

Elevate Your Health to the Extraordinary!

Cooking with
Whole Foods
& Essential Oils

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Our Bodies Are Created To Enjoy A Lifetime Of Vibrant Health

Our Creator has made provision for our healing in every part of nature - what we see, hear, taste, touch, and smell. Even the beauty of the earth was given to us for the healing of our spirit.



Every Day, We Choose Life Or Death With Our Forks (Or Chopsticks!)

Poor eating habits have created epidemic levels of chronic disease around the world.

- Cancer
- Heart disease
- Stroke
- Diabetes
- Obesity
- Depression



Teri's Tip

*Currently, Japan has one of the healthiest diets in the world.
We can learn from the Japanese!*

What You Will Learn Today

- How pure, live foods begin to heal your body quickly
- Healthy alternatives to the dangers of white sugar
- Eating healthy on a budget
- How to use essential oils for healing your body and for cooking
- Delicious recipes from *Heaven's Garden*



The Wonder Of Whole Foods

Food colors reveal health benefits

Red foods strengthen and protect! Iron for healthy blood, minerals for bones and teeth, antioxidants to support the immune system and every body system.

Orange & **yellow** foods are high in Vitamin A to protect vision and eye health. Antioxidants protect and regenerate tissues for beautiful skin. And the fiber keeps you regular.



A Rainbow Of Colorful Foods Offers Greater Health

Green foods build strong bones, boost the immune system, cleanse digestive system. More calcium than milk!

Kale is #1 most nutritious vegetable



White foods are your white knights, protecting you with immune-boosting nutrition! Anti-viral, antitumoral, and a natural antibiotic.



Garlic is #1 cancer fighting food



Blue & purple foods rejuvenate cells. Powerful antioxidants reduce inflammation and risk of cancer, stroke, heart disease.



The Wonder Of Food Shapes



The beta-carotene in carrots decreases the risk of macular degeneration

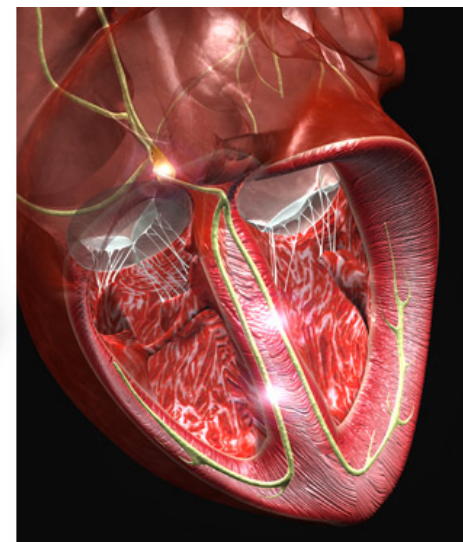


The vitamins in walnuts and the natural omega-3 fatty acids are very good for the brain function.

Strong Bones And Healthy Hearts



Celery is an excellent source of silicon which strengthens bones.

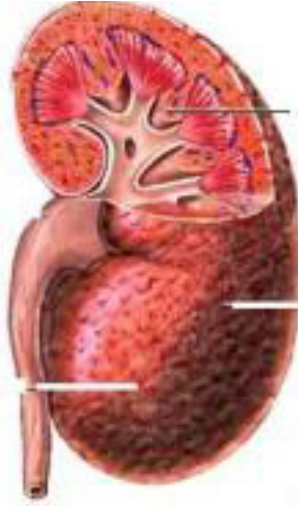


The lycopene in tomatoes lowers the risk for heart disease.

