

Adapted from a recipe by Ricki Heller: <http://www.rickiheller.com>

2 tablespoons coconut oil  
½ cup water  
1 small onion, chopped, or 1 cup thinly sliced leek  
2 cloves garlic, minced  
1-1/2 teaspoons mild curry powder  
4 cups water or vegetable broth  
1 medium carrot, peeled, halved and cut into 1/2-inch (1 cm) pieces  
1 large parsnip, peeled, thick end halved lengthwise, and cut into 1/2 inch (1 cm.) pieces  
1 medium turnip, peeled and cut into 1/4 inch (1/2 cm) cubes  
1 small celery root (celeriac), trimmed, peeled and cut into 1/4 inch (1/2 cm) cubes  
1 medium sweet potato (yam), peeled and cut into 1/2 inch (1 cm.) cubes  
½ teaspoon sea salt, (if broth is unsalted)  
freshly chopped cilantro, for garnish

### Dumplings:

1 cup chick pea flour  
1-1/2 tsp. baking powder  
1/4 tsp. sea salt  
1/2 tsp. nutmeg  
2 Tbsp. cold coconut oil  
1/4 cup currants (or chopped raisins)  
5-6 Tbsp. unsweetened milk (almond, rice, coconut)

1. To make the soup, heat the oil and ½ cup water in a large pot or dutch oven over medium high heat. Add the onion and garlic and cook for 3 minutes. Add the curry powder and cook for another minute or so.
2. Stir in the water or broth and prepared vegetables. Bring to a boil, then reduce to a simmer over medium low heat. Cover and simmer for 15 minutes.
3. Meanwhile, make the dumplings: Put the flour, baking powder, salt and nutmeg in a bowl. Rub in the coconut oil (pinch the mixture between your thumb and fingers repeatedly) until the mixture resembles a coarse meal. Add currants and toss to coat. Add milk and stir with a fork until the mixture comes together, that is when you squeeze some in your hand it stays together.
4. Season the broth with salt and pepper to taste. Then roll bits of the dumpling dough (about a tablespoon for each) into balls and place on top of the simmering broth. Cover and simmer without disturbing for 15 minutes.
5. When you serve the soup, add 3 or 4 dumplings to each bowl and garnish with cilantro.

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## **spinach soup**

This is Anthony William's favorite soup – I like it too! He says that if you eat it every day you will see amazing changes with your health in time. It's quick to make, and the clean-up is as easy as rinsing your blender.

2 cups chopped tomatoes (1 pint of grape tomatoes, 3 plum tomatoes, 2 field tomatoes)

1 bag of baby spinach or 1 bunch of leafy spinach (4 cups)

1 stalk of celery

1 small clove of garlic

1 orange, squeezed

1-2 basil leaves or a few sprigs of cilantro

1/2 avocado

- Blend the tomatoes, celery, garlic and orange juice.
  - Add the spinach a handful at a time until well blended.
  - Lastly add the 1/2 avocado and herbs and blend until creamy and smooth.
  - Pour into a bowl and enjoy. This soup is best eaten soon after preparation.
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## **butternut squash soup**

1 cup water  
1 onion, chopped  
3 garlic cloves, minced  
2 celery stalks, chopped  
2 carrots, chopped  
1 spring fresh rosemary, or 1 tablespoon dried  
2 bay leaves  
Pinch cumin  
Pinch cayenne pepper powder  
1 medium butternut squash, peeled and cut into 2 inch pieces  
Water, or vegetable broth  
2 tablespoons tamari  
½ cup cashews  
Salt, to taste  
2 tablespoons olive oil (optional)

- In a medium soup pot, cook onions, garlic and celery on high in 1 cup water for about 5 minutes, stirring often.
- Add carrots, rosemary, bay leaves, cumin, cayenne and squash.
- Add just enough water or vegetable broth to cover the vegetables.
- Bring to a boil, turn down heat and simmer for 30 to 40 minutes, until vegetables are tender.
- Put 2 cups of the vegetables in a blender with the cashews. Blend on high until creamy and smooth.
- Return to the pot and puree the rest of the soup with an immersion blender (or do the rest in a regular blender).
- Stir in the optional olive oil, taste and adjust seasoning.

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## **spring pho w/ aromatic vegetable broth & herbs**

Pho = Vietnamese soup

adapted from Golubka Kitchens

2 star anise  
2 cinnamon sticks  
1 teaspoon whole coriander seeds  
1/2 teaspoon black peppercorns  
3 whole cloves  
3 cardamom pods – green shells removed  
1 medium onion – sliced into 8 wedges  
3 garlic cloves – crushed with a knife  
2-inch piece ginger, sliced and crushed with a knife  
1/2 lb shiitake – hard stems removed, caps sliced  
1 6-inch piece burdock root, sliced (optional)  
1 4-inch piece kombu  
6 cups purified water  
3 tablespoons coconut ‘soy’ sauce  
dash cayenne (optional)  
2 small sweet potatoes – spiralized  
1 small or 1/2 large broccoli head – cut into florets  
2 baby bok choy or 1 regular bok choy – sliced  
other vegetables could include cauliflower, asparagus, green beans, etc.  
juice of 1 lime, plus more for serving  
handful each cilantro, basil and mint leaves  
sesame seeds

- Warm dried spices in a medium soup pot over medium heat, stir around until toasted and fragrant, for about 2-3 minutes. Add onion, garlic and ginger and toast for another couple of minutes, until fragrant and onion begins to get some colour. Carefully add water (it may splatter) shiitake stems, and burdock root followed by coconut sauce and optional cayenne. Bring to a boil, lower the heat to simmer and cook, covered, for 30 minutes. Remove from heat and let infuse further for at least 30 minutes or as long as you have time (overnight is best). Strain, discard solids.
  - Prepare vegetables while you bring the broth to a boil. Add vegetables and simmer for about 5 minutes until vegetables are tender.
  - Remove pho from heat and add lime juice. Serve in bowls garnished with herbs and a sprinkling of sesame seeds.
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## dehydrated foods

### living brown bread

Makes 16 slices

This bread is perfect to have on hand for open faced sandwiches with tomatoes, avocado, mayo, mustard, pesto, lettuce, sliced onions, etc.

