



# Food Toxins

## Hiding In Plain Sight!

Recharge & Renew Your Health





*Hi There!*



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"I help you fix your health so your  
body can keep up with your ambition."

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# Agenda

- RECOGNIZE WHERE TOXINS ARE HIDING IN YOUR FOOD
- FEAST ON THE TOP GUT HEALING, ENERGY PRODUCING, & BODY DETOXING FOODS
- BONUS: RECIPE GUIDE

## 1. RECOGNIZE WHERE TOXINS ARE HIDING IN YOUR FOOD

### ARE YOU REALLY EATING TOXINS?

I'm sure this is no surprise. It's all over social media. It's the topic of many conversations in the food store or at the park. It's NO joke. Our foods are now loaded with so many chemicals, that we need to step up and take some action to control what we are putting in our bodies.

GMO's, pesticides, additives and contaminants have taken over our food supply. To keep this list short and basic, here are just a few of the toxins you should look out for when grocery shopping. You have more control than you think to keep these toxins out of your home and off of your dinner plate.



### Pesticides

These are used to raise and treat produce and other products. They often leave behind residue and have been linked to everything from cancer to birth defects.

### GMOs

Genetically modified organisms are found in about 70% of processed foods with corn, soy, cottonseed, canola and sugar ingredients. GMOs may cause organ damage, gastrointestinal and immune disorders, accelerated aging, and infertility.

### Nitrates/Nitrites

Nitrates are chemicals added to processed foods to give color and prolong shelf life. Both nitrates and nitrites can form nitrosamines in the body, which increase your risk of developing cancer. These are often added to cured sandwich meats, bacon, hot dogs, salami and sausages.

These chemicals also contaminate drinking water because of nitrogen-based fertilizers, as well as livestock and human waste. Gross, right? According to the National Cancer Institute, nitrates in tap water also increases the risk of cancer.

### Additives

More than 10,000 additives are allowed in our food. Some are added intentionally, and some get into food while processing, storing, and packaging. Many have been linked to serious health problems, including endocrine disruption and even cancer. Just a few to mention are:

- **Artificial Colors** (in everything from cereal to meat)
- **Diacetyl** (aroma flavoring agent: think microwave popcorn, butter-flavoring and vape juice to name a few)
- **Natural Flavoring** (code for “who knows what's in there?”)
- **BHA and BHT** (synthetic antioxidants used as preservatives)
- **Nitrates and Nitrites** (prevent rancidity and bacteria growth)
- **Potassium Bromate** (used to strengthen bread dough and help it rise)
- **Parabens** (used as a preservative in: beer, sauces, desserts, soft drinks, jams, pickles, frozen dairy products, processed vegetables and flavoring syrups.
- **Many Others**



## 2. EAT FOR GUT HEALTH, ENERGY PRODUCTION, AND DETOXIFICATION

Eating for your gut health, energy production and detoxification is basically an approach that promotes eating food in its most natural form while avoiding processed foods.

It also includes eating prebiotic rich foods plus avoiding cow dairy & gluten while you are in the early phases of restoring your health. As we wrap up this workshop, I am going to share a few things that can help you shift into gut friendly clean eating.

In addition, I will explore dairy free and gluten free dietary options. Both gluten and cow dairy can be very hard to digest, and both are acid-forming, so on the journey to a healthier body, it's worth exploring how your body responds to these major players.

Nutrition is key to health and to support digestion, and you may need to avoid certain trigger foods. Your health condition, food preferences and traditional values will guide you. Read on to learn about general dietary choices and how to know what to choose for great health!

### RECHARGE & RENEW DIET

The key to gut-healing, energy production and detoxification is DIVERSITY! That means eating a wide range of plants and healthy fats along with plentiful protein from whole grains/beans/legumes/nuts and animal protein like meat and eggs.

I recommend a diet rich in brightly-colored fruits and vegetables because they contain phytonutrients that act as antioxidants to ward off free radical damage!