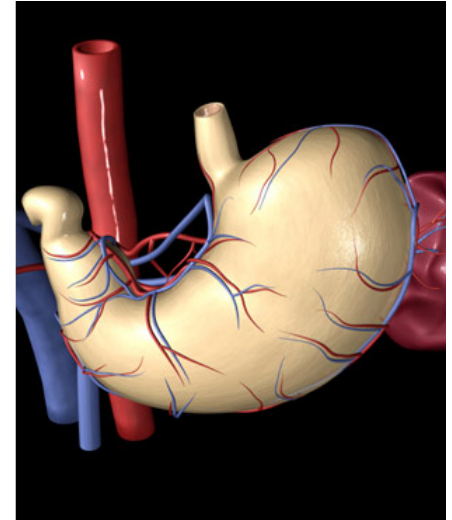
Strengthen Your Kidneys And Soothe Your Stomach



Kidney beans are full of vitamins and minerals that actually heal and maintain kidney function.



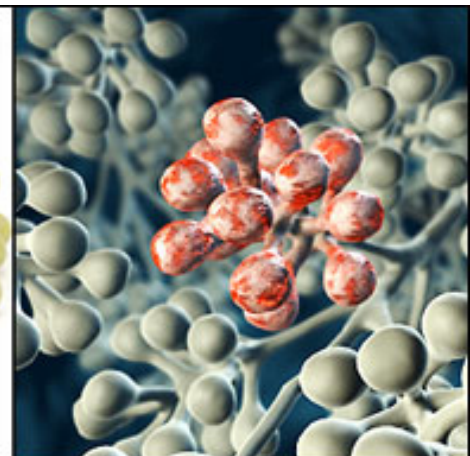
The phytochemicals in ginger calm upset stomachs and prevent nausea.



Nourish Hormones And Lungs



Avocados are high in folate, very important for cell development during pregnancy.



Grapes have been shown to reduce risk of lung cancer and emphysema.

The Humble Bean

A healthy answer to a tight budget

- Easy on the budget, easy to cook, and delicious!
- Tops for weight loss-high fiber and low fat
- Loaded with vitamins, minerals, protein
- Lowers cholesterol, reduces heart disease
- Aids digestion
- Antioxidants reduce cancer risk



We Need Healthy Fats!

Good fats

Coconut	Safflower
Grapeseed	Sunflower
Sesame	Fatty fish
Olive	Nuts
Butter	

Bad fats

- Hydrogenated oils
- Margarine
- Shortening
- Canola oil (GMO)
- Butter substitutes
- Lard



Teri's Tip - Healthy fats can actually aid weight loss.

Sugar Is Devastating To Health Around The World

- 50% of Americans eat 150 pounds of sugar each year!
- Sugar is highly acidic, depletes minerals from bones and organs.
- Sugar may raise risk of heart disease.
- To overcome our epidemic of obesity and diabetes, we **must** get our sugar intake under control.



The Dangers Of High Fructose Corn Syrup

High Fructose Corn Syrup is addictive, causes cravings, disrupts metabolism, leads to:

- Weight gain
- Insulin resistance
- Elevated blood pressure
- Elevated triglycerides and LDL (bad cholesterol)
- Depletion of vitamins and minerals
- Gout, heart disease
- Liver damage



**Top-selling baby formula
is 52% SUGAR**
42.6% CORN SYRUP SOLIDS
10.1% SUGAR (SUCROSE)

Hope For Your Sweet Tooth!

Look at all the delicious, healthy sweeteners you can enjoy!

- Agave Nectar
- Stevia
- Raw Organic Honey
- Barley Malt Syrup
- Maple Sugar
- Black Strap Molasses
- Coconut Palm Sugar



Health Properties Of Raw Honey

- Rich in B vitamins and minerals
- Antiviral, antifungal
- Helps keep cholesterol in check
- Suppresses coughs
- Boosts immunity
- Choose raw organic honey that hasn't been filtered, strained or heated



Teri's Tip – For a sore throat, put one drop of Thieves essential oil in a teaspoon of honey and suck on the spoon. Repeat every 30 minutes.

Mega-Nutrition From Whole Grains

Brown Rice – Rich in fiber, magnesium, selenium.

Barley - Exceptional ability to control blood sugar, lower cholesterol, improve immune function. Alkaline grain.