1½ cup flax seeds

¼ cup black sesame seeds

1 cup water

1 cup raw sunflower seeds

1 apple, cored and coarsely chopped

1 small zucchini, coarsely chopped

½ teaspoon sea salt

- Grind flax seeds in a blender, spice mill or coffee grinder until finely ground. Transfer to a medium sized bowl.
- Grind sesame seeds until coarsely ground (several pulses of the blender should do it) and transfer to the bowl with the flax.
- Put water, sunflower seeds, apple, zucchini and salt in a blender and process until smooth.
- Add the sunflower seed mixture to the flax/sesame seed mixture and mix well.
- Spread the batter onto two teflex sheets, about 3/8th inch thick. Use wet hands to shape into a square. Score each one into 8 rectangular slices.
- Dehydrate at 140 degrees for 2 hours then for 4 more hours at 120. Flip over and dehydrate for another 6 hours or so until the bread is dry but still pliable and slightly moist. This could also be done in a regular oven on the lowest temperature and the door held slightly open with a wooden spoon. Drying time will vary.\
- Store in a sealed container in the fridge. Can also be frozen and warmed in the dehydrator.

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## plain and simple flax crackers

Makes about 60 crackers

Keep these around as a staple for dips and spreads.

2 cups whole flax seeds

¼ cup hemp hearts

¼ cup chia seeds

¾ teaspoon salt

2 cups water

1 Tbs raw honey

1 tsp lemon juice

- Put the flax seeds in a blender or food processor and grind to a coarse meal.
  - Put ground flax seeds, hemp hearts, chia and salt in a medium bowl, and stir to combine.
  - Have 2 dehydrator trays lined with non-stick sheets handy.
  - Mix the honey and lemon into the water. Add this mixture to the dry ingredients, mix thoroughly, and immediately divide onto the 2 sheets. To ease spreading, avoid waiting as the mixture will thicken. Spread to about 1/4 inch with a spatula, or wet hands, using the baby finger side of your hand to form straight edges. Score into rectangles with a knife, begin careful not to cut the non-stick sheets.
  - Dehydrate at 140 for 2 hours and then turn the heat down to 120. After 6 hours remove the crackers from the non-stick sheets, flip, and dry on the screens until completely dry and crispy, 2 to 4 more hours.
  - Stored in a sealed container at room temperature, Plain and Simple Flax Crackers will keep for 2 months. In humid weather you may need to put the crackers back in the dehydrator for about 1/2 hour before serving.
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## battered sage leaves

2 cups fresh sage leaves

¾ cups raw cashews

1 cup water

1 tablespoons freshly squeezed lemon juice

1 small clove garlic, chopped

½ tsp honey

½ tsp salt

- Put all the ingredients except the sage leaves in a blender and process until completely smooth, stopping occasionally to scrape down the blender jar with a rubber spatula and move the mixture toward the blades.
- Toss sage leaves in cheesy sauce (you may not need it all) until evenly coated.
- Lay battered sage on dehydrator sheets and dehydrate at 120 until crispy about 8 hours.

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## curried kale chips

2 small bunches of kale, stripped from stems and torn into pieces (10 to 12 cups loosely packed)

2/3 cup raw cashews, soaked for 4 hours

1 cup zucchini, peeled

½ red pepper

1 green onion, coarsely chopped

1 clove garlic, coarsely chopped 1/2 cup water

3 Tbs lemon juice

1 ½ teaspoons curry powder

½ teaspoon garam masala (optional)

dash cayenne pepper

½ tsp honey

¾ teaspoon salt

- Dry the prepared kale with a salad spinner or a tea towel. Put it in a large bowl.
- Blend the remaining ingredients until smooth. Toss over the kale and mix thoroughly to coat.
- Place the kale on dehydrator trays lined with non-stick sheets and dehydrate at 120 F for 5 to 8 hours, until dry. The 'sauce' will cause the kale to stick to the sheets. You want this to happen. Don't stir the kale while it's drying as it becomes very light and will blow off the sheets.
- Stored in an airtight container, kale chips will last 2 weeks. However, in humid weather, you may need to put them in the dehydrator for about 15 minutes before serving to make them crispy again.

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## cooked meals

### new potatoes in cashew broth (aloo dum)

3 pound new potatoes  
¾ cups cashews  
1 inch piece ginger  
1 garlic clove  
3 tbs lemon juice  
4 cups water  
¾ tsp turmeric  
1 teaspoon garam masala  
1 teaspoon olive oil  
½ Tbs mustard seeds  
½ tsp fennel seeds  
Salt and pepper  
½ cup chopped cilantro

- Steam the potatoes until just tender, let cool and cut into 1-inch pieces.
  - Put the cashews, ginger, garlic, lemon juice, water, turmeric and garam masala in a blender and blend until smooth.
  - Heat the olive oil in a medium casserole over medium heat and add the mustard and fennel seeds.
  - As the seeds begin to pop add the cashew liquid and whisk as it heats up and begins to thicken. Once it is simmering, gently fold in the potatoes and let simmer over very low heat for about 15 minutes. Alternately if you will be serving this dish later, you can reheat it in an oven for 25 minutes at 325.
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## **cheesy potato cauliflower bake**

This easy dish is the perfect combination of satisfying and light. Don't be deterred by the list ingredients. All but the potatoes and cauliflower are in the sauce and they go in the blender at the same time.

