

40 DAYS BACK TO CLARITY —
BODY, MIND, SPIRIT

CLEAN GUT RESET

REAL FOOD. REAL CALM.

BLOATED, PUFFY, FOGGY, WIRED-TIRED?

IT'S NOT YOU —
IT'S WHAT'S IN YOUR FOOD.

MIA ROSE GOLDGLANZ
FOUNDER NUTTIGELATO

Dedication

To God — first, always. Because without You, nothing else is possible.

To God — whom I came to know, to love, and to worship. *Ein Od Milvado* — there truly is nothing and no one but You. I carry the memory of Your presence at the Kotel in Jerusalem as the brightest truth of my life. No-thing in this physical world compares to that moment of Your glory — yet I take that light now and share it with the world. May every word, every recipe, every act of healing in these pages magnify Your radiance, so that the world may see and be filled with Your light.

I remember crying as a little girl, asking You where You were and why You weren't helping me when my mom and dad were arguing. I didn't even know You existed then — and yet, my soul must have known, because even in my tears I was reaching for You.

I remember finding You on a yoga mat. In silence, I met You. There, in the stillness of breath and surrender, You revealed Yourself. You have been with me ever since. You were with me when no one else was, when the world broke me and left me in pieces. And in that breaking, You entered in.

You brought me to Your land. You gave me a life beyond what I could even ask for — a husband, children, a calling, a home. The miracles I have lived, the love I have felt, the

guidance You have given me — none of it compares to anything in this world. It is otherworldly, Divine.

To walk with You is to know that light is real. To eat, breathe, and live with You is to taste eternity in every ordinary moment.

To my Husband

To my husband — who bought me my very first ice cream maker, who stood beside me when the gelato mix went flying across our dining room wall, and who has grounded me, elevated me, and helped me build NuTTi Gelato from the ground up. Your faith in me has been the steady flame through every season.

Meeting you in Jerusalem after walking to the Western Wall and praying for forty days — six separate times — was no accident. I had to do the inner work to prepare, to cleanse, to open my heart enough to recognize you when you appeared before me. God made sure I would not only meet you but see you, truly see you, as my soul mate.

You are everything I prayed for — kind, generous, loving, giving, patient. A true mensch, always ready to serve, always eager to massage my feet (what a bonus from Heaven!). With you, love has become not just a word but a way of living — steady, reliable, and overflowing.

Marrying you in the holy city of Jerusalem, is one of my greatest achievements and happiest life moments. I never

dared to dream that God would give me something so holy and so perfect. To stand under the chuppah in the City of Gold and God, with you as my husband, was not just a wedding — it was a covenant, a miracle, a life far beyond my wildest dreams.

And still, every day, you remind me that this life is real. You anchor me when I drift, you hold me when I break, you celebrate with me when I rise. Together we built not only a business but a home, not only a marriage but a sanctuary, not only a life but a legacy.

For all of this, and for you, my heart overflows with gratitude to God — who writes the most beautiful stories, who fulfills the deepest prayers, who gave me the honor of calling you my husband.

To my Beloved Twin Girls

To my beloved twin girls — my double blessing, the gift God entrusted to me at the age of 42. After years of waiting, praying, and clearing my vessel, God truly came through with you. I must have done something right to merit becoming your mother.

You are holy souls, and I believe you could only come through me once I had done the inner work to prepare — layer after layer of healing, cleansing, and opening. It took time, tears, and faith, but you were always worth it. Every step of my journey — every fast, every prayer, every

surrender — was shaping me into the mother who could carry you.

You remind me every day that miracles are real. That God's timing is perfect. That sometimes He holds back a blessing until the vessel is ready to hold it. When I look at you, I see not only daughters but divine sparks — souls sent to teach me, to stretch me, to bring more light into this world.

My prayer for you is that you always know how loved you are, how chosen you are, and how much of God's glory shines through you. You are my greatest teachers, my deepest joy, and my constant reminder that God is faithful.

TABLE OF CONTENTS

Introduction: Why This Book Exists

Chapter 1. Why Clean Eating is Spiritual

Chapter 2. The Gift and the Trick: Understanding Labels

Chapter 3. Gums & Emulsifiers

Chapter 4. "Natural Flavors"

Chapter 5. Preservatives

Chapter 6. Seed Oils

Chapter 7. Sweeteners: The Illusion of Sweetness

Chapter 8. Food Dyes: Colors Without Light

Chapter 9. Flavor Enhancers: The Illusion of Taste

Chapter 10. The Hidden Extras: The Additives We Forget to Question

Chapter 11. Your Gut as God's Design

Chapter 12. Breaking the Bloat–Fatigue–Cravings Cycle

Chapter 13. Fasting, Cleansing & Returning to Clarity

Chapter 14. Sacred Daily Practices for Gut Health

Chapter 15. Your Clean Pantry Staples

Work With Me: Clean Eating Pantry Reset

Chapter 16. How to Shop in Alignment with God

Chapter 17. Returning to God's Simplicity

40 Days of Clean Swaps & Sacred Living

The Bloat-Free Buying Guide — Low-inflammation picks at a glance

About the Author

Introduction: Why This Book Exists

I was born three months premature, in 1975 Russia — and in those days, that meant being taken from my mother immediately and placed in an incubator for months. My mother was told by the doctors that I wouldn't survive. But she refused to accept that verdict. With courage and love, she brought me home and nursed me back to health. She often told me I was “born the size of a little chicken,” teeny weeny, fragile but stubbornly alive.

From the very beginning, my relationship with food was a battle. I couldn't digest properly. My mother used to laugh tenderly as she recalled turning me upside down after meals because I would turn blue. Somehow, that upside-down ritual — one of those old Jewish-Russian mother remedies — helped me breathe again.

By childhood, doctors became a regular part of my life. In Russia, “check-ups” were frequent, and the universal prescription was *Amoxycillin*. It was handed out as casually as bread. A cold? Take Amoxycillin. An earache? Amoxycillin. Feeling tired? Stay home and take some antibiotics. If my premature birth hadn't already disrupted my gut health, I am certain those years of antibiotics sealed the damage.

In my teens, the struggles deepened. I lived with waves of depression, days when I could hardly leave my bed, and weeks when my only refuge was curling under a fluffy blanket in the dark. Outwardly I kept going — I went to school, had friends, even dated — but inside I was overwhelmed by mood swings, crushing PMS, and an endless cycle of fatigue. Doctors reassured me “nothing was wrong,” that my hormones were perfectly normal. Yet no pill they gave me ever made me better — in fact, most made me worse. I now see that my body was

already rejecting synthetic chemicals, long before I had the language to understand it.

By my twenties, I was quietly bulimic. Not the extreme kind, but the kind where I would binge on McDonald's, chocolate bars, and pints of ice cream — and then regret it deeply. Ice cream, in particular, was a strange companion: it was comfort and torment at the same time. Looking back, it feels like divine irony that one day I would create my own healthy ice cream brand, **NuTTi Gelato**, sold in hundreds of stores across the U.S. What once brought pain would one day become a blessing.

At twenty-one, everything began to shift. I met a naturopath who introduced me to herbs, a homemade liver-cleansing muesli, and even colon hydrotherapy. This was 2004 — long before such treatments were mainstream. I remember driving half an hour to a woman's home clinic because there were no official "colonic centers" then. People thought I was the weird hippy, the tree hugger, the woo-woo girl. But in my soul, I knew I was touching something real.

I was diagnosed with chronic candida, and my naturopath explained that healing required clearing the body from both ends — the colon and the vagina — since they share a membrane. Colonics became life-changing. For the first time in years, I felt energized, clear-headed, light in my body. My depression lifted. My stomach flattened. My sleep improved. And more than just physical waste was leaving me — sometimes I cried through treatments, releasing grief and pain I hadn't even known I was holding.

Many healing traditions affirm this. In Chinese medicine, the large intestine is tied to the themes of letting go and grief. Emotionally,

the colon is symbolic of our ability to release not just what we eat, but also what we cling to — old pain, unresolved stories, negative patterns. In energy medicine, the lower chakras and gut often hold trauma. For me, clearing my body became an act of spiritual purification — and the beginning of finding my way back to God.

Over the next decade, I immersed myself in healing. Remedial massage, reiki, acupuncture, yoga, homeopathy, meditation retreats, trauma release, floatation tanks, even shamans. I was chasing freedom. Sometimes it was messy — I famously fled my first Vipassana retreat after one day because I couldn't handle being alone with my silence. But slowly, layer by layer, I was being stripped down to something truer.

Still, my diet lagged behind my spiritual work. I thought I ate well: my mother's homemade meals, supermarket "healthy" foods, restaurant dinners. Yogurt, kefir, canned vegetables, pasta, smoked salmon. I loved canned peas in salad. Italians ate pasta and they looked amazing — so it couldn't be bad, right? What I didn't realize was that so much of what I considered "real food" was laced with chemicals, preservatives, MSG, and additives.

By thirty, the truth hit me. After months backpacking in Europe, living in Barcelona, my body ballooned. My face was puffy, bloated, and full of water retention. I hit the gym hard — but nothing changed. For the first time, I felt truly desperate.

That's when a health coach suggested, "Maybe you're allergic to gluten." I didn't even know what gluten was. My mother's meals had always seemed wholesome — but hidden in her sauces, seasonings, and soup mixes were chemicals and MSG. Her cooking was full of love, but the ingredients were sabotaging me.

At the same time, I had just moved to Sydney, near Bondi Beach — one of the world's health meccas. The Bondi glow was real, and I wanted it. This was where my awakening began. I started cutting out processed foods, gluten, hidden sugars, and corn. For the first time, I began to understand the impact of labels — those small, overlooked words that were shaping my health and my life.

That was the beginning of the journey that brought me here, writing this book. Along the way, I created **NuTTi Gelato**, a gum-free, preservative-free cashew-based gelato that became my proof that food can be indulgent and healing at the same time. But more importantly, I discovered that food was not just fuel — it was a language. A language through which God spoke to me, through symptoms, cravings, and healing.

Every bloated belly, every foggy morning, every flare-up was not a punishment but a messenger. A reminder to return to simplicity. A reminder to return to Him.

This book is not just a manual for decoding labels or avoiding hidden toxins. It is a testimony. A call to remember that God's design for food is simple, whole, and life-giving. Where the food industry adds chemicals and confusion, God offers clarity and healing.

This book is not just about food. It's about remembering God's design — and choosing it, one small step at a time.

The NuTTi Gelato Journey

Out of necessity, not ambition, NuTTi Gelato was born. After decades of being unable to eat ice cream without paying for it with pain, bloating, fatigue, or sensitivity, I made a decision: either surrender or create something better. I chose to create.

The turning point came in the simplest of moments. One evening, I went on a date with my husband. We sat together at a charming gelateria in Miami. Across the table, he enjoyed a rich, creamy scoop of ice cream, while I sat there staring at him — frustrated, hot, and silently longing for something I couldn't have. That night, I looked at him and said, *"Will you buy me an ice cream maker? If no one else can make one I can eat, I'll just make it myself."*

And that's where it began — in the desire not just for sweetness, but for freedom.

From my kitchen, I began experimenting with coconut cream, coconut sugar, maple syrup, and pure flavors — nothing artificial, no gums, no fillers. Each batch was a rebellion against the ingredients that had betrayed me, and a return to something simpler, purer, closer to the way God intended food to be.

One day, the tipping point came: I grabbed a coconut cream to make some ice cream, only to discover the brand had sneaked aboard a hidden additive—guar gum. Something in me snapped. It wasn't just "unlucky reaction" anymore. It was proof. Proof that many of us are eating foods that harm us—not because the ingredients are always "bad," but because they are disguised, hidden, or normalized.

That moment didn't just shift how I made gelato. It shifted my mission.

What started as a home experiment for myself and my family soon became something more. In 2020, NuTTi Gelato officially came into being. What was once sacred home batches transformed into a product sold in stores, made with uncompromising standards: organic, kosher, clean ingredients you can pronounce; free of dairy, gluten, soy, and refined sugars; no gums or artificial stabilizers. I wanted a dessert that was not only safe, but joyful — something I and others could eat without fear.

From a small chest freezer in our living room to being sold in hundreds of stores across the U.S., NuTTi has become more than just frozen dessert. It's a statement: that we don't have to trade flavor for health, pleasure for purpose. Every tub is an expression of what I learned on my journey—that food can heal, cleanse, celebrate, and be a holy act.

Every pint is a reminder that food can heal, celebrate, and nourish. NuTTi Gelato was born from necessity, but it grew into something much larger — a mission to prove that clean food can be indulgent, and indulgence can be aligned with health and spirit.

God's Role — Food as Physical and Spiritual Medicine

As much as food shaped my body, I came to realize it was also shaping my spirit. Each flare-up, every day of exhaustion, every bloated belly was not simply a physical symptom to be managed — it was a message. My body was speaking, and God was using it to call me back to Him.

For so many years, I thought of food as the enemy. Later, I tried to see it only as fuel. But what I finally learned is that food is a language. It can heal or it can harm. It can distract or it can align. In the same way prayer nourishes the soul, food — when chosen in God's design — nourishes the body. Both are medicine.

This isn't new wisdom. **Rambam (Maimonides)**, the great Jewish philosopher and physician, taught that caring for the body is part of serving God. He wrote that a healthy body allows us to study, pray, and live in alignment with our purpose. In his *Mishneh Torah*, Rambam warns against overeating and processed foods, teaching that when we cloud the body, we cloud the mind and distance ourselves from divine clarity. But when we eat simple, nourishing food, the vessel is strengthened, and we are able to serve God with joy.

That has been my experience too. When I eat clean, I can hear God's voice more clearly. I can feel His guidance. Food becomes more than calories — it becomes a tuning fork. The noise quiets, the fog lifts, and I can sense what is dark within me that needs healing. Every time I strip away preservatives, fillers, and chemicals, it's not just my body that lightens — it's my soul.

Kabbalah teaches that we are vessels for divine light. But when the vessel is clouded, it cannot receive or transmit God's wisdom. Clean eating, I've discovered, is one way to polish the vessel. To elevate the body so it can hold more clarity, more presence, more divine connection. Just as chametz is cleared out before Passover to remove spiritual blockages, so too we can clear out processed foods and toxic additives to remove blockages within the body.

But food is only one part of the cleansing. Over the years, I've come to see that the body holds on to more than physical toxins — it also holds emotions, trauma, and stagnant energy. That's why I was drawn to practices like **energy healing, crystal bowl sound baths, and naturopathic herbs**. Each one works in harmony with food to clear out what does not belong. Herbs detoxify the liver, sound vibrations move stagnant emotion, Reiki and bodywork release stuck energy — all of them complement the work that clean eating begins.

In **Ayurveda**, this buildup of toxins is called *ama* — undigested food, unresolved emotion, and unprocessed experience that accumulates in the body. Ama clogs the system, dulls digestion, and clouds the mind. When we eat clean, when we use herbs, when we engage in sound healing and energy work, we are not just chasing wellness — we are clearing ama, making space for God's light to flow more freely through us.

Food, energy, herbs, sound — they are all tools of purification. They help us let go of what weighs us down so that we can rise into who we were created to be.

Clean eating, then, is not simply about health. It is a form of devotion. A way of aligning our vessel with the Divine. Every

ingredient becomes a choice: to weigh ourselves down, or to lift ourselves closer to light.

Invitation: Remembering God's Design

"Maintaining a healthy and sound body is among the ways of God, for it is impossible to understand or know anything of the Creator if one is sick."