Here's the problem, the western diet is rich in fat, sugar, processed grains and convenience foods....and it's not very diverse in plants! You might be interested to know that people from areas of the world where more variety of plants are consumed, have more gut microbiota diversity and fewer problems with





autoimmune conditions, heart disease, cancer, weight regain, hormone imbalances, etc.

The bottom line, eating a diversity of plants matters to your gut health. Western cultures tend to eat the same foods over and over again: peas, carrots, potatoes, soy, wheat and corn...with occasional servings of various greens. That's not very diverse! In fact, there's a whole RAINBOW of plant foods that supports your health with phytonutrients. The more colorful the produce is, the more beneficial it is to your body.

Here's some basic tips to be successful with adding DIVERSITY into your diet.

### **1. Go For A Minimum Of 9 Servings Of Plant Foods Everyday.**

Yes, I said minimum of 9 and you get bonus points if you eat 12 or more! We need to consume this much if we want to prevent chronic disease. A typical serving is only half a cup of cooked vegetables, one cup of raw leafy vegetable, or a medium-sized piece of fruit. Try to have about 3-4 servings of plant foods per meal, so you can meet your daily requirement.

### **2. Know Your Phytonutrient Sources.**

It's fun to experiment with new foods, new colors, and new varieties. Sources of phytonutrients include fruits, vegetables, gluten-free whole grains, legumes, nuts, seeds and herbs/spices.

### **3. Eat the Rainbow of Colors**

Our western diets are full of brown, yellow and white foods. For example, at breakfast it is common to eat waffles, pancakes, cereal, sausage, toast and eggs. That's NOT a lot of color! Take that same breakfast and instead have a smoothie with blueberries, peaches, raspberries and now you've added some color!

### **4. Go For Variety**

There are thousands of phytonutrients in nature. Even if they are colorful, if we eat the same foods over and over again, we may be missing a lot of important phytonutrients in foods. One thing you can do is to try a new food every week to ensure that you are getting variety. Don't get in the rut of eating the exact same broccoli and cauliflower saute every single day. How about trying some bok choy and parsnips? And how about adding some new proteins like wild boar, venison, duck eggs, or varieties of seafood you don't usually eat.



## 5. Combine Your Food

Sometimes, there can be a “synergistic” result from combining certain foods. We may achieve a better effect than if we just ate the foods by themselves. For example, putting turmeric and black pepper together with olive oil could enhance the phytonutrient effects of all three foods on your health. Adding lemon juice to spinach could help the iron become more absorbed by your body.

## 6. Have Fun with Substitutions

Some plant foods are just not that nutrient dense: like iceberg lettuce, white rice or white potatoes. Instead of eating these every day, you can have fun substituting with a more nutrient-dense option. For example, you could substitute iceberg lettuce for arugula, mashed russet potatoes with purple potatoes or sweet potatoes, and white rice with brown, or black wild rice. See how that works?

# ABOUT YOUR GUT HEALTH:

First, let's define 2 words:

- Probiotics**: the bacteria living in your gut
- Prebiotics**: the food that the bacterial in your gut eat

As you already learned, probiotics are key for maintaining gut health, and they offer multiple health benefits. There are many healthy and tasty foods and beverages that contain a high probiotic content. Including these foods in your diet can help you to maintain vibrant health.

To support the population of bacteria you are rebuilding in your gut, you must also include PREbiotics in your diet. Prebiotics are a type of resistant starch (fiber) that feeds the good bacteria already living inside of you. The more food

(prebiotics) that probiotics have available to eat, the more efficiently your bacteria work, and the healthier your gut will be.