2 large russet potatoes (1 pound), cut into 1/2-inch dice  
1 small head cauliflower, cut into small florets (4 heaped cups)  
1/2 cup raw cashews  
1 3/4 cups water  
2 tablespoons chick pea flour  
1 tablespoon mellow white miso  
1/2 teaspoon paprika  
1 garlic clove  
1/2 teaspoon sea salt (or to taste)  
1/4 cup onion, coarsely chopped, or 2 green onions  
1 tablespoon lemon juice  
2 Tbs sun-dried tomatoes  
1/2 teaspoon ground mustard powder  
Dash of cayenne

1. Preheat the oven to 375°F.
  2. Steam potatoes and cauliflower for about 12 minutes. Don't worry if the vegetables are still slightly firm, as they will continue cooking in the oven.
  3. While the vegetables are cooking, make the cheesy sauce: in a blender or food processor, combine the remaining ingredients and blend until completely smooth and creamy, 1 to 2 minutes.
  4. Drain the potatoes and cauliflower in a colander. Arrange the cooked vegetables in a lightly oiled 9×9-inch square casserole dish. Pour the cheesy sauce over the vegetables, gently folding the sauce into the vegetables.
  5. Bake for 45 to 50 minutes, or until the top is crusty and golden, the sauce is thickened, and the vegetables are completely cooked through. Makes 4 servings
-

# Everyday Deep Healing

by Caroline Marie Dupont

## **new potato salad w/ creamy dill dressing**

Salad:

1 ½ pounds new potatoes, boiled with skin, cooled, and quartered  
1 cup fresh peas shelled fresh from the pod, halved sugar snap peas, or frozen peas, thawed  
4 radishes, halved and sliced  
3 green onions, thinly sliced  
8 baby carrots, thinly sliced  
2 stalks celery, thinly sliced  
¼ cup fresh parsley, chopped  
salt and pepper to taste  
4 cups fresh kale, thinly sliced

Dressing:

1 large avocado  
1/3 cup loosely packed dill  
3 Tbs lemon juice  
2 Tbs water  
small clove garlic  
½ tsp sea salt  
½ tsp honey

- Blend all ingredients until smooth.
- Put prepared salad ingredients into a large salad bowl.
- Add dressing and toss. Taste and adjust seasoning.

# Everyday Deep Healing

by Caroline Marie Dupont

## **light & creamy spinach basil fettucini**

1 package noodles (I like Maria's red lentil or other bean-based noodles)

Optional vegetables: broccoli, cauliflower, asparagus, kale, peas, etc.

Sauce:

1 small zucchini (about 1 ½ cups chopped)

½ cup loosely packed fresh basil leaves

½ cup raw cashews

2 cups loosely packed spinach (you could also use swiss chard)

2 Tbs lemon juice

2 Tbs gluten free light tamari (optional)

1 Tbs minced garlic

1 tsp apple cider vinegar

½ tsp salt or more if you omit the tamari

dash cayenne pepper powder, to taste

¾ cups water or more as needed to achieve desired consistency

- Cook noodles according to package directions.
  - If you are making this dish with vegetables, add them in the final minutes of cooking the noodles, laying them on top and simmering until both the noodles and vegetables are done. Drain and rinse.
  - Meanwhile blend the remaining ingredients, until smooth.
  - Put the sauce in a medium pot and simmer gently over low heat for about 5 minutes, stirring frequently.
  - Pour sauce over noodles and serve, garnished with chopped tomatoes and basil if desired.
-

# Everyday Deep Healing

by Caroline Marie Dupont

## potato nachos

6 medium potatoes  
1 tablespoon olive oil  
¼ teaspoon salt

Toppings:

Guacamole (see below)

Cilantro

Green olives, sliced

Green onions, sliced, or red onions, diced

Tomatoes, chopped

Cashew cheddar cheese (see recipe in Dips and Spreads)

Salt

Lime juice

Salsa (optional)

- Preheat the oven to 375.
- Slice the potatoes into ¼ inch thick slices. Put in a bowl with olive oil and ¼ teaspoon salt and toss to coat.
- Arrange potatoes on a cookie sheet lined with parchment paper.
- Bake for 20 minutes, flip and bake 10 more minutes until tender and nicely browned.
- Serve on individual plates with any or all of the toppings.

## guacamole

2 ripe avocados, flesh scooped out

¼ cup freshly squeezed lemon juice (about 1 large lemon)

1 large clove garlic, minced

½ teaspoon dulse (optional)

¼ teaspoon salt

- Put the avocados in a medium bowl and mash with a fork or potato masher until uniformly chunky.
  - Add the lemon juice, garlic, optional dulse, and salt and continue mashing until creamy but some texture still remains.
-

# Everyday Deep Healing

by Caroline Marie Dupont

## **korean pancakes**

Serves 6 (4 pancakes each)

1 ½ cup split mung beans or yellow split peas, soaked 4 to 8 hours

4 tablespoons brown rice or millet, soaked 4 to 8 hours

1 cup water

1 small yellow onion

1 zucchini, grated

½ red bell pepper, finely chopped

2 spring onions, sliced

2 heads baby bok choy, cleaned and sliced (about 2 cups)

½ teaspoon salt to taste

1 cup chopped cilantro

Coconut oil

Kim chi

Chopped cilantro

4 tablespoons low sodium gluten free tamari

2 tablespoon cold pressed sesame oil

1 tablespoon apple cider vinegar, lemon juice, or rice vinegar

- Soak beans and rice together for 4 hours. Strain and rinse.
  - Preheat oven to 350 F.
  - Put beans, rice, water and onion in a blender and blend for 1 minute until smooth, adding water if necessary for smooth blending.
  - Meanwhile put prepared vegetables in a large bowl. Pour blended beans and rice over top and mix.
  - Oil a baking sheet with coconut oil. Drop and spread batter to create 3 or 4 inch pancakes.
  - Bake for 12 minutes, flip and bake about 8 to 10 more minutes, until firm and golden.
  - Make dipping sauce: combine tamari, sesame oil and vinegar in a small bowl or jar.
  - To serve, put pancakes on individual serving plate, top with kimchi, cilantro and dipping sauce.
-

# Everyday Deep Healing

by Caroline Marie Dupont

## **kimchi**

Makes 4 cups

Kimchi is a spicy Korean version of fermented vegetables made with Chinese cabbage and other vegetables, as well as ginger, garlic and hot peppers. Traditionally, the container of kimchi is often buried in a hole dug in the ground outside, but they ferment just fine on your kitchen counter!