This book was born out of a simple but powerful realization: food isn't just fuel, and it's definitely not just about avoiding "bad stuff." Food is one of the ways we find our way back to God's design.

I learned this the hard way. For years, even as I ate clean, I held onto some childhood comforts - canned peas (my mom used to put them in salads, total childhood conditioning!) . Alongside them, I often grabbed canned tuna when I was traveling or stressed. It felt "healthy enough," especially when mixed into a salad with olive oil and lemon. But deep down, I knew convenience was winning over care.

At thirty-seven, after years of clean eating, God stopped me in my tracks. One night, I woke in excruciating pain. Alone in a new country, I called an ambulance at four in the morning. At the hospital, doctors ran tests and struggled to diagnose me. Finally, an expert confirmed: I had *Helicobacter pylori* — a spiral-shaped bacteria that infects the stomach lining, often from contaminated food or water. It's one of the most common causes of ulcers and chronic gastritis, a hidden culprit behind years of digestive misery.

The next morning the tests confirmed it, and the doctor handed me a prescription for not one, but two antibiotics. I remember

asking him: *"But what if I try probiotics, herbs, colonics — something natural?"* He just shook his head. "No. This won't go away without antibiotics."

I stood in my kitchen, prescription in hand, torn. I have never been against medicine. I believe, like Rambam (Maimonides) taught, that doctors are **shluchim** — messengers from God — and that medicine is one of the channels through which God brings healing into the world. In Rambam's view, just as prayer is an obligation, so too is caring for the body and following medical wisdom when needed. A doctor is not separate from God's plan; he is part of it.

So I prayed. I stood there and said: *"God, I am sorry I have not cared for my body the way You intended. Please heal me. If You restore me, I promise I will take care of this vessel You gave me. I will stop eating foods that come from aluminum cans. I will return to what is whole."*

Canned food may feel innocent, but aluminum cans often contain BPA or other linings that leach into food, carrying hormone disruptors and toxins. Additives preserve shelf life but burden the gut. Even the healthiest "looking" canned food is still a distortion of what God created fresh.

I took the antibiotics, but I also honored my body: I did a detox before, probiotics throughout, and a full colon cleanse after. The *H. pylori* never returned. For many, it does recur. But I believe the cleansing, combined with God's grace, renewed my vessel so deeply that it could not take hold again.

And here is what I know: *nothing happens to me, everything happens for me.* This is the Jewish and Kabbalistic way of seeing life. Every challenge is an invitation. Every illness is not a

punishment but a portal — a chance to transform darkness into light, to elevate what was broken.

That sickness was not random. It was God's way of pushing me to the next level of clean. To show me that even my innocent peas and tuna were still layers of compromise. That convenience can never replace creation.

The food industry complicates life with additives, shortcuts, and illusions. But God's design is simple and whole. It doesn't need fixing. It only needs honoring.

This book is not a set of rules. It is not about guilt or perfection. It is about remembering. Remembering that every bite is a choice: to numb or to awaken, to weigh down or to elevate, to block the vessel or to polish it so God's light can flow freely. ✨ *This book is not just about food. It's about remembering God's design — and choosing it, one small step at a time. My invitation is simple: walk with me, return with me, and let every meal become a prayer.*

Chapter 1. Why Clean Eating is Spiritual

Part I: Food, Faith & the Body

Food as More Than Fuel

From the very first meal of Adam and Eve, food has never been “just food.” It has always been about choice. Alignment. Worship. The first command God gave humanity was about what to eat and what not to eat (Genesis 2–3). That wasn’t random. It set the blueprint: food is one of the most direct ways we connect with God’s design—or step away from it.

We live in a world where food is marketed in terms of calories, diets, or body image. Yet rarely do we talk about food as a spiritual practice. And yet, every bite has a ripple effect: it shapes our physical energy, our emotions, our clarity of thought, and even our ability to hear God’s voice.

For me, this realization came slowly, through trial and error. I used to think food only affected my waistline or my skin. But I noticed something deeper. When I ate processed food—meals filled with preservatives, gums, additives, and artificial flavors—I didn’t just feel bloated in my body. I felt heavy in my soul. My prayers felt dull. My clarity dimmed. My connection to God was muffled.

But when I ate clean, my body lightened and my mind cleared. I felt peace. My prayers deepened. I could hear the whisper of God more clearly.

That's when I realized: clean eating is not a trend. It's a form of worship. A way of honoring the temple of the body so it stays pure, clear, and open.

Wisdom from Scripture & Tradition

The Torah begins with food as gift:

"See, I have given you every seed-bearing plant that is upon all the earth, and every tree with seed in its fruit; you shall have them for food." — Genesis 1:29

Food was God's very first provision for humanity. Simple, whole, abundant. No additives. No preservatives. Just seeds, plants, fruits—life in its pure form.

The Psalmist writes:

"Taste and see that the Lord is good." — Psalm 34:8

Eating, tasting, savoring—it's not just survival, it's a way of knowing God's goodness.

Rambam (Maimonides), the great Jewish physician and philosopher, echoed this truth:

"Maintaining a healthy and sound body is among the ways of God, for it is impossible to understand or know anything of the Creator if one is sick." (Hilchot De'ot 4:1)

For Rambam, health wasn't about vanity or looking fit. It was about clarity. A body weighed down with sickness or sluggishness simply couldn't serve God with joy or focus.

The Apostle Paul later echoed this in the Christian tradition:

"Do you not know that your bodies are temples of the Holy Spirit... therefore honor God with your bodies."
— 1 Corinthians 6:19–20

Across traditions, the message is the same: eating well is an act of service to God.

The Science Behind the Spiritual

Ancient wisdom meets modern science here. What the Torah, Rambam, and Kabbalah taught long ago is now being confirmed by research in neuroscience, psychiatry, and nutrition.

The Gut–Brain Connection

About **90% of serotonin**—the neurotransmitter that regulates mood—is made in the gut. When the gut is inflamed or clogged with chemicals, your mood, energy, and clarity all suffer. That's why processed foods don't just cause bloating—they often trigger anxiety, depression, and brain fog.

Blood Sugar Swings

When food is loaded with hidden sugars and refined starches, blood sugar spikes and crashes. These crashes show up not just as hunger, but as irritability, impatience, and foggy thinking—making prayer and spiritual presence harder.

Dr. Uma Naidoo, a Harvard-trained psychiatrist, chef, and nutrition specialist, calls this the *new frontier of mental and spiritual wellness*. In her book *Your Brain on Food*, she shows

how nutrition directly affects depression, anxiety, OCD, and emotional balance. Food, she teaches, is not just about preventing disease—it shapes the mind, stabilizes emotions, and clears the pathways of the soul.

The foods we choose literally become the chemistry of our thoughts and prayers.

Inflammation

The very word *inflammation* means “fire within.” Chronic inflammation—often caused by seed oils, preservatives, and additives—is linked to fatigue, autoimmune issues, and low energy. Spiritually, it mirrors the **inner fire of agitation** that keeps us restless and unable to hear God’s still, small voice.

In other words: what scripture and sages taught long ago—keep the body clean to serve God—is exactly what science is proving now.

The “Healthy but Still Tired” Paradox

This is the reality for so many of us. We eat what the world calls “healthy”—low-fat yogurt, whole wheat bread, diet sodas, protein bars, plant-based milks—and yet we’re still exhausted. Still bloated. Still anxious. Still foggy.

I lived this paradox. I once thought I was doing everything right, but no matter how many “healthy” swaps I made, I still felt terrible. That’s because “healthy” according to food marketing is not the same as “healthy” according to God’s design.

The food industry is masterful at trickery. It uses buzzwords—*gluten-free, keto, low-carb, natural*—to sell

products filled with gums, emulsifiers, preservatives, dyes, and hidden sugars. These foods extend shelf life but shorten soul life. They fill the stomach but starve the cells. They create the illusion of health while secretly draining vitality.

The truth? It's not our fault. We've been conditioned, just like I was conditioned to love canned peas because my mother used them in salads. Marketing, culture, and convenience have shaped our cravings more than truth has. But the beauty is: we can return. We can remember.

A Mystical Lens: Sparks in the Food

Kabbalah teaches that everything in creation contains divine sparks—pieces of light waiting to be elevated back to their Source. Food is no exception.

When we eat mindfully, with gratitude, we don't just nourish the body—we release those sparks of holiness. But when we eat foods stripped, processed, or loaded with chemicals, those sparks are harder to find. The vessel of the body becomes clouded, and the light struggles to shine through.

Eating clean, whole food is a way of polishing the vessel. It's about creating space for divine light to move through us without obstruction. Every bite can either dim or amplify that light.

Reflection: Slowing Down with Food

Before your next meal, pause.

- Look at the food in front of you.
- Ask: *"Is this food clear enough for my body to hear God's whisper?"*
- Take a breath. Bless it. Imagine light moving through it.
- Eat slowly. Notice how your body feels, not just during, but after.

Food becomes prayer when it's chosen and received with intention.

Closing Thought

Clean eating is not about perfection. It's not about rigid diets or guilt. It's about remembering.

Remembering that God gave us food to be a gift, a delight, a channel of life.

Every bite is a choice: to numb or to awaken, to weigh down or to elevate, to cloud the vessel or to polish it.

Clean eating is spiritual because it is about alignment. With the body. With the soul. With God.

Chapter 2. The Gift and the Trick: Understanding Labels

Reflection: The Gift and the Trick

Food was meant to be one of God's simplest and greatest gifts. In Genesis, He said:

"See, I have given you every seed-bearing plant that is upon all the earth, and every tree with seed in its fruit; you shall have them for food." (Genesis 1:29)

Simple. Pure. Whole.

But somewhere along the way, the gift became a trick. Instead of eating apples, we're sold "apple-flavored" cereal. Instead of oil pressed from olives, we're given bottles of seed oils refined and deodorized in factories. Instead of ice cream with milk, eggs, and sugar, we get tubs filled with gums, stabilizers, and "natural flavors."

The food industry is expert at making unhealthy food look wholesome. The Torah warns us not to put a stumbling block before the blind (Leviticus 19:14) — and yet, food marketing does exactly that, every day. It blinds us with packaging and promises. Boxes and bottles are decorated with halos of words: *organic*, *gluten-free*, *keto*, *natural*, *fat-free*. But when you flip them over, the ingredients often tell a very different story.

The Psychology of “Health Halos”

Marketers know we shop quickly and emotionally. So they use **front-of-package claims** to give us a shortcut. This is called the **health halo effect** — when one good-sounding word makes us assume the entire product is healthy.

- **“Natural”** — has no real legal definition in the U.S. It can include preservatives, additives, and heavily processed ingredients.
- **“Organic”** — valuable, yes, but organic sugar is still sugar, and organic additives can still disrupt digestion.
- **“Gluten-Free”** — can be packed with gums, starches, and inflammatory oils.
- **“Low-Fat” or “Fat-Free”** — usually means more sugar, artificial sweeteners, or thickeners.
- **“Plant-Based”** — doesn’t mean whole plants; it usually means isolates, oils, and stabilizers.

Studies show that when people see “low-fat,” they eat up to 50% more. When they see “organic,” they rate cookies as healthier—even if the ingredients are identical to non-organic ones. The label clouds judgment, and our bodies pay the price.

The Spiritual Cost of Confusion

Food is meant to give life, not confusion. Yet confusion itself is spiritually damaging. Rambam taught that clarity of mind and body is essential to knowing God. When labels and marketing deceive us, we lose clarity—not just in our shopping cart, but in our soul.

Kabbalah teaches that the **yetzer hara** (the egoic impulse) thrives in confusion and illusion. Processed foods often carry this same vibration: they disguise themselves as good, but drain life. Clean, whole foods carry light and truth.

So the “gift and trick” of modern food is not just about ingredients. It’s about consciousness. Are we choosing with eyes wide open—or are we blinded by halos?

Sacred Swap: Return to God’s Simplicity

How do we cut through the trick? By returning to the gift.

- **Count the ingredients.** Fewer is better. If you wouldn’t cook with it, why eat it?
- **Favor whole over processed.** An apple, not “apple-flavored.” Olive oil, not “vegetable oil blend.”
- **Choose foods close to creation.** Fruits, vegetables, nuts, seeds, legumes, herbs. These are foods God made, not factories.

Every time you choose a food that is simple, whole, and close to its source, you are returning to God’s original design.

Practical Prompt: Flip the Label

Here's a practice to ground this lesson:

1. Go to your kitchen. Choose one product you think is healthy.
2. Flip it over. Read the label slowly.
3. Ask:
 - How many ingredients are there?
 - Do I recognize each one?
 - Would I use these in my own kitchen?
 - Is this food closer to God's gift, or the industry's trick?
4. Journal what you discover. Note how it feels to see the truth with open eyes.

The act of flipping a label is not just consumer awareness. It is a spiritual practice—choosing to see light where there was once illusion.

Closing Thought

The food industry thrives on confusion. God offers clarity. Labels may trick, but the body and spirit always tell the truth. Clean eating is the practice of removing the stumbling blocks, choosing light over illusion, and returning—again and again—to the gift.

Label Decoder Checklist

A quick guide to seeing through the “health halo.”

1. Count the Ingredients

- Fewer than 5 = closer to real food.
- More than 10 = likely processed.
- Ingredients you can't pronounce = pause before buying.

2. Watch Out for Red Flags

- **Natural flavors** — usually chemical flavorings.
- **Gums & stabilizers** (*guar gum, xanthan gum, carrageenan*) — can disrupt the gut.
- **Seed oils** (*soybean, canola, sunflower, cottonseed, palm, safflower, vegetable, corn*) — highly inflammatory.
- **Preservatives** (*potassium sorbate, sodium benzoate*) — can stress the liver.
- **Artificial or hidden sweeteners** (*aspartame, sucralose, sorbitol, maltodextrin*) — drive cravings and mood swings.

3. Decode “Health Halos”

- **Organic** ≠ healthy (organic sugar is still sugar).
- **Gluten-Free** ≠ gut-friendly (may have starches & gums).
- **Plant-Based** ≠ plants (often isolates + oils).
- **Low-Fat** ≠ good for you (usually extra sugar).

4. The Kitchen Test

Ask yourself: *Would I cook with this ingredient at home?*

- Olive oil? Yes.
- Vanilla extract? Yes.
- "Modified food starch"? No.
- "Natural smoke flavor"? No.

5. Spiritual Check-In

- Does this food feel like God's gift or the industry's trick?
- Does it bring light to my body, or confusion?
- Can I bless this food with gratitude, knowing it will nourish me?

Reflection Prompt: Next time you shop, pick one product you usually buy. Flip the label and run it through this checklist. Journal your discoveries — both physical (what's in it) and spiritual (how it makes you feel to know the truth).

Part II: The Toxic Eight & Their Sacred Swaps

Food was designed by God to be simple, nourishing, and whole. But modern industry complicates it with chemicals that stretch shelf life, mimic flavors, and keep costs low. These substances may make food convenient, but they often cloud our bodies, drain our energy, and block our spiritual clarity.

This section pulls back the veil on the additives most likely to harm your body and cloud your spirit — and then shows you how to return to God's original design.

Each chapter is a doorway: a reflection on God's wisdom, a bit of science, a sacred swap, and a practice to help you live it.

Chapter 3. Gums & Emulsifiers

Reflection

"You are fearfully and wonderfully made." (Psalm 139:14)

When God created the human body, He placed astonishing intelligence in the gut. Trillions of microbes collaborate to digest food, regulate mood, balance hormones, and defend immunity. This ecosystem is so finely tuned that even small disturbances ripple through the whole body.