Millet – Good source of niacin, folic acid, iron, zinc.

Spelt – High in protein, easy to digest.

Wheat – Rich in B vitamins, minerals, lessens chronic inflammation (non-GMO).



Grains are an important source of antioxidants, fiber, numerous vitamins, minerals, and phytonutrients.

Teri's Tip – Experts suggest gluten-free grains (brown rice, millet, quinoa) for underactive thyroid conditions.

We Are Called To Be Good Stewards

We are called to be good stewards over the animals and the land. In return, they produce healthy, vibrant food.

However, commercial feed lots and battery farming operations do not yield the same high quality food.



Is This Good Stewardship?

Commercial feedlots and battery farms



The Proof Is In The Egg Yolk!



Free range chickens enjoy a happy life with fresh air and exercise.



Organic eggs are deep orange, very flavorful, and more nutritious than battery farmed chicken eggs.

Your Food Is Only As Healthy As Its Source

- Worldwide, soil nutrition is depleted, leading to lower nutrition in all food crops.
- Pesticides and chemical fertilizers have further degraded the food value.
- Hybrid and GMO seeds may contribute to celiac disease.
- Antibiotics and growth hormones fed to animals have caused hormonal balance problems for people.



How Can We Boost The Nutritional Value Of Our Food?

Simple solutions:

- Buy **organic whole foods** as much as possible.
- Super-infuse your food and water with pure, powerful therapeutic-grade **essential oils**.



What ARE Essential Oils?

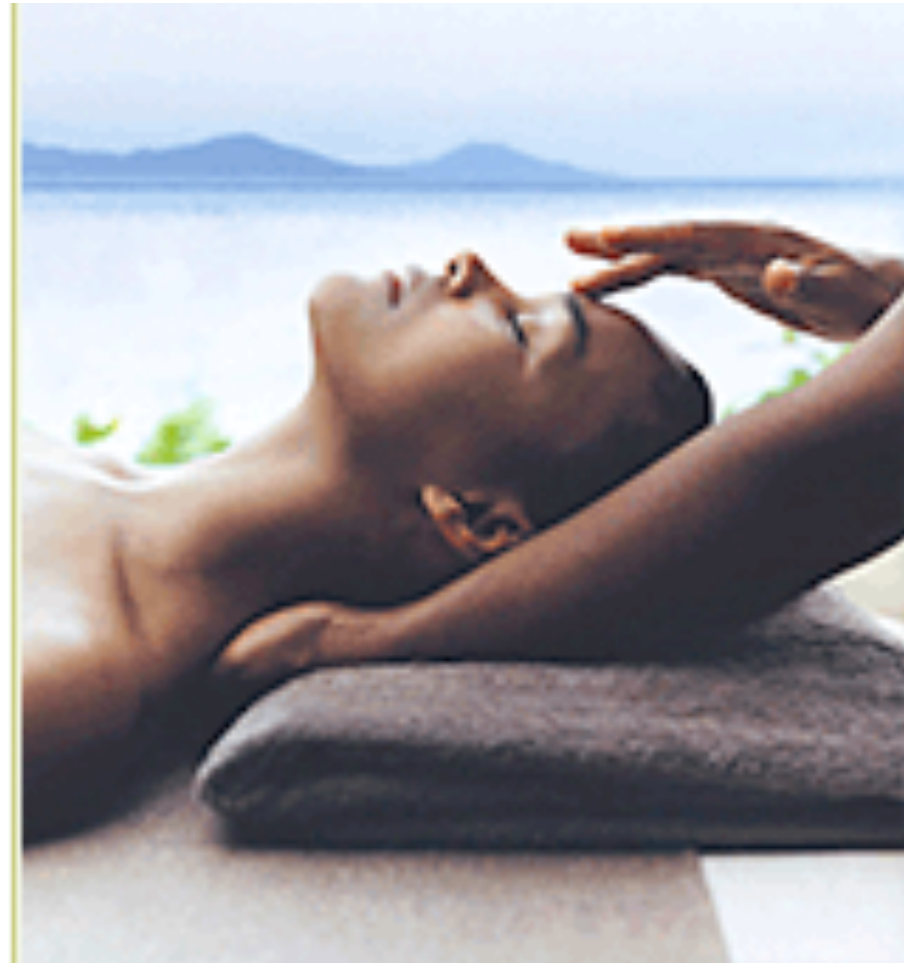
- Essential oils are the life force and the immune system of the plant
- Essential oils are produced from every part of the plant – stem, root, fruit, seed, flower
- Young Living essential oils are steam distilled at a very low temperature to preserve the health benefits
- Essential oils are 50 times more powerful than dried herbs