8 cups sliced chinese cabbage (Nappa)  
6 inches daikon radish or 4 red radishes, thinly sliced, or coarsely grated  
1 carrot, thinly sliced, or coarsely grated  
3 green onions, sliced  
3 garlic cloves, finely chopped  
3 tablespoons of grated, peeled fresh ginger  
1 to 3 whole hot chili peppers, or a dash of hot sauce, to taste  
2 tablespoons salt

- Reserve a cleaned cabbage leaf from the outside of the head.
  - Mix all ingredients together in a large bowl, massaging with your hands to evenly distribute the salt. Let sit for an hour or so.
  - Mix thoroughly again. You should begin to see liquid forming at the bottom of the bowl.
  - Use either two 1 liter jars, or one 2 liter jar or a crock if you have one. Wide mouth jars work well. Prior to filling, I fill them with boiling water, along with the stone, and let sit for an hour to sterilize.
  - Start with about 1 cup of vegetables and pack it down with your fist, a dowel, or a potato masher, until juice rises up above the vegetables. Follow this with subsequent layers until the mixture is 1 to 2 inches from the top of the jar. There should be about 1 inch of juice above the veggies when you press down on them. If not, add a little salt water.
  - Put a cabbage leaf on top of the vegetables follow by a stone to keep them submerged, follow by a lightly screwed lid (to allow gases to escape) or weigh the vegetables down with a smaller jar filled with water, in which case you should also cover the jar with an old pillowcase secured with an elastic band to prevent dust and insects from getting in.
  - Ferment in your kitchen or other warm place. Keep it in sight so you remember to check on it. Taste after a week or so. In colder temperatures you will have to ferment longer, up to 10 days.
  - Remove the stone and cabbage leaf, and transfer to the fridge. You may also want to transfer it to smaller jars. It will keep for 6 months to a year unopened. Once open consume within 2 months.
-

# Everyday Deep Healing

by Caroline Marie Dupont

## noodles and veggies 2 ways

I'm not giving amounts for this dish. I'm sure you'll figure that out. To get the most out of this bowl though, I suggest you go heavy on the veggies. You can never get enough of those! Adjust the topping ingredients amounts as needed.

I like to use red lentil, mung bean or black bean noodles for this dish.

- Get a pot of water boiling. You'll be boiling the noodles and the veggies together so use a big pot.
- Meanwhile decide which veggies you want to include, wash and chop them. I generally choose 2 (different colors), and some of my favorites are:
  - bok choy (sliced)
  - swiss chard (halved and sliced)
  - kale (discard the stems, and chop the leaves)
  - green beans (halved)
  - zucchini (1 inch cubes)
  - cauliflower (1 inch florets)
  - broccoli (1 inch florets)
- Add your noodles to the boiling water, stir, cover and simmer. When there are about 5 minutes left, add the chopped veggies. Cover and let simmer until both the noodles and veggies are done. The more you do this the better you will be at getting the timing right.

Meanwhile decide if you want an Asian or Mediterranean style bowl.

- Asian garnishes:
  - Lots of kim chi
  - cilantro
  - finely chopped raw veggies: radish, red pepper, cucumber, green onions, etc.
  - sprouts
  - ground sesame seeds
- Mediterranean garnishes:
  - Mix the following in a medium bowl, or on the bottom of the bowl you'll be eating from: 1 – 2 cups chopped fresh tomatoes, some diced red or yellow pepper, a small handful olives, 1 garlic clove (minced), herbs (basil, thyme, oregano, marjoram), 1 Tbs olive oil, 1/4 tsp salt, pepper to taste.
  - Pesto (instead of olive oil)
  - chopped fresh arugula
  - nut and seed mix

When the noodles and veggies are cooked, drain in a colander and rinse briefly with cold water. Put the noodles and veggies in a serving bowl, top with garnishes and enjoy!

# Everyday Deep Healing

by Caroline Marie Dupont

## **potato crust pizza w/wild greens pesto & asparagus**

2 large potatoes (skin on) – about 2 cups  
¼ cup chopped fresh oregano (or 1 teaspoon dried)  
1 teaspoon olive oil  
¼ teaspoon salt  
⅓ cup pesto (see recipe below)  
1 bunch asparagus  
Cheesy sauce (see recipe in Dips and Spreads)  
freshly ground black pepper  
fresh salad greens (arugula works well)  
microgreens (basil works well)

- Cube and steam potatoes
  - Add herbs, oil and salt and mash with a potato masher until smooth.
  - Put a piece of parchment paper on a cookie sheet and spread the mashed potatoes about ½ cm thick (as evenly and thin as possible otherwise the crust will be too moist).
  - Bake at 375 for 30 minutes or until firm. It will be crispy around the edges.
  - Meanwhile, cut the tough ends off the asparagus sprigs and discard them. Take the tops off and set aside. Shave the sprigs into ribbons with a veggie peeler. Reserve the leftover, unshaved parts and cut them into bite-sized pieces.
  - Remove the crust from the oven and evenly spread the pesto over it. Pile the asparagus ribbons and pieces on top of the pesto. Drizzle with cheesy sauce, season with black pepper and bake for another 10 minutes. Remove from the oven and let cool slightly before topping with greens and microgreens, if using.
-