And yet, we live in a world where foods designed for profit are padded with chemicals the gut doesn't recognize: **guar gum, xanthan gum, locust bean gum, cellulose gum, gellan gum, tara gum, acacia gum, agar-agar, konjac gum, carrageenan, polysorbate 80**. These ingredients thicken, emulsify, and stabilize products so they look beautiful on a shelf. But beauty on the outside often hides disruption within.

The Torah warns:

"Do not put a stumbling block before the blind."
(Leviticus 19:14)

Isn't that exactly what these additives are? They look harmless, even invisible, but they trip us from the inside.

I'll never forget the moment I flipped my favorite "healthy" coconut milk and saw *guar gum* listed. I thought it was just coconut and water. Instead, it was a lab-made additive — and suddenly, all the bloating I felt made sense.

Science & Why It Matters

The science says:

- **A 2015 study in *Nature*** found that emulsifiers like carboxymethylcellulose and polysorbate 80 disrupted gut

bacteria and promoted inflammation in mice.

- **Human studies** show gums and emulsifiers can cause bloating, gas, diarrhea, and IBS-like symptoms in sensitive people.
- Emulsifiers can **strip the gut lining**, creating tiny holes ("**leaky gut**") that allow toxins and bacteria to leak into the bloodstream, stressing the immune system.
- When the gut is compromised, it impacts the **gut-brain axis** — leading to mood swings, fatigue, and cloudy thinking.
- **Dr. Uma Naidoo (Your Brain on Food)** explains that gut health directly shapes brain health. Disruptions in the gut microbiome are linked to anxiety, **depression**, and poor concentration. In her research and clinical practice, she's found that the very additives and emulsifiers hiding in "healthfoods" can destabilize mood, worsen cravings, and fuel mental fog.

In short: what you eat doesn't just sit in your stomach. It becomes the chemistry of your thoughts, your focus, and even your prayers.

Spiritual Lens: Kabbalah & the Vessel

Kabbalah teaches that the body is a vessel for divine light. A vessel must be clear to receive. When it is clogged or cracked, the flow of light is distorted.

These additives may seem minor, but they cloud the vessel. They weigh down the temple of the body and dull the clarity of the soul. Choosing simplicity is a way of polishing the vessel — making space for God's wisdom to shine through.

Common Gums

(thickeners, stabilizers, often added to nut milks, yogurts, dressings, desserts)

- Guar gum
- Xanthan gum
- Locust bean gum (carob bean gum)
- Acacia gum (gum arabic)
- Gellan gum
- Tara gum
- Konjac gum (glucomannan)
- Agar-agar (seaweed-derived, often used in vegan desserts)
- Cellulose gum (carboxymethylcellulose / CMC)
- Propylene glycol alginate
- Carrageenan (seaweed-derived, but inflammatory → often grouped here)

Common Emulsifiers

(help oil and water mix, keep textures smooth, extend shelf life)

- Polysorbates (Polysorbate 20, 60, 80)

- Mono- and diglycerides of fatty acids (sometimes hidden as “emulsifiers”)
- Lecithins (soy lecithin, sunflower lecithin)
- Sorbitan monostearate
- Sucrose esters of fatty acids
- DATEM (Diacetyl Tartaric Acid Esters of Mono- and Diglycerides)
- PGPR (Polyglycerol Polyricinoleate – often in chocolate/candy)
- SSL / CSL (Sodium stearyl lactylate / Calcium stearyl lactylate)
- Emulsifying salts (in processed cheese)

“Borderline” Additives Used Like Gums/Emulsifiers

(often marketed as “natural” but still highly processed)

- Maltodextrin (technically a starch derivative, used as a filler/binder/emulsifier)
- Modified starches (corn, potato, tapioca)
- Pectin (fruit-derived, less harmful, but often over-processed in packaged foods)
- Alginate / Sodium alginate (seaweed-derived, stabilizer in ice creams/yogurts)

Sacred Swap

Instead of nut milks thickened with gums:

- Choose **brands with only 2–3 ingredients**: nuts, water, salt. (Examples: MALK, Three Trees, Joi concentrate.)
- Or make your own in 5 minutes with a blender and strainer.

Instead of creamy dressings full of polysorbate 80:

- Blend olive oil, lemon, garlic, and tahini.

Instead of gum-filled ice cream:

- Look for gum-free brands — or better yet, try cashew-based, small-batch ice cream (like my own NuTTi Gelato, born gum-free from the very beginning).

Practical Prompt & Prayer

Prompt:

Check one product in your fridge today — almond milk, coconut milk, salad dressing, or ice cream. Flip the label. Count how many gums/emulsifiers are listed.

Prayer:

"God, thank You for the wisdom You placed in my body. Help me see what is hidden, so I can honor the vessel You gave me. Show me how to return to the simplicity of Your creation, one swap at a time."

Takeaway: Gums and emulsifiers may look small, but they are a perfect example of the "gift and the trick." They disguise themselves as harmless, but they cloud the body and spirit. By choosing foods free of these additives, we honor the wonder of God's design and reclaim the clarity He intends for us.

Chapter 4. "Natural Flavors"

Reflection

"Woe to those who call evil good and good evil, who put darkness for light and light for darkness." (Isaiah 5:20)

Labels are tricky. Few words on a package are as misleading as **"natural flavors."** They sound pure, safe, almost wholesome — as if the taste came straight from fruit or herbs. But here's the truth: "natural flavors" can be one of the most deceptive phrases in the food world.

I'll never forget when I first learned about *strawberry WONF*. That stands for **"With Other Natural Flavors."** The strawberry extract you think you're tasting? It's not real strawberry at all. There's actually **no such thing as a pure strawberry extract** on the market today. Every "strawberry flavor" is a blend of lab-engineered compounds designed to mimic the fruit. It shook me — because all my life I thought I was tasting strawberries. Instead, I was tasting a formula.

In my quest to find a pure strawberry extract, I contacted several companies. Many were evasive or even confrontational when I questioned the "natural flavors" in their products. One brand marketed themselves as using strawberry extract — but when I emailed them, they admitted: *"Legally, under FDA rules, we can call it an extract even if it's mostly flavor compounds and undisclosed chemicals."*

I pressed further, asking what exactly was hidden in their "natural flavors." They wouldn't tell me. Later I learned why: under FDA regulations, natural flavors can legally include **solvents, preservatives, and carriers** — like **propylene glycol, glycerin, and even emulsifiers such as polysorbate 80** — without ever being listed on the product label. These are considered

"incidental additives" in flavor mixtures, which means they don't have to be disclosed to you.

That discovery left me stunned. For years, I believed I was tasting strawberries. In reality, I was tasting chemistry wrapped in two comforting words: *natural flavors*.

Science & Why It Matters

The science says:

- **Definition loophole:** In U.S. law, "natural flavors" can mean anything extracted from plants or animals, processed in labs & recombined. Companies don't have to disclose the source.
- **Hidden carriers:** These flavor blends can include solvents, preservatives, and stabilizers like propylene glycol — none of which are listed on the label.
- **Strawberry WONF:** Pure strawberry extract isn't commercially available. Every "strawberry yogurt," "strawberry drink," or "strawberry protein powder" is flavored with a WONF blend — never the fruit itself.
- **Brain & cravings:** Dr. Uma Naidoo (*Your Brain on Food*) explains how hyper-engineered flavors hijack dopamine pathways. They make food "hyper-palatable," creating cravings that leave you unsatisfied and always wanting more. This fuels overeating, mood swings, and even anxiety.
- **Gut-brain axis:** Because these additives don't come with the natural fibers, vitamins, and phytonutrients of real fruit, they confuse digestion and can destabilize the microbiome

— which then ripples into mood, focus, and emotional balance.

In short: “natural flavors” aren’t food. They’re chemistry dressed up as fruit.

Examples of Hidden Ingredients in “Natural Flavors”

Here are some of the kinds of ingredients often hidden inside “natural flavors” that consumers might not realize:

- **Propylene glycol** (a solvent/carrier)
- **Glycerin** (used to help dissolution or texture)
- **Preservatives** (like **BHT**, **BHA** in some flavor blends)
- **Emulsifiers** inside flavor mixtures (e.g. polysorbate 80)
- **Solvents or carriers** like **hexane** (in some organic “natural flavor” extraction it’s prohibited but in conventional processing there can be synthetic solvents/carriers)

Spiritual Lens: Truth vs. Disguise

Kabbalah teaches that holiness is hidden within creation, waiting to be revealed. But “natural flavors” are a **disguise**, separating us from the sparks of holiness in real food. They promise the taste of strawberry but carry none of its soul. Choosing the real thing is choosing truth — and truth always brings us closer to God.

Sacred Swap

- Instead of “strawberry flavored” yogurt → buy plain yogurt, add fresh strawberries.
- Instead of “vanilla flavored” → choose real vanilla extract or vanilla bean.
- Instead of sparkling waters with “natural flavors” → infuse your water with lemon, mint, cucumber, or berries.

The swap is simple: choose the fruit itself, not the lab’s copy of it.

Practical Prompt & Prayer

Prompt:

Pick one product in your pantry that lists “natural flavors.” Write down what it claims to taste like — strawberry, vanilla, lemon, cola. Then ask: *“Am I tasting God’s creation, or man’s imitation?”*

Prayer:

“God, open my eyes to see the difference between truth and disguise. Lead me to choose foods that carry Your light and creation, not counterfeits. May every flavor I taste bring me closer to You.”

Takeaway: “Natural flavors” are the industry’s most polished illusion. They offer taste without substance, shadow without spark. By choosing real extracts, herbs, and fruit, you taste truth again — and with it, the goodness of God’s design.

Chapter 5. Preservatives

Reflection

"I have set before you life and death, blessing and curse. Therefore choose life, that you and your offspring may live." (Deuteronomy 30:19)

Food was never meant to last forever. In God's design, it grows, ripens, nourishes, and then returns to the earth. But in our modern system, food is forced to resist that natural cycle.

Preservatives are added to extend shelf life, to make bread soft for weeks, juices stable for months, sauces bright for years.

The question is: what happens when food is preserved, but our health is sacrificed? Are we choosing shelf life over soul life?

I remember buying "healthy" hummus at the store, thinking I was making a good choice. But the label revealed **potassium sorbate** — a preservative used to stop mold. It didn't mold, but my body felt heavy, my digestion unsettled. That's when I realized: just because food doesn't spoil, doesn't mean it nourishes.

The truth is, packaged hummus often contains a whole cocktail of preservatives and additives:

- **Potassium sorbate** (anti-mold)
- **Sodium benzoate** (prevents spoilage in acidic foods)
- **Citric acid** (used not just for tartness, but as a preservative)
- **EDTA (disodium EDTA)** (stabilizer to preserve color and texture)
- **Phosphoric acid** (keeps pH stable)

I needed a quick snack that day, so I bought hummus anyway. Within two minutes of eating, I had a massive headache — the way my body now instantly responds to food that isn't aligned with me. Sometimes it shows up as my hands inflaming,

sometimes as a wave of exhaustion so sharp I feel my energy and life force drain out of me. I'm left lifeless and in pain.

And this wasn't the first time. I remember many years ago when I was living in Miami, working in fashion PR. I went out to lunch with my boss and ordered what the owner proudly called his "*healthy*" *falafel*. One bite in, my brain shut down. My boss noticed immediately and asked what was wrong. I explained that I have gluten and wheat sensitivities — and that this annoying ingredient is everywhere. Even when a restaurant *thinks* it's serving something healthy, they don't realize the base ingredients — often pre-packaged mixes or canned chickpeas laced with preservatives — sneak in allergens and chemicals.

That's when I learned: it's not just about avoiding obvious junk food. Even foods marketed as *healthy* can be loaded with preservatives and hidden additives that silence the body's wisdom, cloud the brain, and drain the soul.

Science & Why It Matters

The science says:

- **Potassium sorbate & sodium benzoate:** These common preservatives inhibit mold and yeast, but studies show they can irritate the gut lining and disrupt beneficial bacteria.
- **Benzene risk:** When sodium benzoate combines with vitamin C, it can form benzene, a known carcinogen.
- **Immune stress:** Chronic consumption of preservatives has been linked to DNA damage and mitochondrial stress in animal studies.
- **Mood & fatigue:** Dr. Uma Naidoo (*Your Brain on Food*) notes that when the gut is exposed to chemical preservatives, it destabilizes the microbiome. That ripple can worsen anxiety, mood swings, and brain fog.

In short: preservatives extend the life of food by shortening the clarity of body and mind.

Examples of Preservatives Hidden in Foods

- Potassium sorbate
- Sodium benzoate
- Calcium propionate (used in breads)
- Sodium nitrite/nitrate (in processed meats)
- TBHQ (tert-butylhydroquinone, in snacks/fried foods)
- BHT/BHA (in cereals, oils, flavorings)

Spiritual Lens: Shelf Life vs. Soul Life

Rambam taught that health is the foundation for serving God with joy. When we eat foods loaded with preservatives, we preserve

the packaging — but at the expense of the vessel. The soul thrives on freshness, vibrancy, and life. Every time we choose simple, perishable, real food, we choose life.

Sacred Swap

- Instead of supermarket bread with calcium propionate → buy fresh bakery bread or make your own with flour, yeast, water, salt.
- Instead of bottled dressings with sodium benzoate → whisk olive oil, lemon, and herbs.
- Instead of processed meats with nitrites → choose fresh, unprocessed cuts or nitrate-free options.
- For snacks → keep nuts, fruit, or homemade granola handy instead of preservative-heavy packaged bars.

Practical Prompt & Prayer

Prompt:

Open your pantry and pull out one packaged food — bread, snack bar, sauce, or dip. Check the label for preservatives like sorbate, benzoate, or propionate. Ask yourself: *"Am I choosing shelf life over soul life?"*

Prayer:

"God, help me choose what is alive and real, not just what is long-lasting. Teach me to see food as You created it — full of life, designed to nourish me in body and spirit."

Takeaway: Preservatives trick us into believing food is safe and stable, but often they rob the very vitality we seek. By choosing fresh, perishable, God-made foods, we align with His design: to choose life.

Chapter 6. Seed Oils

Reflection

"A good tree cannot bear bad fruit, nor can a bad tree bear good fruit." (Matthew 7:18)

This verse reminds us that what flows from God's creation — olives, avocados, herbs, plants — is inherently nourishing and life-giving. By contrast, when food is twisted through human distortion, chemicals, and industrial shortcuts, the fruit it bears is confusion, disruption, and harm.

Olives pressed into oil carry life, light, and healing. The same is true for avocados, whose rich, nourishing oil is drawn directly from the flesh of the fruit. Both have been used for centuries as food and medicine, sacred fuel for the body and soul.

But what happens when we trade the oil of good fruit for oils extracted from seeds never meant to be eaten this way?

Seed oils — canola, soybean, corn, cottonseed, sunflower — are not pressed in the way olive oil is. They are industrially refined: heated, bleached, deodorized, and chemically treated to become shelf-stable liquids. They look golden and clean, but the fruit they come from is bitter and broken.

God's design was simple: eat from the tree and the plant in its wholeness. But when we strip and distort food through machines and chemicals, we shouldn't be surprised when the oil it bears is inflammatory, clouding not only the body but also the mind and soul.

I remember when I used to cook with canola oil because it was marketed as "heart healthy." I thought I was doing something good for myself. But every meal left me feeling inflamed, tired,

and bloated. Once I swapped it for olive and avocado oil, I felt lighter and clearer. The fire inside calmed.