You're probably already ingesting prebiotics/probiotics and may not even know it. Let's look at dietary sources of both:

## Review of Probiotic-rich foods

- Fresh vegetables



- Yogurt (I recommend non-cow dairy and unflavored. Goat and sheep milk is OK for most people)
- Kefir (made from water, coconut or goat milk)
- Tempeh (made from fermented soybeans)
- Sauerkraut (usually cabbage, carrots and/or beets)
- Kimchi (spicy Korean cabbage)
- Kombucha (fermented tea beverage)
- Fermented vegetables
- Natto (made from fermented soybeans)
- Miso (made from fermented soybeans)

### Prebiotic-rich foods

- Chicory root
- Dandelion greens
- Garlic/leeks/onions
- Asparagus
- Jerusalem artichokes
- Green bananas (unripe)
- Cocoa
- Flax seeds
- Jicama root

### Benefits of Pre/Probiotic Diet

Eating these food items will provide you with all the perks that beneficial bacteria offer to your body including:

- Supporting good heart health
- Lowering likelihood of depression
- Enhancing digestive health
- Beautifying skin
- Supporting immune system
- Lowering inflammation
- Improving nutrient absorption

## THE DAIRY-FREE DIET

### What is a dairy-free diet?

Simply put, a dairy-free diet excludes cow milk, milk protein, and all related products. The following are the most prominent and common food items that you should avoid in this diet.





### Milks or Cream

- Ice cream
- Sour cream
- Yogurt
- Cheese
- Milk chocolate
- Cow dairy Kefir (goat, coconut or water kefir is OK)

### What are the benefits of a dairy-free diet?

- Improves respiratory health
- Reduces mucous
- Reduces bloating
- Promotes digestive health
- Cleanses skin
- Reduces oxidative stress
- Jumpstarts weight loss

## BUT WHERE WILL I GET MY PROTEIN AND CALCIUM?

### Protein

Many people rely on cow milk for protein and the fact is, it's a protein-rich drink. No need to worry about adequate protein when cow milk is off the menu though. Even a vegetarian diet rich in vegetables, fruits, leafy greens, nuts, and beans can be protein-powered. Add in goat cheese, eggs, meat and fish and you'll have no problem. The recommended intake of protein for men is about 56 grams a day while women need about 46 grams daily.

### Calcium

Calcium is a vital mineral for your teeth and bones. The recommended daily intake for adults is about 1000 mg and for those age 50 and up the recommendation is 1200 mg per day. Calcium deficiency can cause several health issues. When you ditch cow dairy, opt for calcium-rich foods like goat cheese, broccoli, kale, and calcium-fortified edibles, like almond milk

## WHAT CAN I SUBSTITUTE FOR COW DAIRY?

### Goat and Sheep Milk

Non-cow sources of milk are generally well tolerated. Choose goat cheese, goat milk and goat yogurt. Manchego is sheep cheese from Spain. I especially



enjoy goat gouda and blue cheese. Visit a farmer's market in your area for high quality home-made artisanal products.

### Milks and Yogurt

Select unsweetened goat, coconut, and nut milks. For adding a creamy texture to smoothies, you can even use nut butter or avocado in place of yogurt.

### Cheese

You can enjoy dairy-free cheese on beans, on cauliflower-crust or gluten free pizza and even in mac and cheese! One of my favorites is cashew cheese. Hummus or avocado are great substitutions. I like to make my own cashew spread; tastes just like cream cheese! Don't forget you can add goat cheese.

### Ice cream

Browse the freezer case in your supermarket and you are sure to find non-dairy ice creams. There are plenty of sweet flavors to choose from, just like dairy options, so be mindful of the sugar content! You can make delicious non-dairy ice cream at home by pureeing frozen bananas with a splash of vanilla extract or a teaspoon of cocoa powder.

## GLUTEN-FREE DIET

Gluten sensitivity is an increasing problem. Celiac disease is different than sensitivity; it's an autoimmune gluten allergy. If you want to avoid the symptoms of gluten intolerance and the health problems that are linked with gluten intake, try going for the gluten-free diet, especially during the early phases of restoring your gut health.

If you have decided to try a gluten-free diet, the following are healthy options to include in your meal plans.