# Everyday Deep Healing

by Caroline Marie Dupont

## **pesto, sauteed greens and mushroom pizza with cashew cheese**

**1 pizza crust** (homemade or store bought)

**Pesto** (homemade or store bought) – see recipe below

### **Sauteed Greens and Mushrooms:**

¼ cup water

2 tablespoons olive oil,

2 tablespoons garlic

1 cup chopped leek or onion

2 cups sliced mushrooms

1 teaspoon dried oregano and/ or marjoram

1 bunch greens of choice (swiss chard, kale, spinach, rapini, mustard greens)

Cashew cheese

Nut parmesan

Arugula

Cherry tomatoes (sliced)

Red pepper (small dice)

Fresh herbs (optional)

- Put water, oil, garlic, onions and mushrooms in a frying pan and cook on medium high for 7 to 8 minutes stirring occasionally.
- Add oregano or marjoram and continue cooking until the mixture is fairly dry. Remove from heat.
- Meanwhile, prepare a bunch of greens by washing, stemming if necessary (kale), and coarsely chopping. Put an inch of water in a medium pot and boil/steam the greens until tender. Drain and squeeze dry.
- Add the cooked greens to the sautéed vegetables.

### **To assemble pizza:**

- Spread pesto thinly on a warm pizza crust, then pile the warm greens on.
- Drizzle with cashew cheese (see below), sprinkle with nut parmesan (see below), and garnish with chopped fresh arugula, chopped fresh tomatoes, fresh herbs.

# Everyday Deep Healing

by Caroline Marie Dupont

## **cauliflower mashed potatoes w/mushroom gravy**

adapted from Medical Medium

Serves 2 as a meal

1 large head cauliflower, florets

2 potatoes, cubed

2 cloves of garlic

1/2 tsp olive oil

1/4 tsp sea salt

- Steam cauliflower, potatoes and garlic until tender, about 10-15 minutes. Strain and place into a food processor with olive oil and sea salt. Process until smooth. Top with mushroom gravy and enjoy!

### **Gravy**

4 cups mushrooms

1 onion, diced

2 garlic cloves

1/4 cup sundried tomatoes

1/2 teaspoon each fresh thyme, sage, and rosemary or 1/4 tsp dried

1/2 tsp olive oil

1/4 cup Cauliflower Mashed Potatoes

- In a large pan, steam mushrooms, onion, garlic, sundried tomato, and herbs in 2 cups of water until tender. Set aside one cup of mushrooms. Place the rest of the mushrooms and broth into blender with 1/2 tsp olive oil and 1/4 cups cauliflower mashed potatoes. Blend until smooth. Pour over cauliflower mashed potatoes and serve topped with mushrooms.
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# Everyday Deep Healing

by Caroline Marie Dupont

## **cauliflower-millet mash**

1 cup millet  
1 small sweet potato, diced  
1 small head cauliflower, chopped (about 6 cups)  
4 to 5 cups water  
coconut oil  
cilantro, chopped  
green onion, finely chopped  
salt and pepper

- Put millet and 3 cups water in a medium pot. Bring to a boil and simmer for 15 minutes.
- Add sweet potato and simmer 10 minutes.
- Add cauliflower and 1 to 2 cups water and simmer for 15 more minutes until vegetables are tender. The amount of water depends on the size of the cauliflower. Make sure there is always some liquid at the bottom of the pot.
- Coarsely mash the millet and vegetables.
- Serve in individual bowls and garnish with coconut oil, cilantro, green onion, salt and pepper.

# Everyday Deep Healing

by Caroline Marie Dupont

## **cauliflower fried rice**

(adapted from Medical Medium – Thyroid Healing)

1 medium cauliflower (about 6 cups florets)  
1 teaspoon coconut oil  
¼ cup water  
½ red onion, diced  
1 inch ginger, minced  
3 garlic cloves, minced  
1 large carrot, diced  
1 red bell pepper, diced  
2 stalks celery, diced  
1 cup frozen peas, thawed  
1 teaspoon toasted sesame oil  
2 tablespoons Coconut Aminos  
½ teaspoon raw honey or coconut sap sugar  
½ teaspoon salt  
1 cup chopped cilantro  
¼ cup almonds, chopped  
2 teaspoons sesame seeds  
1 lime

1. Cut cauliflower into florets and place in a food processor, Pulse until the cauliflower achieves a coarse rice texture. Set aside.
2. Heat coconut oil in a large pan, along with the water. Add onion and saute for about 8 minutes until the onion is translucent.
3. Add prepared ginger, garlic, carrot, bell pepper, celery, and peas and continue cooking until the vegetables begin to soften.
4. Add the cauliflower rice and cook for another 6 minutes.
5. Add sesame oil, coconut aminos, honey and salt and stir well to combine, cooking for another couple of minutes until cauliflower rice is tender.
6. Serve topped with cilantro, almonds, sesame seeds and a squeeze of lime juice.

For a raw version: omit coconut oil and water, decrease garlic to 1 clove. Combine all ingredients in a bowl and let marinate for about an hour.