Science & Why It Matters

The science says:

- **Omega-6 overload:** Seed oils are extremely high in omega-6 fatty acids. In excess, these create inflammation throughout the body.
- **Oxidation:** Because they are extracted with high heat and chemicals (often hexane), these oils oxidize easily, producing harmful compounds that stress cells.
- **Chronic disease link:** High intake of seed oils has been linked to heart disease, obesity, diabetes, and fatty liver.
- **Brain & mood:** Dr. Uma Naidoo (*Your Brain on Food*) highlights that diets high in inflammatory oils can worsen anxiety and depression by disrupting the gut-brain axis and fueling neuroinflammation.
- **Fire within:** Inflammation literally means “fire.” Chronic fire in the gut, arteries, and brain mirrors the agitation of the soul — restlessness, irritability, fog, and fatigue.

Examples of Seed Oils

- Soybean oil
- Palm oil
- Vegetable oil
- Corn oil
- Canola (rapeseed) oil
- Cottonseed oil
- Sunflower oil
- Safflower oil
- Grapeseed oil

Spiritual Lens: The Fire Within

In Kabbalah, the soul is described as a flame. But when that flame is fed with impure fuel, it smokes, darkens, and suffocates. Seed oils are that smoke for the body. They dim the vessel and disrupt clarity. By choosing oils aligned with creation — olive, avocado, sesame, coconut, ghee — we feed the flame with clean fuel, allowing the soul to shine.

Sacred Swap

- Instead of canola or soybean oil for sautéing → use olive oil, avocado oil, or coconut oil.
- Instead of margarine with hydrogenated seed oils → use grass-fed butter, beef tallow or ghee.
- Instead of sunflower/canola salad dressing → whisk olive oil, lemon, and mustard.
- When dining out, ask what oil is used. If it's canola or soy, request olive or avocado oil

Practical Prompt & Prayer

Prompt:

Check the label on one packaged food in your pantry — chips, crackers, hummus, granola bars. Does it contain canola, soybean, or sunflower oil? Write it down. Then ask: *“What flame am I feeding — one of inflammation, or one of clarity?”*

Prayer:

“God, help me choose the oils that align with Your gifts. Quench the false fire of inflammation, and ignite the true flame of clarity, peace, and strength within me.”

Takeaway: Seed oils promise health but deliver fire. By returning to God’s original oils — olive, avocado, sesame, coconut — we calm the inner flame, clear the mind, and keep the vessel aligned with His design.

Chapter 7. Sweeteners: The Illusion of Sweetness

Reflection

"Bread of deceit is sweet to a man; but afterwards his mouth shall be filled with gravel." (Proverbs 20:17)

Real sweetness satisfies; false sweetness betrays. Both chemical sweeteners and disguised sugars promise joy, but they leave the body heavy and the spirit dulled.

Sweetness is one of God's simplest gifts. Honey dripping from the comb, dates from the tree, fruit from the vine — these were made to uplift, energize, and heal. But the food industry has taken that gift and twisted it into a trick.

On one side, there are **artificial sweeteners**: aspartame, sucralose, saccharin, acesulfame potassium. On the other, there are **"hidden sugars"**: evaporated cane juice, brown rice syrup, agave nectar, maltodextrin, dextrose, high-fructose corn syrup, and more than 50 other aliases. Both are sold as solutions — "sugar-free," "low-calorie," "natural" — but neither nourishes.

It's not just adults. The snacking industry has gone mad, and our children are paying the price.

Today, nearly every "kid-friendly" snack on the shelf is loaded with sugar. Cereals, crackers, fruit snacks, even yogurt cups — all designed to keep kids hooked on sweetness from the moment they wake up. It's no wonder kids crave sugar all day long: their taste buds are being trained for it, meal after meal, snack after snack.

As a mother of twins, I've been vigilant. In our home, sweetness comes only from maple syrup, coconut sugar, or date syrup. And thank God, there are so many better options now — from simple dried fruit to clean-label cookies and homemade energy bites. But walk down any supermarket aisle and the reality is hard to

ignore: nearly everything is spiked with sugar, even the products dressed in “organic” or “healthy” labels.

And it’s not just snacks. You go to a restaurant and order something as simple as chicken, and it arrives marinated in a sauce filled with preservatives, emulsifiers — and yes, sugar. We can’t even eat real food anymore without it being laced with chemicals and sweeteners that destroy what God created to nourish.

Our children deserve better. They deserve to taste food as it is — fruit, grains, vegetables — not sugared-up imitations. Raising them on clean sweetness isn’t just about health. It’s about shaping their palates, their bodies, and their souls to crave what is real.

Science & Why It Matters

- **Metabolic chaos** → Added sugars (under 50+ different names) cause blood sugar spikes and crashes, fueling irritability, fatigue, and insulin resistance.
- **Addiction & dopamine hijack** → Both sugar and artificial sweeteners overstimulate dopamine pathways, creating cravings and dependency. The “hit” feels good for a moment but leaves you unsatisfied and wanting more.
- **Gut microbiome disruption** → Artificial sweeteners (sucralose, saccharin) and sugar alcohols (sorbitol, maltitol, erythritol) disrupt beneficial gut bacteria, leading to bloating, gas, and inflammation.

- **Mood impact** → Dr. Uma Naidoo (*Your Brain on Food*) shows how sugar crashes and artificial sweeteners destabilize the gut-brain axis. This ripple effect can fuel anxiety, depression, mood swings, and brain fog.
- **Hidden everywhere** → Yogurt, granola bars, hummus, protein powders, salad dressings — even “organic” or “gluten-free” foods often contain multiple forms of added sugar or substitutes.

Sugar, Mood & Relationships

Jessie Inchauspé, the *Glucose Goddess*, once said on the **Steve Bartlett Show**:

“Eating less sugar could save your marriage.”

She explained that blood sugar spikes and crashes make us **more reactive, less patient, and more likely to snap in everyday situations**. That crash after a sugary meal doesn’t just make you tired — it shapes how you respond to your partner, your children, and your colleagues.

Research Confirms It

- A **2018 Ohio State University study** found that marital hostility — things like harsh words, criticism, or rolling eyes — was linked to increased markers of **leaky gut** and

systemic inflammation.

- Couples who argued more had higher levels of *LPS-binding protein* in their blood — a sign that bacteria and toxins were slipping past the gut lining.
- If one partner also had a history of depression, the effect was even stronger.

In other words: Conflict harms the gut, and an inflamed gut makes conflict worse. The loop continues — until someone chooses to break it.

Spiritual Lens: Sweetness That Heals

In Jewish tradition, honey is eaten on Rosh Hashanah to symbolize a sweet new year — a sweetness rooted in God's creation. Kabbalah links sweetness to *chesed* (loving-kindness) — the flow of divine blessing. True sweetness uplifts and clarifies.

False sweetness — refined sugars and chemical imitations — numbs rather than enlightens. It fuels cravings instead of satisfaction, and it disconnects us from the sparks of holiness in food. Choosing God's sweetness is choosing alignment with His kindness.

Sacred Swap

- **Instead of diet soda with aspartame/sucralose** → sparkling water with lemon, mint, or berries.
- **Instead of “sugar-free” protein bars with sugar alcohols** → dates, figs, or energy balls made with nuts + honey.
- **Instead of “evaporated cane juice” yogurt** → plain yogurt with fruit or raw honey.
- **Instead of sweetened kids’ snacks** → popcorn with olive oil + sea salt, apple slices with almond butter, or homemade oat-date cookies.

Practical Prompt & Prayer

Prompt:

Pull out three “healthy” products from your pantry. Count how many different names for sugar or sweeteners you see. Write them down — and notice how hidden they are.

Prayer:

“God, help me seek the sweetness that comes from You, not imitations that leave me empty. Sweeten my body, mind, and spirit with real foods, and teach me to taste joy in its purest form.”

Takeaway: Sweeteners — whether chemical or disguised sugars — are illusions. They offer sweetness without nourishment. By choosing fruit, honey, and whole foods, you taste truth again, align with God’s design, and free yourself from the cycle of craving.

50+ Hidden Names for Sugar

Food companies rarely list “sugar” outright. Instead, they use dozens of aliases. If you see any of these on a label, you’re looking at sugar — no matter how natural it sounds.

Common & Refined Sugars

- Cane sugar
- Brown sugar
- Raw sugar
- Beet sugar
- Turbinado sugar
- Demerara sugar
- Confectioners’ sugar (powdered)

Syrup

- High-fructose corn syrup (HFCS)
- Corn syrup
- Brown rice syrup
- Tapioca syrup
- Agave nectar
- Golden syrup
- Invert syrup
- Malt syrup
- Maple syrup (real = ok in moderation; processed blends = hidden sugar)
- Sorghum syrup

“Natural” Sweeteners (Processed)

- Honey (heavily processed or blends)
- Barley malt
- Malt extract

- Maltodextrin
- Dextrin
- Treacle
- Carob syrup

Sugar Alcohols (often in “sugar-free” foods)

- Sorbitol
- Maltitol
- Mannitol
- Isomalt
- Xylitol
- Erythritol

Industrial Additives & Extracts

- Evaporated cane juice
- Cane juice crystals
- Fruit juice concentrate
- Dehydrated cane juice
- Glucose
- Fructose
- Sucrose
- Dextrose
- Galactose
- Maltose
- Lactose

Sneaky Additions in “Health” Foods

- Organic cane solids
- Rice malt
- Beet juice concentrate

- Palm sugar
- Panela
- Muscovado

Quick Tip for Readers:

If the word ends in “-ose” (like *glucose*, *sucrose*, *dextrose*) or “-ol” (like *sorbitol*, *erythritol*), it's almost always sugar or a sugar alcohol.

Chapter 8. Food Dyes: Colors Without Light

Reflection

“Even Satan disguises himself as an angel of light.” (2 Corinthians 11:14)

Bright colors can look beautiful, but not all light carries truth. Food dyes dazzle the eye but darken the body.

I see this every day as a mother of twins. I’m strict when it comes to candy with sugar and coloring — the answer is simply *no*. From the time they were little, I explained it in language they could understand: these “fake colors” don’t bring life to their bodies, they only make them feel wild, tired, or cranky. Now they come home and tell me how their friends who eat candy all day are always acting out of control. Even children can feel the truth: fake colors create fake energy.

Red candies, blue sports drinks, neon frostings — they look fun and innocent. But these colors aren’t God’s rainbow. They are petroleum-based chemicals, engineered to grab attention and hook children. Instead of bringing joy, they bring hyperactivity, allergies, and inflammation.

God already gave us a rainbow of foods — blueberries, beets, turmeric, carrots, spinach, raspberries. Each color carries phytonutrients, antioxidants, and healing. But in chasing cheaper, brighter, longer-lasting colors, the food industry replaced the real rainbow with an imitation.

Science & Why It Matters

The science says:

- **Behavioral impact in children:** Studies link Red 40, Yellow 5, and Yellow 6 to hyperactivity and attention issues in sensitive children. In 2007, a large UK study (the “Southampton study”) found artificial dyes increased

hyperactive behavior in kids.

- **Allergies and sensitivities:** Food dyes can trigger rashes, hives, and asthma in sensitive individuals.
- **Gut disruption:** Because dyes are synthetic and petroleum-based, they add toxic load to the body, stressing the liver and immune system.
- **Banned elsewhere:** Many dyes approved in the U.S. are restricted or banned in the EU. For example, foods with Yellow 5 in Europe must carry a warning label: "May have an adverse effect on activity and attention in children."
- **Brain and mood:** Artificial additives, including dyes, destabilize the gut-brain axis. Dr. Uma Naidoo's work shows how these disruptions contribute to mood swings, anxiety, and reduced focus.

Spiritual Lens: The True Rainbow

In Genesis, the rainbow was God's covenant — a reminder of His promise and presence. The colors in creation are not decoration; they are medicine. Each plant pigment — from the lycopene in tomatoes to the anthocyanins in blueberries — carries healing sparks of holiness.

Artificial dyes mimic beauty but carry no life. They are the “angel of light” that deceives — bright to the eye but hollow inside. Choosing real colors is choosing God’s covenant again, aligning with the rainbow He designed for our bodies and souls.

Sacred Swap

- Instead of neon candy → choose dried fruit, dates, or chocolate colored with beet or spirulina.
- Instead of rainbow cereals → oatmeal with berries, banana, and cinnamon.
- Instead of artificially colored frosting → natural food powders (matcha, beet, turmeric, cacao) to color homemade treats.
- Instead of sports drinks → water with lemon, orange slices, or electrolytes from coconut water.

Practical Prompt & Prayer

Prompt:

Check your pantry for one product with artificial coloring — cereal, candy, or drink mix. Ask yourself: “What color from God’s creation could satisfy this instead?”

Prayer:

"God, thank You for the rainbow You placed in creation. Teach me to seek colors that carry Your healing light, not imitations that weigh me down. May every bite and every color I choose bring me closer to You."

Takeaway: Food dyes are colors without light. They are illusions — bright but lifeless. By choosing the rainbow of fruits, vegetables, herbs, and spices, you taste real color again — and align your body with God's covenant of wholeness.

Chapter 9. Flavor Enhancers: The Illusion of Taste

Reflection

"They promise them freedom, but they themselves are slaves of corruption." (2 Peter 2:19)

Flavor enhancers promise depth and satisfaction, but what they deliver is emptiness — and dependency.

I'll never forget the day I sat down for sushi, expecting a clean, simple meal. The menu said fresh fish, rice, and vegetables. But after only a few bites, I felt flushed, my heart racing, and my head cloudy. That was my first real experience with MSG — monosodium glutamate — the hidden "flavor booster" added to soups, sauces, noodles, snacks, and yes, even sushi. These additives are designed to trick your tongue into thinking something tastes better than it is. They hijack your body's God-given signals of flavor and satisfaction, pushing you to eat more while leaving your body burdened with chemicals it doesn't recognize.

Science & Why It Matters

The science says:

- **MSG (monosodium glutamate):** Excites neurons and can overstimulate the nervous system in sensitive people, leading to headaches, flushing, sweating, and what's called "Chinese Restaurant Syndrome."
- **Flavor enhancers like disodium inosinate, disodium guanylate, yeast extract, hydrolyzed vegetable protein:** Often used alongside MSG, creating stronger cravings and making foods "hyper-palatable."
- **Brain & cravings:** Dr. Uma Naidoo (*Your Brain on Food*) explains that artificial additives like MSG hijack glutamate

pathways in the brain. This can overstimulate neurons, leading not just to cravings and overeating, but also to anxiety, irritability, and fatigue.

- **Gut–brain axis disruption:** These additives destabilize the microbiome, which in turn impacts serotonin production (90% of serotonin is made in the gut). This means flavor enhancers don't just change the taste of your food — they can alter your mood, focus, and emotional balance.
- **Hidden everywhere:** Chips, canned soups, frozen dinners, sauces, salad dressings, bouillon cubes — even “healthy” packaged foods often rely on these enhancers.

Spiritual Lens: The Real vs. the Fake

In Torah and Kabbalah, truth (*emet*) is always aligned with simplicity and integrity. When you add false layers — whether in words or in food — you move further from God's light.

Flavor enhancers are the illusion of richness without the reality of nourishment. They disguise mediocrity, making food taste better than it really is, but they add nothing of value. God designed flavor in herbs, spices, salt, lemon, garlic, onion — all natural enhancers that carry sparks of holiness. The fake versions are a counterfeit light, feeding the tongue but not the soul.