*Young Living Essential Oils is **the** world leader in therapeutic essential oils*

12 Benefits Of Using Essential Oils

- Alleviate stress and anxiety
- Shield your body from bacteria and viruses
- Experience natural pain relief
- Support body's immune system
- Ward off insomnia
- Rejuvenate your skin
- Soothe digestive disorders
- Support your bones and muscles
- Potent against inflammation
- Superior dental and oral care
- Increase your mental clarity
- Safe alternatives to household cleaners



Three Ways To Use Essential Oils

1. Inhale

Breathe deeply to enhance relaxation, diffuse into the air to purify.

2. Apply topically

Just 1-2 drops of essential oils will soothe sore muscles, erase headaches, revitalize.

3. Ingest

Add to your drinking water and all your favorite recipes to enhance flavor and nutrition.



*Only GRAS oils may be taken internally
Generally Regarded As Safe for
internal consumption*

Add Zest And Nutrition To Your Water With Essential Oils

- Our bodies are 55-78% water so it is critical to increase our daily water consumption
- Add 1-3 drops of essential oil to each glass of water
- Lemon essential oil kills bacteria in water
- Top five essential oils for drinking: Lemon, Orange, Tangerine, Citrus Fresh and Peppermint



Author Teri Secret Gives Tips On Cooking With Essential Oils

- When possible, add essential oils just before serving, after turning off heat.
- Less is more! Put one small drop on the end of a toothpick and stir into dish. Test your results before adding more.
- Pour one drop into a spoon before adding to your recipe to control the amount.

All Young Living essential oils in this presentation are GRAS, Generally Regarded As Safe for internal use.



Five-In-One Dough recipe
from *Heaven's Garden*

Luscious Lemon Essential Oil

Health benefits

Protects cells from cancer with high levels of d-limonene. High in Vitamin C. Anti-depressant. Skin care.

Properties

Anti-bacterial, anti-tumoral, antiseptic, lowers blood pressure.

Aromatic influence

Uplifting invigorating, relaxing

Teri's Tip – *Lemon is a powerful liver cleanser. Put a few drops in every glass of drinking water.*



Add Zest To Your Chicken With Lemon Essential Oil

Flavor profile

Tart, astringent, adds crisp top note. Elevates other flavors to the extraordinary.

Companion essential oils

Peppermint, citrus oils, frankincense, sandalwood

Teri's Tip – *Unlike other essential oils, I use **Lemon** and **Citrus Fresh** essential oils very liberally in my cooking.*



Organic Lemon Herb Chicken
from *Heaven's Garden*

Orange Essential Oil

Health benefits

Protect cells from cancer with high levels of d-limonene, indigestion, obesity, oily skin, wards off depression, water purification

Properties

Anti-tumoral, antiseptic, sedative, antispasmodic, antidepressant

Aromatic influence

Uplifting, relaxing, promotes peace, brings joy to the heart



Add Life To Your Smoothie With Orange Essential Oil

TROPICAL FRUIT SMOOTHIE

1 large banana
1 cup blueberries
½ cup papaya
¾ cup fresh orange juice
1 cup dairy or non-dairy milk
1 scoop Balance Complete
4 drops orange or tangerine
essential oil