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# Everyday Deep Healing

by Caroline Marie Dupont

## **noodles and wilted kale**

4 cups kale, stems removed, chopped medium-fine

1 cup finely chopped cauliflower

4 sundried tomato halves, soaked 20 minutes, finely chopped, soak water reserved

2 Tbs finely chopped red or green onion

2 Tbs olive oil

1 Tbs lemon juice

1 tsp finely chopped garlic

½ tsp honey

Splash apple cider vinegar (optional)

½ red pepper sliced fine

1 cup cherry tomatoes, halved

1/3 cup cashews, macadamia nuts, or Brazil nuts, or pumpkin seeds or a combination

Pinch salt

Noodles: black bean or mung bean noodles, OR zucchini or kelp noodles

- Put kale, cauliflower, sun-dried tomatoes, onion, olive oil, lemon juice, garlic, honey and apple cider in a medium sized bowl. Toss and massage with hands to combine and coat kale evenly and soften it. Let sit for up to 4 hours, or put in the dehydrator or sun for about an hour (covered). If it seems dry, add a little of the tomato soak water.
- Grind cashews in a spice or coffee grinder, or blender.
- Just before serving cook noodles according to package directions.
- Add prepared peppers, tomatoes and ground nuts to the kale mixture.
- When ready to serve, toss in drained and rinsed noodles.

# Everyday Deep Healing

by Caroline Marie Dupont

## **sauteed greens & mushroom pizza w/ sun-dried tomato pizza sauce & simple homemade GF crust**

### **pizza crust**

(makes 2 8-inch crusts)

1 cup uncooked quinoa or millet, soaked in water for 4 to 8 hours (or use a combination of these grains)

1/2 cup water

1 tablespoon olive oil

1 Tbsp honey or coconut sap sugar

1 small garlic clove

1/4 teaspoon salt

1. Pre-heat oven to 400 degrees.
2. Drain the quinoa using a fine-mesh sieve and rinse well.
3. Put the soaked quinoa, water, olive oil, honey, garlic and salt in your blender and blend for one to two minutes, or until smooth.
4. Line 2 8- or 9-inch pie pans with parchment paper. Pour half the quinoa batter into each and spread with a spatula.
5. Bake for 12 minutes. Flip each crust, remove the parchment paper (can be re-used) and bake for 8 more minutes.
6. Add the sauce and toppings and bake 6 more minutes.
7. Store leftovers in an airtight container in the refrigerator for up to one day. May be frozen.

### **sun-dried tomato pizza sauce**

1 cup sun-dried tomatoes soaked in 3/4 cup filtered water for an hour

1/4 cup red onion, coarsely chopped

3 garlic cloves, coarsely chopped

2 teaspoons Italian seasoning (see below)

1 teaspoon honey or coconut sap sugar

Pinch cayenne (optional)

1. Process all ingredients, including soak water in a food processor or blender until relatively smooth. A little texture is fine.
2. If sun-dried tomatoes are salted, and to reduce salt drain the soak water and add enough fresh water while processing to make a thick sauce.
3. Leftover sauce can be frozen.

# Everyday Deep Healing

by Caroline Marie Dupont

## **sauteed greens and mushrooms:**

¼ cup water

1 cup chopped leek or onion

1 to 2 cups sliced mushrooms (optional)

4 to 6 cups chopped greens of choice (swiss chard, kale, broccoli, spinach, rapini, mustard greens)

1 tablespoon Coconut Aminos (optional)

1 teaspoon olive oil

1. Put water, onions and mushrooms in a frying pan and cook on medium high for 5 minutes until vegetables become tender, adding more water as needed to prevent sticking.
2. Meanwhile, prepare a bunch of greens by washing, stemming if necessary (kale), and coarsely chopping. Add to pan along with Coconut Aminos and water saute until the greens are tender. Turn heat to high until all liquid is evaporated.
3. Stir in olive oil and set aside

## **toppings**

to add to pizza in oven:

sliced peppers

sliced olives

cashew cheese sauce (see Dips and Spreads)

nut parmesan

## **To garnish:**

arugula

cherry tomatoes (sliced)

fresh herbs – chives, basil, marjoram, oregano

edible flowers (chive leaves, calendula leaves, basil flower leaves, etc.)

## **To assemble pizza:**

1. Spread tomato sauce thinly on a pizza crust, then pile the greens on.
  2. Garnish with sliced peppers and olives, and drizzle with cashew cheese (see below),
  3. Bake for 6 to 8 minutes,
  4. Optional: garnish with chopped fresh arugula, chopped fresh tomatoes, fresh herbs
- 

## **Italian seasoning**

¼ cup basil

¼ cup marjoram

¼ cup oregano

2 tablespoons rosemary (ground)

2 tablespoons thyme

Combine ingredients in a small jar.

# Everyday Deep Healing

by Caroline Marie Dupont

## **fully loaded baked potatoes w/spicy kidney beans & cashew cheddar cheese**

8 medium sized potatoes (I like Yukon Gold)

- Scrub, prick several times with a knife and bake at 350 for 40 minutes.

### **spicy kidney beans**

1 cup dry kidney beans, or Mexican Red Beans, cleaned and rinsed and soaked 8 hours (or 2 15-oz cans kidney beans) – you need about 3 cups cooked beans

3 1/2 cups water

3-inch piece kombu sea vegetable, broken into small pieces

1 onion or leek, chopped medium fine

2 cloves garlic, minced

1 stalk celery, chopped medium fine

1 carrot, chopped medium fine

1 teaspoon dried oregano

1 teaspoon marjoram

3/4 teaspoon cumin

Pinch cayenne, or a dash of hot sauce

2 tablespoons wheat-free low-sodium tamari (optional)

Salt, to taste

1. Drain beans and rinse. Put the beans in a pot, add 3 cups of water and bring to a boil. Skim off any foam that arises. Add the kombu and boil for an hour.
2. Add the onion, garlic, celery, carrot, oregano, marjoram, cumin and cayenne and simmer for another hour to 1 1/2 hours until the beans are very soft.
3. Add tamari, taste, add salt if desired and adjust seasoning.