- Vegetables, fruits and leafy greens
- Unprocessed nuts, seeds, and beans
- Unprocessed and lean meat, fish, and chicken

### Grains that are OK to eat

- Brown rice
- Whole rolled oats
- Quinoa
- Millet
- Flax
- Buckwheat (fun fact: there's no 'wheat' in buckwheat)





- Sorghum
- Chia
- Yucca
- Arrowroot
- Teff

### Grains to avoid

- Barley
- Rye
- Wheat

### Processed foods to avoid

Many edibles contain wheat gluten or other grains. Look carefully at labels on these and other products:

- Candies
- Cereals
- Cakes
- Bread
- Pasta
- Lunch meats and hot dogs
- Salad dressings
- Soups
- Prepared seasonings and mixes
- Frozen meals

### Benefits of a Gluten-Free Diet

Going gluten-free can help you to enjoy overall enhanced health. Its major advantages are:

- Weight loss
- Enhanced gastrointestinal health
- Mental clarity
- Less inflammation
- Clear skin
- High athletic performance



## Action Steps

### Environment Action Steps (pick 1):

1. Be aware of what you're eating and avoid the toxins listed above. Go through your cabinets and read the labels. Put aside the items that contain any of the 7 additives outlined above.
2. Check out this list [Dirty Dozen](#) by EWG that shares which foods should always be organic, since they are the highest contaminated foods.
3. Make yourself a nice clean meal tonight that is not processed and contains some organic produce and ingredients. Have a beautiful night!

### Gut Action Steps (pick 1):

1. Plan one day of gut-healthy meals.
2. Become aware. Write down a description of how you usually eat. Include details about where you buy your food, how many servings of fruits, veggies, grains, dairy, protein, and fats you normally eat. Even a ballpark sketch will do to get you in relationship with your eating habits.
3. Write down how you've felt this week as you have started to shift your eating habits to support gut health.
4. Write down 3 opportunities that you see to make probiotic and prebiotic foods a part of your daily routine. Bonus points for any ideas that help you reduce processed foods, sugar, caffeine, dairy and gluten!

Your Notes:





# BONUS

# EASY RECIPE GUIDE

## SMOOTHIES

### GREEN SMOOTHIE

1 ½ cups dairy free milk  
1 scoop collagen or plant-based protein powder  
1 teaspoon flax seeds  
½ avocado  
1 cup spinach or green lettuce  
½ cup blueberries  
Dash of cinnamon powder

### KEFIR SMOOTHIE

1 cup dairy-free kefir  
1 apple, chopped  
½ cup blueberries  
1 teaspoon flax seeds  
Dash of cinnamon powder  
Stevia or monk fruit to sweeten

Directions:

Blend all ingredients in a high-powered blender and enjoy!



# Breakfast

## PROTEIN PANCAKES

Serves 2

1 scoop sugar-free plant or bone-based protein powder

1 egg

1/2 banana, mashed

1 teaspoon cinnamon

1 tablespoon ground flax seed

Splash avocado or coconut oil for pan

Directions:

**MIX INGREDIENTS IN A BOWL:** Mix the protein powder, egg, banana, cinnamon, and flax seed in a medium-sized bowl and pour about 1/4 cup of batter into a pan with splash avocado or coconut oil over medium heat.

Cook one side until you see the little bubbles, just like cooking any pancake. Flip over carefully and cook on the other side until the middle is done. Peek inside with a fork to check the middle. \*Make several little pancakes instead of large ones. **TOPPING:** Forgo the sugary syrup and simply top with grass fed butter or almond butter and fresh fruit.

## GRAIN FREE CEREAL WITH COCONUT MILK

Serves 2

1 cup almonds

1/2 cup walnuts

2 tablespoons chia seeds or ground flax seeds

1/4 cup shredded, unsweetened toasted coconut

1 tablespoon bee pollen (optional)

1 teaspoon cinnamon

2 cups unsweetened coconut milk

Directions:

**PULSE IN FOOD PROCESSOR:** Place almonds and walnuts in food processor and pulse until desired consistency and then place in bowl, add chia seeds or flax





meal, toasted coconut, cinnamon and bee pollen if using. Store mixture in an airtight container. SERVE: Serve cereal with cold or warm coconut milk.