Teri's Tip – *Orange and lemon essential oils are interchangeable.*

Tropical Fruit Smoothie
from *Heaven's Garden*

Cinnamon Essential Oil

Health benefits

Cardiovascular disease, viral infections, staph and MRSA infections, digestive problems

Properties

Anti-inflammatory, antifungal, antimicrobial, antiparasitic

Aromatic influence

Antidepressant, aphrodisiac

Teri's Tip - Testing has yet to find a virus, bacteria or fungus that is able to survive in the presence of cinnamon oil



Spicy Sweet Cinnamon

Flavor profile

Spicy heat, clove, floral

Companion essential oils

Citrus, spice, frankincense

History - In ancient times the wealth of a king or emperor in China and India was determined by the amount of **cinnamon oil** they possessed

Teri's Tip - *For an upset stomach or food poisoning, drink one drop cinnamon oil in warm water*



Ginger Essential Oil

Health benefits

Digestive disorders, nausea, motion sickness, respiratory infections/ congestion, rheumatism/arthritis, impotence

Properties

Anti-inflammatory, anticoagulant, digestive, anesthetic, expectorant

Aromatic influence

Gentle, stimulating, increases libido, adds physical energy



Tangy Stir-Fry Sauce With Ginger

Tangy Stir-Fry Sauce

½ cup orange juice
1/8 cup soy sauce
1 drop ginger essential oil
2-3 cloves garlic, minced
1-2 tbsp raw honey
2 tsp toasted sesame oil
1 tsp arrowroot

Add sauce to stir-fried vegetables when they are tender-crisp. Stir until sauce thickens.



Medley of Stir-Fried Vegetables
from *Heaven's Garden*

Energy-Boosting Nutmeg Essential Oil

Health benefits

Supports adrenal glands for increased energy, eases fatigue, rheumatism/arthritis, nerve pain, digestive disorders, ulcers

Properties

Anti-inflammatory, antiseptic, anticoagulant, antiparasitic, liver and stomach protectant, analgesic



Nutmeg Oil Is Surprisingly Good In A Vegetable Pie

Flavor profile

Sweet, slightly bitter

Fragrance profile

Spicy sweet with earthy
pungent notes

Companion essential oils

Orange, lemon, cinnamon,
frankincense

Best in baked goods, egg and
cheese dishes

***Teri's Tip** – Try my Almond Nut Pie
Crust with this recipe. It's delicious!*



Vegetable Pie from Heaven's Garden

Fragrant Basil Essential Oil

Health benefits

Migraines, stressed muscles, lung infections, mental fatigue, nervous depression

Properties

Anti-spasmodic, antiviral, anti-bacterial, decongestant, anti-inflammatory

Aromatic influence

Uplifting, nerve stimulant, increases clarity of thought



Bring Your Robust Basil Into The Kitchen!

Flavor profile

Slightly peppery, a hint of sweetness, minty, grassy

Fragrance profile

Fresh, sweet, citrus, spicy

Companion essential oils

marjoram, peppermint, cypress

Best foods

Salad dressings, Mediterranean dishes

Teri's Tip - Start with ¼ drop on a toothpick, stir into recipe



Thai chicken soup
from *Heaven's Garden*

Warm, Citrusy Coriander Essential Oil

Health benefits

Lowers glucose and insulin levels, supports pancreatic function, aids intestinal problems, diabetes

Properties

Anti-inflammatory, sedative, analgesic, digestive, antimicrobial

Aromatic influence Gentle stimulant for those with low physical energy, calming influence for those suffering from stress, shock, or fear



Warm Up Your White Chili With Coriander Essential Oil

Flavor profile

Earthy, slightly lemony, notes of butter and thyme

Fragrance profile

Warm, nutty, spicy, citrus

Companion essential oils

Cinnamon, ginger, nutmeg, orange, lemon

Teri's Tip

Coriander is a must in curries.