Sacred Swap

- Instead of bouillon cubes with MSG → simmer bones, vegetables, garlic, and herbs for real broth. I use Herbamare sea salt for my soups

- Instead of flavored chips → bake potatoes or kale with olive oil and sea salt.
- Instead of ramen packets → use rice noodles with miso paste, ginger, and fresh veggies.
- Instead of “umami flavoring” → try mushrooms, tamari, coconut aminos, seaweed, or slow-cooked tomatoes.

Practical Prompt & Prayer

Prompt:

Pull out one “flavored” product from your pantry — chips, soup, sauce. Look for MSG, yeast extract, “hydrolyzed protein,” or “flavor enhancer.” Ask yourself: what natural ingredient could give me that taste instead?

Prayer:

“God, open my eyes to see past the illusions. Teach me to crave what is real, not what is manipulated. May my food be seasoned with Your goodness, bringing clarity and satisfaction to both body and soul.”

Takeaway: Flavor enhancers are an illusion of richness — a trick on the tongue. By choosing herbs, spices, and whole foods, you reclaim flavor that truly nourishes, aligning with God’s simple, perfect design.

Flavor Enhancers Decoder Checklist

Food companies often hide MSG and other enhancers under different names. If you see any of these, you're likely looking at a chemical flavor booster:

Common Names for MSG & Related Compounds

- MSG (monosodium glutamate)
- Hydrolyzed vegetable protein (HVP)
- Hydrolyzed plant protein (HPP)
- Hydrolyzed soy protein
- Autolyzed yeast
- Yeast extract
- Soy protein isolate
- Textured protein

Additives Often Used with MSG

- Disodium inosinate (IMP)
- Disodium guanylate (GMP)
- Disodium ribonucleotides (a blend of IMP + GMP)
- Calcium caseinate
- Sodium caseinate

Hidden Label Terms (Watch Out)

- "Natural flavors" (sometimes contains glutamates)
- "Umami seasoning"
- "Savory flavor"
- "Bouillon" or "stock base"
- "Seasoning mix" or "flavoring"

Processed Food Sources

- Instant noodles & ramen flavor packets
- Frozen dinners & soups
- Potato chips & flavored snacks
- Canned soups & sauces
- Fast-food chicken coatings & marinades

Quick Tip: If you see the words *hydrolyzed*, *autolyzed*, *extract*, *flavoring*, or *ribonucleotides*, assume glutamates are present.

Chapter 10. The Hidden Extras: The Additives We Forget to Question

Reflection

"A little leaven leavens the whole lump." (Galatians 5:9)

Even a small additive can shift the whole, changing what was once nourishing into something distorted.

These aren't the flashy chemicals we hear about on the news. They're the quiet extras: modified starches, smoke flavor, phosphates, anti-caking agents. They don't make headlines, but they sneak into nearly every packaged food.

I remember flipping over a packet of "healthy" gluten-free crackers and seeing ingredients like modified corn starch and smoke flavor. I thought, *why would a simple cracker need a chemistry set inside it?* That was the moment I realized: the "hidden extras" are just as important to spot as the obvious ones.

And then came the shocker — salt. I once bought Morton's salt, the "chef's choice" and world-famous staple. To my horror, I discovered it contained an anti-caking agent. Salt — something meant to be pure and elemental — had been laced with additives. From then on, I became vigilant. Now, when I visit people's homes or even eat out at restaurants, I'll ask which salt they use and check the ingredients. Some laugh, but I know better: I've literally gotten sick from a salad that was "healthy" in every way except for the salt sprinkled on top.

It's humbling to realize how even the smallest detail matters — and how often the smallest compromise can rob food of its simplicity and your body of its vitality.

Science & Why It Matters

The science says:

- **Modified starches (corn, potato, tapioca):** Chemically altered to thicken or stabilize. Hard to digest, they can spike blood sugar and feed harmful gut bacteria.
- **Phosphates (sodium phosphate, calcium phosphate):** Common in deli meats, processed cheese, and baked goods. Overconsumption burdens the kidneys, bones, and heart.
- **Smoke flavors:** Made by condensing smoke into a liquid, often carrying carcinogenic compounds (PAHs).
- **Anti-caking agents (silicon dioxide, calcium silicate):** Added to shredded cheese, powdered soups, and spices. While “generally recognized as safe,” they add unnecessary synthetic load.
- **Gut & brain:** Dr. Uma Naidoo notes that these “silent additives” disrupt the gut microbiome, creating low-level inflammation that contributes to fatigue, irritability, and mood swings — effects many people never link back to food.

Spiritual Lens: Small Things Matter

Torah teaches that even the smallest action has ripples. Just as one kind word can uplift, one hidden additive can weigh down. These extras are not neutral — they tip the balance away from God’s wholeness. Kabbalah reminds us that the vessel must be clear. A small crack clouds the light.

Choosing to eliminate even the “small” additives is a way of saying: *I choose purity in every detail.*

Sacred Swap

- **Instead of deli meats packed with phosphates** → roast a whole cut of meat and slice it at home. Freshly roasted tastes better, lasts longer, and carries no hidden chemistry.
- **Instead of processed cheese with phosphates and anti-caking agents** → choose real aged cheese and shred it fresh. A block of parmesan or cheddar has centuries of tradition — and none of the unnecessary extras.
- **Instead of “smoke flavor” sauces** → let the flavor come from the fire. Grill, roast, or oven-char vegetables and meats for natural smokiness.
- **Instead of modified starch thickeners** → thicken soups or sauces with pureed vegetables or arrowroot powder. It adds body *and* nutrition.
- **Instead of table salt with anti-caking agents:**
 - Himalayan pink salt* — rich in trace minerals, pure and unrefined.
 - Herbamare herbal salt* — sea salt blended with herbs and vegetables for extra flavor, no additives.
 - Costco sea salt* — clean, affordable, and free of unnecessary chemicals.

Swap tip: If you want flavor, add herbs and spices — not “smoke flavor.” If you want preservation, use refrigeration or natural acids like lemon and vinegar — not phosphates.

Practical Prompt & Prayer

Prompt:

Pick one “simple” food from your pantry — crackers, shredded cheese, or deli meat. Count how many “hidden extras” are listed. Ask yourself: would your grandmother have had these in her kitchen?

Prayer:

“God, help me see the small things that weigh down my body and spirit. Give me discernment to notice the extras, and strength to choose simplicity and truth.”

Takeaway: Hidden extras may look small, but they matter. By choosing foods without them, you polish the vessel of your body — creating more clarity, energy, and light.

Chapter 11. Your Gut as God’s Design

Reflection

"For much of my life, I thought my gut was my enemy. The bloating, the fatigue, the mood swings — I saw them as betrayals of my own body. But slowly, I began to understand: these weren't signs of weakness. They were messages."

The gut is not just an organ of digestion. It is an **instinct**, a **second brain**, a God-given compass that knows when we don't know. Our gut is what guides us in life. When we learn to clear it, heal it, and listen to it, it becomes the most powerful ally we have.

For me, this wasn't just theory — it was experience. When my gut was clogged with additives, antibiotics, and stress, I felt lost, irritable, disconnected from myself and from God. But when I cleaned my gut — through detox, colon hydrotherapy, herbs, homeopathy, probiotics, digestive enzymes — I discovered a new truth: *you are not what you eat, you are what you digest.*

I've seen this in my spiritual practice too. The gut is also tied to the **solar plexus chakra (Manipura)**, our third chakra, the center of willpower, self-esteem, and transformation. When this chakra is balanced, we feel confident, purposeful, and radiant. When it's out of balance, we experience digestive issues, fatigue, anger, insecurity, and poor boundaries.

That's why I've spent three decades returning to gut healing as a foundation:

- **Detox cleanses** to reset the system.
- **Colon hydrotherapy** to clear out stagnation and release stored trauma.
- **Herbs:** milk thistle and dandelion for liver support, slippery elm and marshmallow root for gut lining repair, oregano

and garlic for clearing pathogens.

- **Homeopathy** to gently stimulate healing.
- **Probiotics** to restore microbial balance.
- **Digestive enzymes** to help break down food and prevent bloating.

Every time I return to my gut, I return to balance. My energy clears, my mind quiets, my skin glows, and my prayers become lighter — as though the static is removed and the line to God is direct again.

And I've seen it in life-changing ways. My gut guided me across the world. It told me where to travel, when to pause, when to leap. It led me to my soulmate — a Brooklyn-born Orthodox Jewish man, while I was a Russian-born, Australian-raised girl. Without listening to my gut, without hearing that still, small, inner voice of God through my body, our paths might never have crossed.

The truth is: **our gut is divine**. It is a living system with its own intelligence, tuned to both the body and the spirit. When we nourish it and clear it, God's wisdom flows more freely, guiding us with hunches, intuition, and inner knowing.

Fasting has shown me this most clearly. Whether water fasting or using detox blends, emptying my gut allows me to see how much *noise* food creates in my mind. That's why every major faith tradition uses fasting — it strips away distraction so we can hear God's voice more clearly.

Science & Why It Matters

The Gut–Brain Axis

- The gut is often called the **“second brain.”** It houses the enteric nervous system, with over 500 million neurons that communicate directly with the brain.
- About **90% of serotonin** (the neurotransmitter that regulates mood, sleep, and well-being) is produced in the gut. When the gut is inflamed or imbalanced, serotonin production drops, and mood suffers.
- A 2017 study in *Frontiers in Psychiatry* confirmed that disruptions in the gut microbiome are linked to **anxiety, depression, and stress reactivity.**

Your gut literally shapes your prayers, your patience, and your peace of mind.

Gut & Mood — Relationships at Risk

- Jessie Inchauspé, the “Glucose Goddess,” said: *“Eating less sugar could save your marriage.”* Blood sugar crashes make people more reactive, impatient, and prone to arguments.
- A 2018 **Ohio State University** study found that couples who fought harshly had higher levels of **LPS-binding protein** in their blood — a marker of leaky gut. Inflammation and gut dysfunction fueled conflict, while conflict worsened gut health.

- This shows how **gut imbalance doesn't just affect you — it ripples into your relationships, family, and marriage.**

The Gut–Skin Connection

- Researchers call it the **gut–skin axis**. A 2021 review in *Frontiers in Microbiology* showed that imbalances in gut bacteria are linked to acne, eczema, psoriasis, and premature aging.
- Inflammation in the gut can lead to “leaky gut,” which allows toxins into the bloodstream. These toxins then trigger skin flare-ups and accelerate collagen breakdown.
- Many people spend thousands on skin creams, when the real solution begins in the gut.

Your glow doesn't come from Sephora — it comes from your microbiome.

The Gut as Power Center (Chakra Lens)

- In the chakra system, the gut aligns with the **Solar Plexus (Manipura)** chakra.
- This is the seat of **personal power, will, and transformation.**
- When balanced → confidence, self-esteem, strong digestion, purposeful action.
- When imbalanced → digestive problems, fatigue, insecurity, anger, loss of direction.
- Healing practices (colon hydro, cleansing, herbs, probiotics) not only restore physical balance but also

realign the energy body so you can step into clarity and purpose.

Key Practices for Gut Renewal

- **Colon hydrotherapy** → clears stagnation and stored trauma.
- **Herbs & remedies:** milk thistle, dandelion root, slippery elm, marshmallow root, oregano, garlic.
- **Homeopathy** → gentle systemic support.
- **Probiotics & enzymes** → restore balance and improve absorption.
- **Fasting & cleansing** → resets the body, clears the mind, opens the spiritual channel.

Spiritual Lens: The Gut as Divine Compass

The gut is not random. It is **designed by God as a compass**.

- When clean → it sharpens your intuition, helps you hear God's whisper, and guides you toward divine appointments.
- When clogged → it clouds your hearing, dims your clarity, and fills life with static.

This is why fasting and clean eating appear in every spiritual tradition: because clearing the gut opens the soul to God's voice.

Takeaway: Your gut is not your enemy. It is your ally, your compass, your divine radio. Care for it, and it will not only heal your body but also guide your spirit.

Chapter 12. Breaking the Bloat–Fatigue–Cravings Cycle

Reflection

For years, my body felt like it was betraying me. After meals, my stomach would swell, my energy would crash, and the cravings

would start — not gentle cravings, but the kind that made me feel controlled by food. I would swing from feeling stuffed and tired to suddenly hungry again, searching for another fix.

At first, I thought it was my willpower. I blamed myself for being “weak.” But over time, I realized: this wasn’t a lack of discipline. It was chemistry. My body wasn’t broken — it was speaking to me. Every symptom was a message.

Bloating is one of those messages. It’s not random. It’s the body’s alarm system, a way of saying: *“Something here doesn’t belong.”* When food isn’t digested properly, it ferments in the gut. Bacteria begin to feast on it, producing gas as a byproduct. That gas builds up, creating pressure, swelling, and discomfort. It’s not just food sitting in your stomach — it’s a sign your digestive system is overwhelmed.

And bloating doesn’t happen in isolation. When your gut is struggling, your body diverts blood to the stomach to try to process the “toxin” you just ate. That’s why you suddenly feel tired, heavy, and weak. Your life force — what Eastern traditions call *chi* and Kabbalah calls the flow of *nefesh* (divine energy) — is pulled away from clarity, joy, and creativity and forced into emergency mode. The body says: *“All hands on deck, we have to deal with this now.”*

I saw this clearly one night when I was craving edamame. Sounds harmless, right? My husband went to Trader Joe’s and brought back a bag of frozen edamame — the label listed only soybeans and salt. But here’s what most people don’t realize: salts often contain anti-caking agents that don’t have to be listed on the ingredient panel. Within five minutes of finishing my salad and

edamame, I went from full of life to doubled over in excruciating pain. Exhausted, drained, lifeless. That meal stole my vitality.

Cravings, too, were part of this cycle. For me, it was chocolate. Growing up, my Russian mom kept a massive bowl of chocolate bars on the kitchen table. It was always there, always full. For her, it was a menopausal craving. For me, it became love. Chocolate was comfort when she was busy. Chocolate was safety when emotions weren't available. No wonder cravings felt impossible to resist — I wasn't just craving sugar, I was craving affection.

It took me decades of yoga, bodywork, and spiritual practice to untangle that craving. What I discovered is that cravings are rarely about the food itself. They're about the emotional need tied to it. Chocolate was my mother's hug. Until I healed that wound and connected to the Creator's love, I stayed trapped in that cycle. The day I felt full of God's love was the day I no longer needed the chocolate.

This is why I believe food and healing cannot be separated. When we eat badly, the noise in our head grows louder, keeping us stuck in old habits. When we eat clean, the static quiets, and we begin to see ourselves more clearly. Our patterns, our crutches, our inner child's unmet needs — all come to the surface. That's when the real healing begins.

As *The Body Keeps the Score* reminds us, trauma lives in the body. And through clean eating, detoxing, fasting, colon hydrotherapy, herbs, energy work, and prayer, I have released layer after layer of that stored pain. Three decades of this work have taught me: the body is the temple where the Divine resides. When you eat clean, you polish that temple. You let the light of God shine through.

Breaking the cycle takes time. It starts in the gut — the physical home of the soul's energy. Each time you choose clean food, you're not just feeding your body. You're clearing the path for healing, freedom, and divine connection.

Science & Why It Matters

The science says:

Bloating & Gas: Fermentation in the Gut

When the gut can't fully digest processed ingredients (like gums, starches, and sweeteners), they ferment in the colon, producing excess gas and bloating.