## SOUPS

### VEGETABLE BROTH

Makes about 4 cups

¼ cup coconut oil  
2 large onions, peeled and cut into chunks  
4 cloves garlic, peeled and smashed  
3 large carrots, cut into chunks  
3 stalks celery, cut into chunks  
water to cover  
8 sprigs fresh thyme  
4 sprigs fresh rosemary  
1 bay leaf  
1 handful whole fresh parsley  
10 whole peppercorns

#### Directions:

Add coconut oil to a large stockpot and heat over medium-high heat. Add onions, garlic, carrots, and celery and sauté for 5 or 6 minutes.

Add enough water to cover the vegetables, followed by thyme, rosemary, bay leaf, parsley and peppercorns. Heat mixture over medium-high heat until it just about boils, and then reduce heat to medium-low. Give it a quick stir and simmer, uncovered, for about an hour. (The exact amount of time doesn't matter – the longer it simmers, the better the flavor will be).

Place a stainless-steel colander over a large pot in the sink. Carefully pour contents of the stockpot into the colander to separate out the solids from the liquid. Discard solids and allow liquid to cool completely before transferring to freezer safe-storage containers. Freeze until ready to use.



## CHICKEN BONE BROTH SOUP

Makes 8 cups

3-5 pounds of soup bones\*

Water (enough to cover the bones)

1 tablespoon raw apple cider vinegar

Directions:

\*Note: ask at your local butcher shop. Soup bones are usually very cheap, if not free!

In the stock pot, add enough water to cover bones. Add apple cider vinegar. Bring to a boil, and then reduce to a simmer for 12+ hours. Alternately make in your pressure cooker in an hour!

Strain the stock into mason jars. Set them in the fridge to cool. Skim off the fat that rises to the top, and close tightly with a lid, or put in ice cube trays for quick use. The broth can be stored in your refrigerator for a few days, or for four to six months in the freezer.

Kitchen Tip: Making chicken soup? Add a quart of your stock to a pot with your favorite vegetables. You can add tomatoes, celery, carrots, leeks, potatoes, sweet potatoes, yams, turnips, etc. Bring to a boil, and then simmer until the vegetables are soft. Once the harder vegetables are soft, you can add chopped leafy greens like spinach, Swiss chard, or kale, if desired. Add sea salt and pepper to taste. Top with fresh herbs like parsley, basil, dill, oregano, rosemary, etc.

## GINGER CARROT SOUP

Serves: 4

2 tablespoons coconut oil

1 small sweet onion, diced

3-4 cloves garlic, minced

1½ pounds carrots, chopped

1 medium red bell pepper, diced





Sea salt and black pepper, to taste  
3 cups vegetable broth  
1-inch piece fresh ginger, grated

2 teaspoons fresh thyme leaves  
1/3 cup coconut milk, room temperature

#### Directions:

Heat coconut oil in a large, high-sided skillet over medium heat. Add onion, garlic, carrots, and bell pepper. Season with salt and black pepper to taste, and cook, stirring frequently, until vegetables become soft and translucent, approximately 5 minutes.

Add vegetable broth, grated ginger, and thyme leaves and stir to combine. Cover and cook until the carrots are fork tender, approximately 10-15 minutes. Stir once or twice while cooking.

Remove from heat and puree mixture with an immersion blender until smooth. (A regular blender or food processor can also be used for this step). Taste and adjust seasonings, as desired.

Return to medium heat and add half and coconut milk. Stir until barely combined and cook until heated through, approximately 1-2 minutes. Remove from heat and serve immediately.

## LUNCH OR DINNER

### BUTTERNUT SQUASH NOODLES

Serves 4 to 6

1/4 cup coconut oil, divided  
4 cups pre-packaged butternut squash “noodles” or make your own!  
2 tablespoons chopped fresh sage  
2 tablespoons ground cinnamon  
Sea salt and black pepper, to taste

#### Directions:

Heat two tablespoons coconut oil in a large skillet over medium heat. Add butternut squash noodles and cook for 4 minutes, turning frequently to ensure



they cook evenly. When noodles are slightly softened, remove from pan and set aside. Keep warm.