White Chili from *Heaven's Garden*

Delicate Dill Essential Oil

Health benefits

Combats diabetes by lowering glucose and insulin levels, digestive problems, liver deficiencies, lowers cholesterol, promotes milk flow in nursing mothers

Properties

Antispasmodic, anti-bacterial, pancreatic stimulant, expectorant

Aromatic influence

Calms autonomic nervous system, reduces anxiety



Dill Essential Oil Brings Out The Flavor In Salmon

Flavor profile

Fresh, sweet, with parsley,
anise, celery, subtle lemon

Fragrance profile

Delicate, herbaceous

Companion essential oils

Citrus and nutmeg

Teri's Tip - A drop or two on wrist
may help addiction to sweets



Salmon with Sorrel Mousse
from *Heaven's Garden*

Ease Sore Muscles With Marjoram Essential Oil

Health benefits

Muscles/joints, arthritis and rheumatism, carpal tunnel, lowers blood pressure, respiratory infections

Properties

Antispasmodic, anti-infectious, vasodilator, diuretic, expectorant

Aromatic influence

Calming, relaxing, promotes peace and sleep



Dressings Come Alive With Marjoram Essential Oil

Crudités Marinade

¾ cup olive oil

¼ cup red wine vinegar

3 cloves garlic

2 tsp Dijon mustard

2 tsp fresh basil leaves*

1 tsp dried oregano*

1 tsp dried marjoram*

¼ cup parsley, finely minced

¼ cup chives, finely minced

Salt and pepper to taste

**Substitute ¼ drop basil, oregano, or marjoram oil, adding ¼ drop at a time.*



Crudités are a traditional French appetizer comprised of vegetables with a dipping sauce or dressing.

Oregano, The Powerhouse Of Essential Oils

Health benefits

Viral, staph, MRSA infections, respiratory conditions, candida, arthritis/rheumatism

Properties

Anti-infectious, anti-fungal, antimicrobial

Aromatic influence

Strengthens one's feeling of security, mental support

Teri's Tip – *May irritate nasal membranes if inhaled directly*



The Superstar In Your Pizza Sauce Is Oregano

Flavor profile

Robust, biting, rather peppery

Companion essential oils

Basil, thyme, lemongrass

Best in egg and cheese combinations, zucchini and potato dishes

Teri's Tip – Cook with Oregano during cold and flu season to protect your body from viruses and flu



Voted family favorite
from *Heaven's Garden*

Elevate Your Recipes From The Ordinary To The Extraordinary!

Just a few of the
culinary oils from
Young Living



Try Teri's Favorite Water-Enhancing Essential Oils

Try Peppermint and
Citrus Fresh too



Now It's Time To Relax!

Turn off the television and computer. Turn on some beautiful music. Light your favorite candles and enjoy your delicious meal!

Teri's Tip – *Creating a beautiful table and atmosphere is very satisfying. Family and guests appreciate the effort you put into it.*



One Bite And You' ll Be Sold On Cooking With Young Living Essential Oils!



Try these recipes!