A 2015 review in *World Journal of Gastroenterology* linked poorly absorbed carbohydrates and additives to IBS-like symptoms: bloating, abdominal pain, and diarrhea.

Energy Drain: Blood Flow & "Food Coma"

Eating heavy, additive-laden foods diverts blood flow to the gut, leaving less oxygen and glucose for the brain and muscles.

Research in *Frontiers in Nutrition* (2019) explains that ultra-processed foods trigger post-meal fatigue because the body struggles to metabolize them, creating oxidative stress and inflammation.

Cravings & Addiction: Dopamine Hijack

Sugar, artificial sweeteners, and hyper-flavored processed foods overstimulate dopamine pathways in the brain. The result? A temporary high, followed by a crash that drives repeated cravings.

Studies in *Neuroscience & Biobehavioral Reviews* (2017) show

that these foods activate the brain's reward system in ways similar to addictive substances.

Gut–Brain Disruption: Mood & Behavior

A 2022 *BMJ* study on ultra-processed foods found strong associations with depression and anxiety, mediated by inflammation and gut dysbiosis.

When the gut microbiome is destabilized, serotonin (90% of which is made in the gut) drops, affecting mood, patience, and resilience.

The Burden of Many Ingredients

A sweeping review in *Public Health Nutrition* (2021) connected diets high in ultra-processed foods (those with long ingredient lists) to 32 harmful health outcomes: obesity, diabetes, cancer, cardiovascular disease, depression, and more.

The more ingredients — especially synthetic ones — the higher the disruption to digestion, hormones, and the microbiome.

Hidden Additives & Energy Sabotage

- **Metabolic Confusion:** Each gum, starch, dye, or preservative seems “small” on its own, but together they create a storm of signals your body has to process. Your microbiome becomes confused, digestion slows, and fermentation begins — leaving you bloated and tired.
- **Energy Drain:** Because additives aren't real food, your body treats them like intruders. Blood diverts to the

stomach in “emergency mode,” pulling oxygen and glucose away from your brain and muscles. That’s why a so-called “healthy” snack can leave you lifeless.

- **Addiction Loop:** Artificial sweeteners and flavor enhancers overstimulate dopamine pathways, leaving you hooked and constantly reaching for more. Energy rises, then crashes — over and over again.
- **Inflammatory Load:** Preservatives and emulsifiers don’t just sit quietly in the stomach — they trigger inflammation in the gut lining, creating leaky gut and low-level immune activation. That inflammation is exhausting.

“Additives don’t fuel you — they fight you. And every fight drains your light.”

Spiritual Lens: The Gut as Divine Compass

The gut isn’t just where digestion happens — it’s where discernment lives.

In Jewish thought, the belly (*kerev*) is more than the stomach. It is the innermost self, the core of truth and alignment.

“Behold, You desire truth in the inward being (ba-kerev)” (Psalm 51:6).

"All my innermost being (kol kerevai) bless His holy name"
(Psalm 103:1).

So, biblically, *kerev* = belly, but it also = core, the soul's inner chamber.

Rabbinic and mystical writings describe the belly as the seat of desire (*ta'avah*) and hunger — but also the place where impulses can be sanctified. Eating is never "just eating." It is how we refine the animal soul and elevate the sparks of holiness hidden in food.

Kabbalah teaches that digestion is spiritual alchemy: when food is eaten with mindfulness and blessing, energy is lifted upward toward divine service.

In Eastern wisdom, the solar plexus chakra (Manipura) sits in the belly — the center of power, will, discernment, and intuition. In Jewish mystical body-mapping, this belly center corresponds to *gevurah* — strength, boundaries, discernment. When the gut is clogged, discernment dulls. When it is clear, guidance flows.

This is why fasting and cleansing exist across nearly every spiritual tradition. By resting the gut, we restore clarity and sharpen intuition. When the gut is clean, God's whisper becomes audible again: *go here, stay there, speak now, wait longer.*

I've experienced this again and again — even meeting my husband halfway across the world because I listened to a gut whisper. When the gut is clear, the path of the soul becomes clear.

Sacred Swap

- Instead of ignoring bloating → **pause, journal, and ask:** “What is my body trying to tell me?”
- Instead of numbing cravings with more sugar or snacks → **drink water, breathe deeply, or reach for grounding foods** like roasted root vegetables.
- Instead of blaming yourself for fatigue → **bless your gut, then lighten your meals** with real, whole ingredients your great-grandmother would recognize.

Practical Prompt & Prayer

Prompt:

Next time you feel bloated or drained, resist the urge to blame your willpower. Place your hand on your stomach and ask: *“Gut, what are you trying to tell me?”* Write down whatever comes — even if it feels small.

Prayer:

“God, thank You for the wisdom of my body. Help me to treat my gut as a sacred compass, not an enemy. Cleanse me of what clouds my vessel, so I can hear Your whisper more clearly.”

Takeaway: Bloat, fatigue, and cravings are not failures. They are feedback. Hidden additives don’t fuel you — they drain you. Your gut is your divine compass — guiding you back to balance, clarity, and God’s design.

Small Choices, Steady Mood & Vitality

Healing your gut doesn’t come from one giant leap — it comes from steady, daily choices. Every time you choose a simple,

whole food over a processed one, you give your gut a chance to breathe.

- A piece of fruit instead of a “fruit-flavored” bar.
- A glass of water with lemon or fruit instead of a soda.
- Olive oil or avocado oil instead of seed oils.
- Pink salt instead of table salt with anti-caking agents.

Each small choice is like polishing the lamp of your gut. Over time, your mood steadies. Your energy feels less like a rollercoaster and more like a river. Your cravings soften. Your body begins to trust you again.

Science shows that blood sugar stability, reduced inflammation, and a healthy microbiome all contribute to steadier moods and greater vitality. Spiritually, the same is true: when your gut is clear, you can hear God’s whisper more easily, your discernment sharpens, and life feels less chaotic.

Remember this: Small swaps become sacred shifts. What feels minor today — skipping the processed snack, choosing the clean salt, pausing to listen to your gut — becomes the foundation of a life lived in clarity, strength, and divine flow.

Daily Gut Check

Quick Swaps & Sacred Small Steps for Steady Energy

Quick Sacred Swaps

- **Instead of:** "Healthy" snack bars → **Choose:** fruit + handful of nuts.
- **Instead of:** Flavored yogurt → **Choose:** plain yogurt + fresh berries.
- **Instead of:** Seed oils → **Choose:** olive oil or avocado oil.
- **Instead of:** Table salt with anti-caking agents → **Choose:** pink Himalayan or sea salt.
- **Instead of:** Ignoring bloating → **Choose:** pause, breathe, journal: *"Gut, what are you trying to tell me?"*

Daily Practices

- **Take 3 deep belly breaths before eating** → activates the parasympathetic "rest and digest" system, calming the gut.
- **Bless your food** → "Thank You God for this nourishment. May it bring clarity and light."
- **Chew slowly, until liquid** → digestion begins in the mouth. Slowing down helps enzymes do their job and reduces bloating.
- **Sit, don't stand, while eating** → signals safety to the body, allowing food to be received as nourishment rather than stress.

- **Eat without screens or distractions** → presence with food = presence with self. Your gut registers not only what you eat but how you eat.
- **Close the day with herbal support** → calming teas like chamomile, peppermint, or fennel relax the gut and prepare the body for restful digestion overnight.
- **Honor rhythms** → pause between meals (no constant snacking) so your migrating motor complex (the gut's "cleansing wave") can do its work.

These practices don't require more supplements, money, or effort. They require awareness. Each one is a small way of saying: my gut is sacred, my body is a temple, and food is a gift from God to be received with reverence.

Start Small — Avoid the Overwhelm

It can feel overwhelming to change *everything* at once. That often leads to doing nothing.

Instead, **choose 3 things that matter most right now** for you or your family.

- **Kids:** If they're eating candy, swap for clean options (maple-sweetened gummies, honey sticks, or date-sweetened treats).
- **Your staples:** What do you eat the most of that isn't clean? Tomato sauce, salad dressing, canned beans? Pick one category and overhaul it.
- **Family habits:** If soda or sweetened drinks are daily, start there.

One swap done consistently is more powerful than ten attempted and abandoned.

Affirmations for Alignment

- *"My gut is my compass. I listen and honor its wisdom."*
- *"Every small choice nourishes my body and clears my spirit."*
- *"I am not what I crave — I am what I digest, absorb, and align with."*

Remember

Small swaps create sacred shifts.

One clean choice today = more clarity, more vitality, and more light flowing through your body tomorrow.

Chapter 13. Fasting, Cleansing & Returning to Clarity

Reflection & Story

"Is not this the fast that I choose: to lose the chains of wickedness... to let the oppressed go free?" (Isaiah 58:6)

For centuries, fasting has been seen not as deprivation, but as liberation. In every tradition — Judaism, Christianity, Islam, Ayurveda, even modern functional medicine — fasting was a path back to clarity.

For me, fasting has always been less about food and more about noise. When I feel heavy, bloated, and cloudy, I fast — sometimes with just water, sometimes with herbal blends or cleansing broths. Within hours, I can hear again. The static is gone. My prayers flow more easily, my intuition sharpens, and my energy feels clean.

I've done every kind of cleanse over the years: juice fasts, water fasts, herbal detoxes, colon hydrotherapy. Each one taught me something different. The body isn't punishing you with symptoms — it's showing you what it needs to let go of. When I fast, I am reminded: I don't actually live on bread alone. I live on the Word, on breath, on God's sustaining spirit.

Science & Why It Matters

Rest & Repair

When we stop eating constantly, the gut gets to rest. The “migrating motor complex” (MMC) — the gut's housekeeping wave — only activates between meals. Constant grazing blocks this process, leaving food particles to ferment and bloat.

Autophagy: Cellular Cleansing

Fasting activates autophagy, the body's natural recycling process. Old, damaged cells are broken down and removed. This reduces inflammation and is linked to lower risk of chronic disease (Nature Reviews Molecular Cell Biology, 2017).

Blood Sugar & Brain Clarity

Intermittent fasting stabilizes insulin and reduces glucose spikes. Studies (Cell Metabolism, 2019) show that time-restricted eating

improves metabolic health, decreases fatigue, and sharpens focus.

Mood & Emotional Balance

A 2021 review in *Nutrients* found fasting improved emotional regulation and resilience. Many participants described heightened spiritual awareness, peace, and a sense of freedom from cravings.

Gut Reset

Fasting decreases exposure to additives, preservatives, and constant triggers. The microbiome shifts toward more diversity and balance — restoring digestion and reducing gas, bloating, and cravings.

“Fasting isn’t starvation — it’s liberation. The body speaks clearly when the noise of food is gone.”

Spiritual Lens: Why Fasting Brings You Back to God

In Jewish thought, the word for fast — **tzom** — is tied to humility. It strips away excess so you can return to your true essence. Kabbalah explains that when the belly is emptied, the vessel is cleared, making room for divine light.

Other traditions echo the same truth:

- Yom Kippur → the holiest day of cleansing.
- Lent & Ramadan → fasting as purification and devotion.
- Ayurveda → seasonal fasting to reset digestion (agni).

Across the board, fasting is not about punishment — it's about remembering who you are without distraction. It's about returning to clarity, to truth, to God.

Kabbalah & Mystical Tradition: Emptying the Vessel for Divine Light

1. Tzimtzum (Constriction / Divine Contraction)

- In Lurianic Kabbalah, God performs *tzimtzum* — withdrawing divine light so that a “space” (a vessel) can exist. This space is necessary for creation to receive and reflect light.
- The idea is: if the vessel is full of noise, clutter, or distortion, it can't hold or reflect light well. Only when there is “emptiness” or receptivity can the light of God fill it purely.

2. Shevirat HaKelim (Shattering of the Vessels) and Tikun (Restoration)

- After the vessels were shattered (because they could not contain the pure light), the task becomes *tikkun* — the restoration, the gathering of divine sparks to repair, restore, refine.
- On a personal level, this is mirrored in clearing out toxins, hidden additives, emotional baggage — cleaning out what distorts the vessel so that the divine spark in us may shine forth clearly.

3. Light in the Vessel

- Mystical tradition emphasizes that God's light (Ohr) needs a vessel (Kli). The purity, clarity, and simplicity of the vessel determine how clear the light is. A cluttered, heavy vessel dims the light. Cleansing, fasting, purification are ways to refine the vessel.

4. Spiritual Meaning of Emptiness

- Fasting is seen as a way to empty the self of physical and often mental excess, creating humility and receptivity. From that place, the Divine presence becomes more perceptible.
- Emptying isn't loss; it's preparation. The vessel becomes ready to *receive* — truth, clarity, transformation.

Rambam's Teachings on Fasting

1. Rambam's Laws of Fasts (Hilkhhot Ta'aniyot)

- Rambam outlines several fasts: communal fasts in times of tragedy, memorial fasts (for historical catastrophes), etc. They are not just rituals — they are meant to *rouse the heart (levavot)*, to open doors of *teshuvah* (repentance), both personal and communal.
- Hilkhhot Ta'aniyot 1:1–2: fasting in times of adversity is a pathway to return, repentance, and aligning with God. It's a tool to bring awareness: "evil has come upon us, perhaps because of our ways," leading to change.

2. Fasting, Not as End in Itself

- Rambam makes it clear: fasting for the sake of fasting, or as asceticism without purpose, is not the ideal. The fast is effective when paired with *inner change* — prayer, repentance, emotional transformation.
- Rambam describes that God doesn't desire self-harm or empty rituals but wants control over harmful appetites, bringing the body under the soul's leadership.

3. Fasting to Arouse Divine Blessing & Awareness

- For example, in The Fast of Esther, Rambam says fasting can "arouse unlimited divine blessings" and transform one's circumstances even in despair.
- Fasts are tied to community mourning or crisis, but also personal awakening: when we feel spiritually heavy, fasting helps us remember dependency on God rather than on comfort or food.

Sacred Swaps: Gentle Ways to Cleanse

- **Instead of constant snacking** → create space with 3–4 hours between meals to let the gut's cleansing wave activate.
- **Instead of packaged "detox drinks"** → make your own herbal infusion with dandelion, ginger, fennel, or peppermint.

- **Instead of fearing hunger** → reframe it as a signal of your body's wisdom. Hunger can mean the gut is healing and clearing.
- **Instead of "all-or-nothing"** → choose a rhythm that works for you: one day a week of light eating, 12–16 hour overnight fasts, or seasonal cleanses.
- **Instead of eating immediately upon waking** → try moving breakfast forward by 2 hours. This gentle shift is a simple way to introduce intermittent fasting. When I first tried it, inspired by Dr. Mindy Pelz's work, it was life-changing: my energy lifted, my stomach felt flatter, and I began the day with more clarity and ease.

Practical Prompt & Prayer

Prompt:

This week, try one short fast or meal gap. Notice not only your hunger but your clarity. Journal: *"What did I hear or sense when I wasn't eating?"*

Prayer:

"God, help me to trust that I am sustained not only by food but by Your Spirit. As I cleanse, empty, and pause, fill me with Your light, truth, and guidance."

Takeaway:

Fasting isn't about deprivation. It's about restoration. By

cleansing the gut, you unclog the vessel of your soul. By pausing from food, you return to clarity — physically, emotionally, and spiritually.

Types of Fasts & Cleanses

Intermittent Fasting (12–16 hours)

- **What it is:** Eating in a daily window (ex: 10am–6pm), fasting the rest.
- **Why it works:** Supports circadian rhythm, lowers insulin, allows gut rest.
- **Good for:** Beginners, daily rhythm, steady energy and clarity.
- **Sacred lens:** A daily reminder that food doesn't own you — you own your choices.