### **guacamole**

2 ripe avocados, flesh scooped out

1/4 cup freshly squeezed lemon juice (about 1 large lemon)

1 large clove garlic, minced

1 teaspoon dulse (optional)

1/4 teaspoon salt

1. Put the avocados in a medium bowl and mash with a fork or potato masher until uniformly chunky.
2. Add the lemon juice, garlic, optional dulse, and salt and continue mashing until creamy but some texture still remains.

**cheddar cheese sauce:** see recipe in Dips and Spreads

# Everyday Deep Healing

by Caroline Marie Dupont

## **other fixings:**

- Chopped cilantro
- Halved cherry tomatoes
- Diced red pepper
- Sliced green onion
- Salsa (homemade or store bought)
- Sprouts

## **To serve:**

1. Slice a baked potato (or 2) in half and put on the bottom of a plate or bowl.
  2. Top with kidney beans.
  3. Put the guacamole, cheddar cheese sauce and other fixings on the table or counter and let your friends dress their meal as desired.
-

# Everyday Deep Healing

by Caroline Marie Dupont

## desserts and sweets

### apple nachos

4 red apples, sliced  
1 tsp cinnamon  
1/4 cup dried cranberries (or golden raisins)  
1/4 cup walnuts (or pecans), finely chopped (optional)  
2 tbsp tahini or almond butter (optional)

#### Date caramel:

8 medjool dates  
1/4 cup unsweetened almond or coconut milk  
1/2 cup water  
1/2 tsp alcohol free vanilla extract

- Make the date caramel by blending the dates, almond milk, water and vanilla until smooth. Add a bit more water if needed to blend. Set aside.
- Arrange the apple slices on a serving plate. Top with cinnamon, date caramel, walnuts, cranberries and tahini. Serve immediately. Serves: 3-4

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### living berry ice cream

3/4 cup ripe avocado  
1 1/2 tablespoons lemon or lime juice  
1/4 cup maple syrup  
2 cups frozen raspberries (blueberries, cherries, strawberries or currants, or a combination)

- Blend all ingredients on high for 30 seconds to 1 minute until completely uniform. Enjoy!

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### strawberry rhubarb pudding

1 cup fresh or frozen strawberries  
2 cups chopped rhubarb  
6 dates, pitted and chopped  
1/2 cup water  
Maple syrup for added sweetness

- Simmer in a medium pot for 20 minutes. Blend. An immersion blender works well.
-

# Everyday Deep Healing

by Caroline Marie Dupont

## **raw apple pie with cinnamon-pecan streusel**

Crust:

1 cup raw whole buckwheat  
1 cup dried mulberries  
1 cup raw walnuts  
1 vanilla bean, seeds scraped, or 1 tsp vanilla bean powder, or 1 tsp vanilla extract  
1 teaspoon ground cinnamon  
¼ cup water + more as needed

Filling:

5 large apples (I use Macintosh), peel left on  
½ cup packed dates, pitted – I used fresh dates but if you use dried, soak for 30 minutes or so  
1 Tbs fresh lemon juice  
1 teaspoon ground cinnamon  
pinch of nutmeg  
2 tablespoons white or black chia seeds

Cinnamon-Pecan Streusel:

¼ cup raw coconut sugar  
1/3 cup raw pecans  
2 teaspoons virgin coconut oil  
½ teaspoon ground cinnamon

1. Make the crust: Put the buckwheat in a food processor and process until finely ground. Add the mulberries, walnuts, vanilla and cinnamon. Pulse the mixture a few times and then process until you have a crumbly mixture (about 1-2 minutes). Add water as needed, and process until the mixture holds together when squeezed.
2. Line the bottom of a 10" round tart pan (a springform pan works well) with parchment paper and grease the sides with coconut oil. Pour the crust mixture into the tart pan, and use your hands to press the mixture into the bottom. It helps to dampen your hands with water so the dough won't stick to them.
3. Make the apple filling: Core the apples and roughly chop two of them. Add them to a food processor (or blender) along with the lemon juice, dates, cinnamon, and pinch of nutmeg. Pulse the mixture a few times and then process for 3-4 minutes or until a smooth apple-sauce-like texture is reached. You'll need to stop frequently to scrape the mixture down the sides of your food processor.
4. Pour the mixture into a large bowl and stir in the chia seeds.
5. Dice the other three apples into small cubes, and add the cubes to the bowl with the apple-date mixture. Toss to coat.
6. Make the cinnamon-pecan streusel: Put the pecans, coconut sugar, coconut oil, and cinnamon in a food processor. Pulse 20-25 times or until you have a coarse crumble.
7. Assemble the pie: Pour the apple mixture into the crust, and use a spatula to spread it evenly into the crust. Sprinkle the cinnamon-pecan streusel over the apple layer and lightly pat down with your hands. Let it set in the fridge for about an hour.
8. Store leftovers in your refrigerator.

# Everyday Deep Healing

by Caroline Marie Dupont

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## **salted caramel twix bars**

Shortbread layer:

¾ cup almond flour

½ cup coconut butter/manna (not oil)

¼ cup maple syrup

Pinch salt

- Combine in a food processor and press into an 8 X 8 pan lined with parchment paper (or 2 loaf pans). Freeze while you prepare the caramel layer.

Caramel layer:

3 cups fresh dates

2 Tbs melted coconut oil

1 Tbs tahini

1 teaspoon vanilla

¼ teaspoon Himalayan sea salt

- Process dates until smooth, adding a little water if necessary.
- Add oil, tahini, vanilla and salt and process until well combined.
- Spread over the crust.
- Press coarsely chopped pumpkin seeds over top (about 1/3 cup)
- Return to freezer.