*Lavender Chicken
Gingered Tofu Stir-Fry
Wolfberry Cheesecake
Lavender Lemonade*

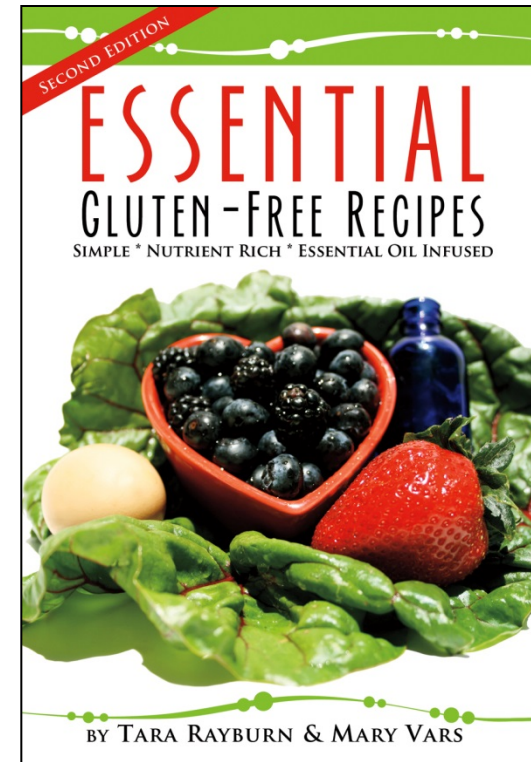
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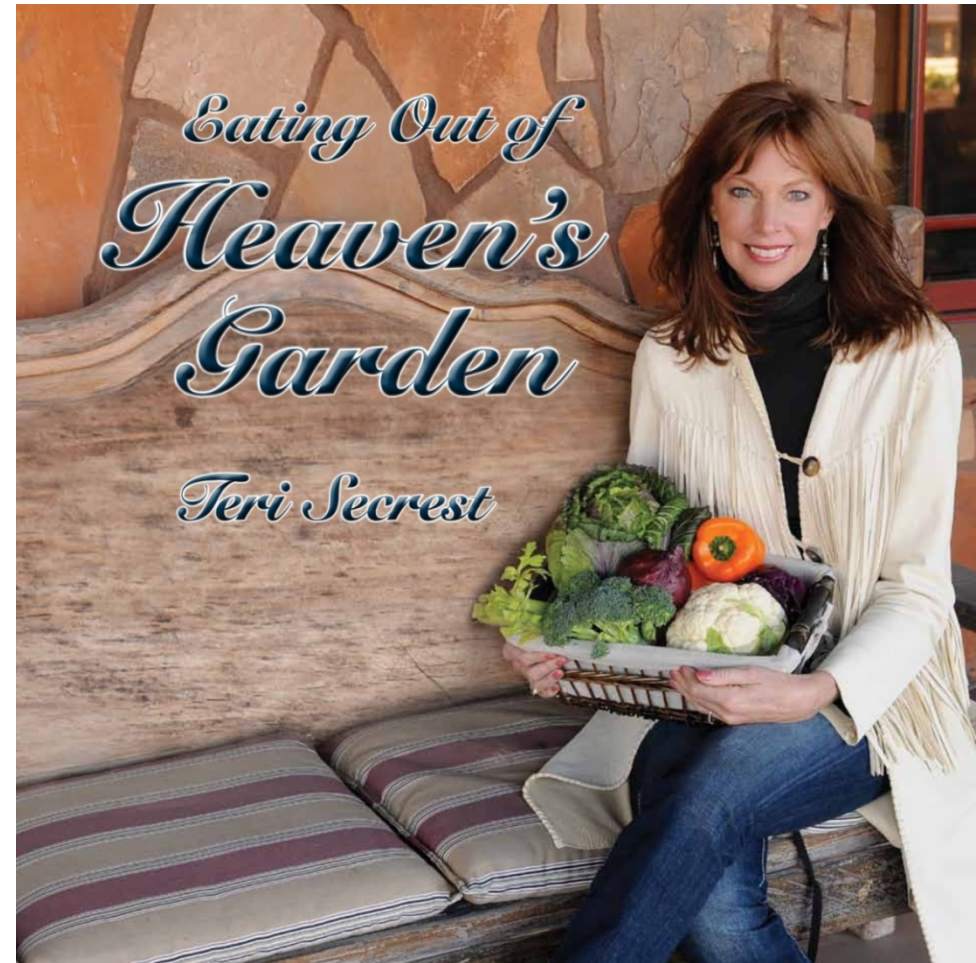
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Create A Lifetime of Happy Memories In Your Kitchen

Preparing life-giving foods is even more satisfying when you get together with loved ones and cook! And a lot of fun takes place in the kitchen too. Together, we can stop the epidemic of suffering and chronic disease in our country and around the world.