24-Hour or Weekly Fast

- **What it is:** One day a week with only water, herbal teas, or light broth.
- **Why it works:** Gives the gut a full cycle of rest, triggers autophagy.
- **Good for:** Resetting after indulgence, tuning back in spiritually.
- **Sacred lens:** A modern way to honor ancient rhythms like Shabbat or Sunday devotion.

3. Water Fasting (24–72 hours)

- **What it is:** Consuming only water for a set period.

- **Why it works:** Deepest cleansing effect, reduces inflammation, boosts mental clarity.
- **Good for:** Short, intentional seasons — not for long-term use without guidance.
- **Sacred lens:** A radical pause. In the emptiness, God fills you.

4. Herbal & Detox Blends

- **What it is:** Teas or tinctures with herbs like dandelion (liver), ginger (digestion), fennel (bloating), peppermint (cooling).
- **Why it works:** Supports elimination pathways, relieves gas/bloating, gentle on the body.
- **Good for:** Ongoing gut support, gentle cleanse for sensitive bodies.
- **Sacred lens:** God's medicine chest in the plants.

5. Juice Fasting

- **What it is:** Fresh-pressed vegetable/fruit juices (ideally more greens than fruit).
- **Why it works:** Floods body with vitamins, minerals, phytonutrients; rests digestion.
- **Good for:** Short-term vitality boost, not sustainable long-term.
- **Sacred lens:** God's rainbow in liquid form — vibrant, life-giving.

6. Colon Hydrotherapy & Cleansing

- **What it is:** Gentle irrigation of the colon with warm water.

- **Why it works:** Removes buildup, relieves constipation, restores gut motility.
- **Good for:** People with chronic bloat, sluggish digestion, or after years of processed food.
- **Sacred lens:** Releasing the old to make space for new light.

Chapter 14. Sacred Daily Practices for Gut Health

Healing your gut isn't just about what you *stop eating*. It's about the rhythms, rituals, and practices that support digestion, calm the nervous system, and bring body and soul into alignment every day. Food is medicine — but so are breath, movement, prayer, and tears.

Healing the gut is not only about food. It's about releasing what the body has held on to — the memories, the grief, the stress, the trauma. Over the years I've learned that my body is not just a vessel for digestion; it is a vessel for emotions and spirit. What we don't process, we store. And what we store eventually speaks through bloating, fatigue, pain, or cravings.

Morning Hydration Ritual

Start your day by rehydrating. A glass of warm water with lemon wakes the gut, stimulates bile flow, and sets digestion in motion. This simple act tells your body: "I honor you first thing."

Mindful Meals

Slow down. Breathe three times before eating. Bless your food:

"Thank You, God, for this nourishment. May it bring clarity and light."

Jewish mystics teach that each blessing elevates the *sparks of holiness* hidden in food. A mindful bite is not just digestion — it's redemption.

Herbs & Remedies

Support digestion with gentle helpers:

- Bitters before meals to prime enzymes.
- Probiotics to restore microbiome balance.
- Pure Encapsulations digestive enzymes (my personal go-to).
- Liver-cleansing herbs like milk thistle, dandelion, and burdock root.

Yoga & Somatic Practices

The gut holds emotion just as much as it holds food. Gentle yoga twists, deep belly breathing, and restorative postures help release stored tension in the solar plexus — the third chakra, the body's center of will and personal power.

Somatic therapy goes deeper — guiding you to notice where trauma is held in the body and offering a safe way to release it. Even something as simple as lying down, placing a hand on your belly, and gently asking, “What do you need?” can begin to soften and untangle years of stored tension.

Reiki & Energy Healing

For three decades I’ve returned again and again to energy medicine. Reiki and other forms of hands-on healing connect me back to the subtle flow that food and trauma often cloud. Energy healing is like giving the gut and heart permission to breathe again, to move from constriction to openness.

EMDR & Trauma Release

The book *The Body Keeps the Score* teaches that trauma doesn’t just live in memory — it lives in the body. EMDR (Eye Movement Desensitization and Reprocessing) helps unstick the nervous system so old wounds stop looping through digestion, mood, and sleep. I’ve used EMDR alongside gut healing, and the results are profound: less tension, fewer cravings, more peace in the body.

Yoga Nidra

This “yogic sleep” practice guides you into the liminal space between wakefulness and rest. In this state, the nervous system relaxes, digestion resets, and the subconscious begins to release what it no longer needs. It is one of the most powerful ways to gently “reboot” the gut–brain connection.

Sound Healing & Energy Work

A crystal bowl bath vibrates through the belly, shaking loose stored tension. Reiki and energy healing bring subtle flow back to areas that feel blocked. For me, these practices have always been like a reset button — reminding the gut that it can rest, digest, and receive.

Crying-as-Release

One of the simplest, most natural therapies is often the most mocked: crying. My brother teased me for being the “crybaby.” But crying was, and still is, how my body detoxes trauma. When I let the tears fall, I feel the weight leave.

Sometimes my husband will sit beside me while I cry, saying nothing, simply holding my hand. His silence is presence, his presence is love, and together we make space for God’s love to flow in. After the tears, there is always peace — not just for me, but for us. It is a quiet reunion with myself, with him, and with the Divine who holds me in every sob.

Ask God Directly

Each day, I ask:

“God, what do You want me to heal today? Who should guide me?”

And He answers — sometimes through a book, sometimes through a healer, sometimes through a whisper in the gut. Guidance is always given when we clear space to listen.

Daily Practices at a Glance

- Hydrate first thing with lemon water.

- Bless every meal and eat slowly.
- Use herbs, probiotics, and enzymes to aid digestion.
- Practice yoga, somatic therapy, or EMDR to release trauma from the body.
- Rest in yoga nidra or sound baths to reset the gut-brain axis.
- Cry when you need to — it clears more than tears.
- Ask God: *“What do You want me to heal today?”*

Takeaway:

Food heals the body, but practices like yoga nidra, sound, energy work, prayer, and tears heal the soul that lives inside the body. When we combine both, the gut doesn't just digest — it transforms. The body clears space for God's light, and life force returns.

Sacred gut health isn't only about food swaps. It's about weaving prayer, breath, movement, tears, and divine listening into your days. When you do, digestion becomes not just physical — but spiritual. Your gut becomes a vessel for light.

Additional Practices for Depth

- **Movement after meals:** a gentle walk improves digestion and calms the nervous system.

Maimonides (the Rambam), one of Judaism's greatest sages and physicians, taught that caring for the body is a mitzvah — because a healthy body allows the soul to serve God with clarity. In *Hilchot De'ot* (Laws of Personal Development), he wrote that

gentle walking after eating is one of the simplest, most powerful practices for health.

- **Walk lightly after meals.** Rambam advised that after eating, a person should take a short, relaxed walk to help the food settle. This gentle motion stimulates digestion and keeps the body from feeling heavy.
- **Avoid lying down right away.** He warned that resting flat after meals burdens the stomach and leads to sluggish digestion. Movement first, rest second.
- **Balance is everything.** Rambam emphasized moderation in eating and lifestyle: not too much food, not too little movement. He saw excess and neglect as spiritual mistakes, because they cloud the mind and distract us from divine service.

Modern science echoes his wisdom:

- Studies show that just **10–15 minutes of light walking after meals** reduces blood sugar spikes, supports the gut, and calms the nervous system.
- Jessie Inchauspé, the “Glucose Goddess,” says the same thing in modern language: *walking after eating is one of the simplest tools for balancing energy and mood.*

How to practice it today:

After your meals, especially lunch and dinner, step outside. Walk slowly. Feel your food settling. Use it as a moment of gratitude: “Thank You God for this nourishment. May it bring clarity and light.”

- **Circadian alignment:** eat your largest meals earlier in the day, lighter in the evening. Studies show gut health and metabolism improve with this rhythm.
- **Breathwork:** 3–5 belly breaths before eating → activates parasympathetic nervous system (rest & digest).
- **Weekly mini-fast:** one day of light eating, broth, or smoothies to give the gut a reset (aligned with Rambam and kabbalistic views on fasting as purification).
- **Sleep hygiene:** gut microbiome follows circadian rhythms. Early sleep = better digestion.

Chapter 15. Your Clean Pantry Staples

Part III: Building a Sacred Pantry

Reflection

"Go to the ant, you sluggard; consider its ways and be wise. It stores its provisions in summer and gathers its food at harvest."
(Proverbs 6:6–8)

Reflection

The ant teaches us foresight. With no teacher, no Torah, no command, it instinctively gathers what it will need. Our sages said: if an ant has the wisdom to prepare, how much more should we, who are given divine guidance, prepare our homes with intention.

A pantry is never neutral. It can be a storehouse of vitality — or a graveyard of forgotten boxes and chemical-laced snacks. Every

item you place on a shelf is a choice, a preparation for your future self, for your family, for the life you are building. When you choose clean oils, grains, herbs, and living foods, you aren't just feeding hunger today — you are planting blessing and healing for tomorrow.

Your pantry is the foundation of your eating life. If your shelves are stocked with processed foods, then every day you fight temptation. But if your pantry holds God's simple, nourishing ingredients, every meal becomes a step toward healing. Just like the ant prepares wisely, so too can we build a pantry that supports energy, clarity, and holiness.

I learned this early in my healing journey: when my kitchen was filled with clean staples, eating well was effortless. But when old snacks or "emergency foods" lingered in my cupboards, I always reached for them in moments of stress. Your pantry sets the tone for your health — it's your frontline defense, your sacred storehouse.

Science & Why It Matters

The Pantry Effect

- **Decision fatigue:** Studies in behavioral psychology show that the more junk food visible at home, the more likely we are to eat it — even when we don't really want it.
- **Environment as destiny:** Research published in *Public Health Nutrition* (2021) shows that families with cleaner pantries naturally consumed fewer ultra-processed foods, without needing "willpower."

- **Gut microbiome:** Stocking whole grains, beans, herbs, and spices feeds beneficial microbes, which then stabilize mood, immunity, and digestion.

What We Buy Each Week

Here's what my family's cart actually looks like week after week. These are the foods I trust, after years of trial, error, and conversations with suppliers:

Fresh Produce

- **Fruits** – all and any, as seasonal as possible.
- **Vegetables** – all and any, organic when possible.

Proteins

- **Organic Eggs** – always organic, cleanest source of protein.
- **Kosher Chicken** – antibiotic- and hormone-free. (Note: all chickens are given supplemental feed, even if packaging says “grass fed” — I've spoken to suppliers directly.)
- **Kosher Red Meat** – harder to find truly clean, but I seek best sources available.
- **Fish** – wild-caught sockeye salmon; also wild salmon, sardines, or tuna in water/olive oil (avoid farmed — color is added through feed).

Grains, Legumes & Pasta

- **Jovial Rice Pasta & Lasagna Sheets** – the only pasta that doesn't bloat me.

- **Chickpeas** – versatile, for homemade hummus, falafel, or roasting.
- **Jasmine rice** - Gentle, low-fiber white rice that's easier on sensitive guts.
- **Roasted buckwheat** - Gluten-free pseudocereal with a toasty, nutty flavor.

Pantry Basics

- **365 Brand Tomato Sauce & Tomato Paste** – clean, simple (no citric acid).
- **Dijon Mustard** - Mustard seeds, vinegar, water, salt. That's it.
- **Wellbee's Ketchup** – clean ingredients, kid-approved.
- **Mayo** – I make my own with chickpea water (aquafaba) - reach out to me for the recipe

Flavor & Spice

- **Spices** – all individual spices; I avoid blends (often contain hidden fillers).
- **Sea Salt / Himalayan Pink Salt** – always free of anti-caking agents.
- **Herbamare Herbal Salt** – flavorful, clean swap for bouillon or stock cubes.
- **Apple Cider Vinegar** - Cloudy, unpasteurized, in glass if possible.

Nuts, Seeds & Spreads

- **Nut Butters** – organic, just nuts + salt (no sugar or palm oil).
- **Tahina** – pure sesame, a staple in dips and dressings.
- **Raw Nuts & Seeds** – almonds, walnuts, pumpkin seeds, chia, flax.

Clean Dairy Alternatives

- **Almond Milk & Oat Milk** – Califia Farms Organic Almond only or MALK (minimal ingredients).
- **Coconut Milk** – Trader Joe's brand, just coconut + water (no gums).
- **Cashew Yogurt (Nogurt)** – homemade, alive with probiotics.

Baking & Sweets

- **Flours** – clean, gluten-free staples for baking - coconut, cassava, almond, rice flour.
- **Natural Sweeteners** – coconut sugar, raw honey, maple syrup.
- **Lara Bars, clean chips & chocolate bars** – occasional clean snacks - Boulder Avo oil potato chips, Hu Chocolate bars and gems, Wellbee's Halva Bars.

Oils

- **Avocado Oil, Extra Virgin Olive Oil, Coconut Oil** – clean, stable fats.

This list isn't about perfection. It's about direction. Having these staples on hand makes clean cooking simple and joyful. No guessing, no panic at dinner time, no relying on food that steals

your energy. Instead, every meal becomes a chance to honor God's design.

Spiritual Lens

Jewish mysticism teaches that food is filled with sparks of divine light. The pantry is your treasure chest of those sparks. When you stock it with real, whole foods, you are literally storing light in your home. Each meal you prepare becomes an act of releasing that light into your body and into the world.

Practical Prompt & Prayer

Prompt: Open your pantry today. Pull out 5 items. Flip the labels. Which ones contain preservatives, gums, or “natural flavors”? Choose **3 swaps** you can make this week.

Prayer:

“God, bless the food I bring into my home. Let my pantry be a storehouse of light, wisdom, and healing. May every ingredient I keep be one that nourishes my body and uplifts my soul.”

Takeaway:

Your pantry is your foundation. When it is stocked with clean, sacred staples, you don't have to fight cravings — you simply

align with God's design. Every choice becomes easier. Every meal becomes holy.

Work With Me: Clean Eating Pantry Reset

Sometimes the hardest part of eating clean is knowing **where to start**. You stand in front of your pantry, open the fridge, and feel overwhelmed. So many labels. So many ingredients. And maybe, like me years ago, you're realizing: *this isn't food the way God intended it*.

That's where I come in.

I offer a **Pantry Clean-Up & Sacred Swap Report** designed to help you transition with ease:

Step 1: Inventory Together – We'll go through your pantry, fridge, and everyday staples. You'll show me what you and your family are actually eating.

Step 2: Spot the Hidden Additives – I'll decode the labels for you, pointing out gums, emulsifiers, preservatives, and "natural flavors" that may be weighing your body down.

Step 3: Create Your Sacred Swaps Report – You'll get a personalized plan with clean, nutritious, *God-centered* alternatives. This means brands, products, and simple recipes

that match your lifestyle — so you don't feel deprived or overwhelmed.

Step 4: Shop with Clarity – Armed with your Sacred Swaps Report, you'll shop with confidence, replacing the **harmful items** with nourishing foods that elevate your energy, stabilize your mood, and bring you back into alignment with God's design.

Because here's the truth: you don't need 100 new products. You just need to swap out the harmful ones you eat the most. Start small, and the ripple effect will transform everything.

Ready to begin?

You can work with me directly for a Pantry Reset. Together, we'll take the confusion out of clean eating so that your kitchen becomes a place of healing, clarity, and joy.

Reach out to work with me:

You can email me directly at **nuttigelatousa@gmail.com** to book your personalized Clean Eating consultation.