Chocolate coating:

½ cup cocoa powder

½ cup coconut oil

3 Tbs maple syrup

- Melt in a double boiler, or in a 2-cup glass measuring cup placed in a pot of boiling water. Whisk until completely smooth.
  - Lift bars out of the pan (s) and cut into desired sizes. Drizzle with melted chocolate and allow to set.
  - Return the bars to the freezer in a sealed container. Remove from freezer about 5 minutes before serving.
-

# Everyday Deep Healing

by Caroline Marie Dupont

## **banana crepes w/berries, whipped cream and fudge sauce**

### **for the crepes:**

8 ripe bananas  
½ cup water (just enough to blend)  
juice of ½ lemon  
1 tsp vanilla

1. Blend all ingredients in a blender until completely smooth
2. Pour 4 small circles, on each dehydrator tray (use 2 or 3 trays), lined with a teflex sheet.
3. Dehydrate at 140 for an hour, then turn heat down to 120 and dehydrate until crepes are pliable. Time will vary, but 8 hours or so should do it. Check once you get to the 7 hour mark. If you do them too long they will get crispy.

### **fruit:**

Assortment of berries, sliced in the case of strawberries  
Pears  
mandarin oranges, cut into pieces  
Pomegranate arils

### **berry sauce:**

frozen blueberries, raspberries or strawberries, thawed and blended with a little maple syrup

### **coconut whipped cream (adapted from Medical Medium):**

2 X 13.5 ounces cans of full-fat coconut milk, refrigerated

¼ teaspoon grated ginger  
1 teaspoon maple syrup  
1 tsp lemon juice  
½ tsp vanilla

- 1 tsp lemon zest
- Open the cans of coconut milk, being careful not to shake them. Coconut milk naturally separates in the can, leaving a thick, heavy layer on top. Scoop out the solid cream from each can and place it in a small mixing bowl. Discard the thin liquid that remains.
  - Using a fork or infusion blender, whisk together the coconut cream, ginger, maple syrup, lemon juice and vanilla. Whisk until the mixture is well combined and smooth. Stir in lemon zest.

### **fudge sauce:**

¼ cup water  
2 tablespoons maple syrup  
2 tablespoons raw almond butter  
2 tablespoons carob powder  
2 tablespoons melted cold-pressed coconut oil  
pinch sea salt

# Everyday Deep Healing

by Caroline Marie Dupont

Blend all the ingredients until smooth adding a small amount of water as needed to achieve desired consistency. Depending on your blender, because this recipe makes a small quantity, you may be best to use an immersion blender. Stored in a sealed container in the refrigerator, fudge sauce will keep for a week in the refrigerator.

To assemble, let each person assemble their own crepe. For example:

- Start with the crepe on a plate and add a line of fruit down the centre, and some coconut whipped cream.
- Roll and garnish with fudge sauce and berries sauce, maybe another dollop of coconut whipped cream.

# Everyday Deep Healing

by Caroline Marie Dupont

## **Bodhi's food** (80 pound Poodle-Rhidgeback cross)

### **Morning:**

- Grind up 2 celery sticks + 1 apple in a food processor (sometimes I add wild blueberries)
- Put in bowl, add 1 tablespoon hemp oil, 1 teaspoon spirulina, and ½ pound ground raw meat (turkey, duck or beef heart)
- Sometimes I sprinkle on ½ cup commercial dog food. I use Acana Singles.

### **Evening:**

- Sweet potato or squash (I cook a batch every few days) + vegetables (broccoli, cauliflower, brussels sprouts, etc.) – I keep frozen veggies in case I have no fresh on hand or if time is an issue
- Add 1 tablespoons coconut oil
- Put in bowl and mix in ½ pound ground raw meat (turkey, duck or beef heart)
- Other things I add to meals: dulse, hemp seeds, barley grass juice powder, B12, zinc

### **Snacks:**

- Frozen organic chicken drumsticks
- Organic marrow bones
- fruit: papaya and watermelon are Bodhi's favorites but your dog may like banana, apple, etc.
- treats: Bodhi's biscuits (see below)

### **Bodhi's biscuits**

- put 2 baked sweet potatoes, (with peel) (or 2 cups butternut squash) in a food processor.
- Add a chopped apple and process until relatively smooth.
- Add 1 cup organic peanut butter and process until smooth.
- Transfer to a bowl and add 1 cup coconut flour and ¼ cup ground chia/flax/hemp (use 1 or a combination).
- Mix to form a stiff dough (like a cookie dough), adding more coconut flour as needed.
- Line a baking sheet with parchment and press dough into a rectangular shape about 1 cm thick. Score into desired sizes with a knife. I make mine about 2 cm X 2 cm
- Bake at 300 degrees for 40 minutes. Remove from oven and separate into individual biscuits. Decrease heat to 200, return tray to oven and bake for another hour. Turn oven off and let biscuits dry completely. Sometimes I find I have to turn the oven on again to get them to dry.
- When completely dry, these can be stored in a container at room temperature.

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## everyday shopping list

Here are things I like to have in the house at all times

- Lemons and limes
- Celery
- Lettuce, all kinds
- Cucumbers
- Cilantro
- Frozen blueberries, mango, pineapple, berries and other fruit
- Bananas
- Kale
- Avocados
- Apples
- Oranges
- Grapefruit
- Other fruit: kiwi, mangoes, grapes, peaches, etc. depending on season
- Green onions
- Garlic
- Cherry tomatoes
- Vegetables for steaming: cauliflower, broccoli, bok choy, rapini, brussels sprouts, zucchini, swiss chard, etc.
- Sweet potatoes
- Potatoes
- Coconut oil
- Honey
- Olive oil
- Bean-based noodles
- Coconut water
- Aloe vera
- Nuts: cashews, almonds, macadamia, Brazil
- Seeds: pumpkin, hemp
- Dried fruit: raisins, prunes, figs, apricots, cranberries, mulberries, etc.

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