Add remaining coconut oil to the pan, along with chopped sage and cinnamon. Cook until fragrant, approximately 2-3 minutes, stirring frequently.

Return butternut squash noodles to pan and toss to coat in sage-cinnamon mixture. Remove from heat and season with salt and black pepper, to taste. Serve immediately with your favorite entrée or as a light main course.

## PORTOBELLO MUSHROOM STIRY FRY

Serves 4

3 tablespoons coconut oil  
8-ounces sliced baby Portobello mushrooms  
½ cup chopped yellow bell pepper  
1/2cup chopped red bell pepper  
2 eggs, beaten  
3 cups cooked brown rice  
1 cup green peas  
1/2cup coconut aminos  
1/2 cup chopped pineapple  
2 scallions, chopped  
1/2 bunch cilantro, chopped

Directions:

SAUTÉ. Add coconut oil to a large pan. When the pan is hot, add mushrooms and peppers. Sauté until soft. Add brown rice and green peas, sauté until warm. Finally, add beaten eggs, and scramble in the mixture until eggs are cooked through.

Add coconut aminos and allow the rice to slightly brown. When the rice is slightly brown, add pineapple, scallions and cilantro.

## SWEET POATO CURRY MASH

Serves 2

2 large sweet potatoes, peeled and diced  
2 tablespoons coconut oil  
Sea salt and black pepper, to taste



¼ teaspoon curry powder  
¼ teaspoon garlic powder  
dash of cinnamon

1 tablespoon fresh cilantro

Directions:

Steam the sweet potato until tender. Drain then mash the sweet potato with coconut oil and spices. Top with fresh cilantro.

## QUINOA RISOTTO

Serves 2

1 cup quinoa  
1 cup coconut milk  
2 cups baby spinach, chopped  
½ red pepper, chopped  
juice of 1 lemon  
pinch of cayenne  
½ teaspoon thyme  
sea salt, to taste

Directions:

Cook the quinoa according to package directions. Once cooked, start adding coconut milk to it. Add ¼ of a cup at a time, stirring until the quinoa soaks it all up. You may not need the full cup. Meanwhile, steam the spinach and red pepper. When those are tender, add them to the quinoa and coconut milk. Stir in juice of lemon, thyme, cayenne, and salt.

## HOMEMADE CULTURED VEGETABLES

TOOLS FOR MAKING CULTURED FOODS:

1 large mixing bowl  
1 mason jar with lid  
1 wooden spoon  
1 cabbage leaf

INGREDIENTS for Kraut:

1 large cabbage leaf (set to the side)  
1 large head of cabbage, shredded





2 carrots, shredded  
1 ½ tbs kosher salt  
Purified water  
Salt

#### Directions:

Toss chopped vegetables and salt together in a large mixing bowl. Remember to set your large cabbage leaf to the side.

Combine the mixture by hand, massaging the salt into the cabbage mixture, making sure the vegetables are thoroughly combined and the cabbage starts to feel limp. Layer this mixture of vegetables into a mason jar, and add the purified water little by little, pounding it down with a wooden spoon so the vegetables are tightly compacted.

Continue to layer, and pound until your vegetables are thoroughly packed within the jar and the level of brine just barely exceeds the level of the solids.

Layer the top of your vegetables with a cabbage leaf and pack the leaf down with your fist. You can go a step further and weight it down with glass fermenting weights.

Allow your vegetables to ferment at room temperature for 3 days before tasting, or keep fermenting for 5 days until desired sour taste. Each day be sure to 'burp' the jar by opening and letting the gasses out. Also, each day tamp down the vegetables so they are packed hard. Once done, store it in your refrigerator.

Cultured Vegetables will keep for one year, as long as you properly store them.