Chapter 16. How to Shop in Alignment with God

Practical Field Guide: Shopping with God's Guidance

1. Begin with Prayer

Before you step into the store, pause. Whisper: "God, guide my choices today. Help me honor my body, my family, and Your creation." Shopping becomes lighter when you remember it's not just errands — it's worship through food.

2. Stick to God's Design

- Shop the **perimeter**: produce, eggs, fish, meats, dairy alternatives — the foods closest to their natural state.
- Avoid most aisles where boxes and cans live. That's where man's imitations tend to hide.

3. Flip Every Label

- If the ingredient list feels like a chemistry set, put it back.

- Look for **2–5 ingredients you recognize** (like “almonds, water, sea salt”).
- Ask yourself: “Would my grandmother recognize this as food?”

4. Choose Seasonal & Local When Possible

- Seasonal foods carry the energy of their time — warming root vegetables in winter, refreshing fruits in summer.
- Local produce hasn’t traveled thousands of miles, so it’s fresher, more vibrant, more alive.

5. Less Boxes, More Blessings

- Each time you bypass a packaged product for something whole, imagine you are **elevating sparks** (a Kabbalistic truth: eating real food with blessing lifts hidden holiness back to its Source).

6. Make Shopping a Spiritual Practice

- Treat your cart as a reflection of your vessel. Each choice is a “yes” to clarity or a “no” to confusion.
- Instead of rushing, walk slowly, breathe, and notice the abundance of God’s creation around you.

Takeaway: Shopping isn’t just buying groceries. It’s choosing alignment over illusion, truth over disguise, God’s design over man’s tricks.

Chapter 17. Returning to God's Simplicity

"Stand by the roads and look, and ask for the ancient paths, where the good way is; and walk in it, and find rest for your souls." (Jeremiah 6:16)

Reflection

When I began this journey, I thought healing meant perfection. I believed that if I could just "get it right" — eat perfectly, pray perfectly, live perfectly — then maybe I would finally feel whole. But God has shown me again and again that healing isn't about perfection. It's about progress. It's about remembering, returning, and realigning, over and over.

Chassidus teaches that **teshuvah is not about being flawless**. It is about constantly returning — not once, but again and again, in every moment. Rabbi Schneur Zalman of Liadi writes that the soul is always yearning to return to its Source. Each time we realign, even in the smallest way, we fulfill that yearning.

Every small choice matters. Each time you swap a can of processed food for something fresh, you are choosing alignment. Each time you pause to bless your meal instead of rushing, you are sanctifying your body and your table. Each time you stop to breathe, listen, and honor your gut, you are acknowledging the wisdom of the vessel God gave you.

The Torah tells us: *"It is not in heaven... but very near to you, in your mouth and in your heart, so that you may do it"* (Deuteronomy 30:12–14). Healing is not an unreachable perfection floating far away — it is daily, embodied, close at hand. Chassidus explains that holiness isn't reserved for lofty moments, but is found in the **ordinary acts of life made sacred** — eating, breathing, blessing, resting.

This book is not about rules or guilt. It's about freedom. Freedom is being released from the slavery of cravings, confusion, and self-blame. Freedom to eat in peace. Freedom to feel clear and steady in your body. Freedom to reconnect with your Creator through the most ordinary and holy act of living: nourishment.

Progress looks like choosing whole foods more often than processed ones. It looks like blessing your food when you remember, and forgiving yourself when you forget. It looks like listening to your body instead of silencing it. Healing is not linear; it is layered. And each layer peels back a little more of what blocks the light within you.

Chassidus teaches that **every spark of holiness hidden in food waits for you**. When you eat with intention, you release that spark, elevating it back to its Source. When you stumble, don't despair — you haven't failed, you've simply been given another chance to return.

So if you stumble, don't despair. Every return — no matter how small — is a victory. Every swap is a prayer. Every mindful meal is an act of worship. Every moment of awareness is a step closer to God's design. In Chassidic thought, this is called **avodah b'pnimi** — inner service. Step by step, moment by moment, choice by choice, you polish the vessel and let God's light shine through.

The Way Forward

Food is only the beginning. God calls us back to simplicity in every part of our lives — our homes, our habits, our hearts. This isn't a straight line but a spiral: one step forward, a stumble, a return. Over and over, we circle back to Him.

Remember:

- You don't need to change everything at once.
- Start with three swaps that will make the biggest impact on your health and your family's well-being.
- Trust the process. Healing is layered. Every step uncovers more light.

Invitation

This is only the first part of my journey that I've shared with you. The next steps are still unfolding:

- **Consultations** — Work with me one-on-one to clean out your pantry, create swaps tailored to your family, and design a lifestyle that supports your body *and* soul.
- **Future Books** — I'm already curating recipes, stories, and reflections for a clean-eating cookbook rooted in faith, heritage, and flavor.
- **Stay Connected** — Email me anytime at nuttigelatousa@gmail.com. I'd love to hear your story, answer your questions, and walk this path with you.

Closing Blessing

May your meals be simple, your body light, your gut clear, and your spirit tuned to God's whisper. May every bite remind you that you are fearfully and wonderfully made, and that God's design is always enough.

This book is not just about food. It's about remembering God's simplicity — and choosing it, one step, one swap, one blessing at a time.

40 Days of Clean Swaps & Sacred Living

A Journey to Gut Clarity, Food Freedom & God's Voice

Week 1: Awareness & Reset (Days 1–7)

Focus: Begin noticing. Healing starts with awareness.

Practices for the Week

- **Journal Connection:** Write down what you eat and how you feel afterward — notice digestion, mood, and energy. No judgment, just awareness.
- **One Simple Swap:** Choose one processed product you eat often (soda, bread, sauce, packaged snack) and replace it with a clean swap.
- **Sacred Pause Before Meals:** Take 3 deep belly breaths before eating to calm digestion.
- **Blessing Ritual:** Whisper gratitude or blessing before your first bite: *"Thank You, God, for this nourishment. May it bring clarity and light."*

Optional Support

- Try a **Yoga Nidra audio** one evening this week to connect more deeply with your body.
- Drink **herbal tea** (peppermint or chamomile) after dinner instead of dessert, maybe sweetened with some raw honey, noticing how it calms digestion.
- Share your reflections with a trusted friend or journal circle — healing grows stronger when witnessed.

Week 2: Clearing & Simplifying (Days 8–14)

Focus: Lighten the load. Remove what clouds your body and soul.

Practices for the Week

- **Pantry Check:** Remove one product with hidden additives (like gums, preservatives, or “natural flavors”) and replace it with a clean option.
- **Simplify Meals:** Eat at least one meal per day that’s just whole foods: protein + veggies + healthy fat.
- **Hydration Habit:** Begin each morning with warm water and lemon to gently flush the system.
- **Blessing Ritual:** Pause before drinking water and whisper: *“Just as You cleanse the earth with rain, cleanse my body with this water.”*

Optional Support

- If it feels supportive, try a gentle juice day
- Journal: “What feels heavy in my body and life right now? What can I release?”
- Practice **Yoga Nidra** one evening, focusing on letting go.

Featured Swap Recipe: Easy, Flavorful Baked Chicken Tenders

Why this fits: Many families rely on pre-marinated chicken, deli meats, or breaded tenders — all usually loaded with sugar, preservatives, phosphates, and seed oils. This clean swap shows how to transform plain chicken into a flavorful, family-friendly dish with nothing but herbs, salt, and avocado oil. It's proof that you don't need bottled sauces or processed coatings to enjoy comfort food.

Perfect for: A Weeknight Dinner Reset. Instead of reaching for processed "quick fixes," you're choosing simple, real ingredients that leave you satisfied, not sluggish.

EASY, FLAVORFUL BAKED CHICKEN TENDERS

This recipe was born out of my need for something simple, clean, and satisfying on busy weeknights. Instead of relying on breading or processed coatings, I leaned into the basics: juicy chicken breast, real herbs, and a touch of avocado oil. The result? Tender, flavorful pieces that bake up golden, nourishing, and endlessly versatile.

These chicken pieces are seasoned with oregano, garlic, and onion — the flavors my kids love and the ones I grew up on. They're easy to prep, forgiving if you forget to flip, and pair perfectly with roasted veggies, a simple salad, or clean ketchup for dipping. Comfort food doesn't have to mean compromise. This is one of those recipes that proves it.

YOU WILL NEED

- 3 lbs (2 packs) chicken breasts, boneless & skinless
 - 2 tsp garlic powder
 - 1 tsp onion powder
 - Dried oregano
 - 1 ½ tsp Herbamare salt (or sea salt)
 - ¼ tsp ground black pepper
 - Avocado oil spray (or drizzle)
-

INSTRUCTIONS

1. Preheat & prep

- Preheat oven to 450°F.

- Line a large baking sheet with unbleached parchment paper. Spray generously with avocado oil and set aside.

2. Prepare the chicken

- Slice breasts into 2–3 inch chunky pieces.
- Pound lightly with a meat tenderizer to even out thickness (don't flatten completely).

3. Season generously

- Spray all pieces with avocado oil.
- Sprinkle evenly with salt, pepper, oregano, garlic powder, and onion powder.

4. Bake until golden

- Bake for 20 minutes, then flip and bake another 15–20 minutes, until cooked through and golden at the edges. (Don't worry if the underside looks pale when flipping — it crisps beautifully on the second side).

5. Serve & enjoy

- Serve with roasted vegetables, a leafy salad, or clean dipping sauces (like Wellbee's ketchup or a homemade honey-mustard). Can be reheated during the week.

Journal Prompt

"How does my body feel when I eat clean, home-cooked protein compared to takeout or pre-packaged versions? Energy, digestion, mood?"

Prayer

"Thank You, God, for real food — simple ingredients that nourish

and sustain. Teach me to prepare meals with love, not haste, and to feed my family in ways that bring health, light, and joy to our home."

Week 3: Gut & Mood Reset (Days 15–21)

Focus: Strengthen the gut–brain connection.

Practices for the Week

- **One Simple Swap:** Replace sweetened yogurt, granola, or snack bars with a whole-food option (plain yogurt + berries, nuts, or seeds).
- **Mood Awareness:** After meals, note how your food affects your patience, focus, and emotions.
- **Fermented Foods:** Add one gut-healing food daily (sauerkraut, kimchi, kefir, miso, or cashew “nogurt”).
- **Blessing Ritual:** *“May this food bring peace to my belly and calm to my mind.”*

Optional Support

- Sound bath or crystal bowl meditation to rebalance the nervous system.
- Share a meal with someone you love — connection heals the gut.
- Journal: “What foods support me in feeling steady and clear, and which ones unsettle me?”

Focus: Nourish the microbiome & notice how gut health affects emotions.

Featured Swap Recipe: Thick & Creamy Cashew Vanilla Nogurt

Why this fits: Most people start their day with yogurt or cereal loaded with sugar, gums, or dairy. This clean swap is a perfect reset — showing you how to nourish your gut while satisfying comfort-food cravings.

THICK & CREAMY CASHEW VANILLA "NOGURT"

Everyone has been asking me for this recipe, and I'm so excited to finally share it with you. Being dairy-intolerant, I really missed that thick, Greek-style yogurt I used to love with fruit salad for brekkie (that's breakfast in Australian!). But the store-bought dairy-free options just didn't compare — too thin, too sweet, and often full of additives. Even Trader Joe's cashew yogurt, while tempting, was loaded with cane sugar and stabilizers.

So I created my own. And here's the best part: my kids now prefer it over anything we can buy at the store. This cashew "nogurt" is smooth, luscious, and completely clean. Unsweetened and versatile, it's perfect with fresh fruit, crunchy granola, or a drizzle of raw honey or maple if you'd like it sweeter.

Ingredients

- 4 cups raw cashew pieces (small pieces blend best for creaminess)
- 4 cups boiling water
- Pinch of salt
- 1 tablespoon collagen powder (optional, for extra protein and glowing skin)
- ¼ cup pure vanilla extract
- ¼ cup maple syrup (optional, for sweetness)

Instructions

1. Soak the Cashews

- Place cashews in a high-speed blender.
- Add boiling water, close the lid, and let soak for 30 minutes.

2. Blend the Base

- Add vanilla extract, pinch of salt, and collagen (if using).
- Blend on medium for 2 minutes until smooth and creamy.

3. Adjust & Store

- Taste and add maple syrup if you'd like it sweeter.
- Store in a glass mason jar with the lid secured. Refrigerate and use within 7 days for the freshest flavor.

Clean Ingredient Tip

If you're making this Nogurt, choose a *clean* vanilla extract — no fillers, no artificial flavors. My favorite is **Nielsen-Massey Madagascar Bourbon Vanilla Extract**. It has a rich, sweet, creamy taste that elevates even the simplest recipe. Kosher, non-GMO, and trusted by chefs worldwide, it's the one I keep in my pantry.

[Order Nielsen-Massey Madagascar Bourbon Vanilla here](#)

Journal Prompt: How does your body feel after eating dairy-free vs dairy-filled breakfasts? Write down energy, digestion, mood.

Prayer:

"Thank You, God, for giving me creativity in the kitchen. Thank You for teaching me that I don't have to give up the foods I love — only return them to their pure form. May this food bring light and clarity into my day."

Week 4: Sugar & Craving Freedom (Days 22–28)

Focus: Break the cycle of sugar highs and crashes.

Featured Swap Recipe: Fudgy Cashew Brownies

Why this fits: Instead of boxed brownies or desserts filled with refined sugar, these rich, fudgy treats use cashew butter, coconut sugar, and cacao for deep flavor without the crash. It's a way to honor cravings while keeping energy steady and spirit light.

Practices for the Week

- **Sugar Swap:** Replace one daily sugary item (coffee creamer, dessert, flavored yogurt) with a naturally sweet whole-food option (fruit, dates, coconut sugar).
- **Blood Sugar Balance:** Start your meal with vegetables or protein, then enjoy your carbs. This simple shift helps your body digest more smoothly and keeps energy steadier.
- **Craving Awareness:** When a craving hits, pause and ask: "What am I really hungry for — food, comfort, rest, or love?"
- **Blessing Ritual:** *"God, fill me with Your sweetness, so I do not seek it elsewhere."*

Optional Support

- Try Jessie Inchauspé's "glucose goddess" hacks (veggies first, vinegar water before meals).

- Practice **crying-as-release** when emotions tied to cravings surface.
- Journal: "What craving has been with me the longest? What story is behind it?"

Featured Swap Recipe: Cashew Brownies

(comfort made clean — rich, sweet, and soul-soothing)

Why this fits: Brownies are one of the most classic comfort desserts — but most boxed mixes or bakery versions are loaded with white flour, refined sugar, seed oils, and preservatives that leave you heavy, jittery, and craving more. This clean swap takes all the gooey, chocolatey indulgence people love and reimagines it with wholesome ingredients: cashew butter for creaminess, coconut or maple sugar for natural sweetness, and high-quality cacao for that deep chocolate kick.

These brownies are dense, fudgy, and satisfying — without the crash. They're proof that you don't have to "give up" dessert to eat in alignment with your body and with God's design.

A reminder: joy in food is part of healing. Choosing clean desserts isn't about denial; it's about honoring your cravings in a way that leaves you clear, calm, and connected.

FUDGY CASHEW CHOCOLATE BROWNIES

(Gluten-Free & Paleo-Friendly!)

These cashew brownies are hands-down the best brownies I've ever had! They're rich, fudgy, and decadent—but made with clean, simple ingredients that are completely gluten-free and paleo-friendly.

When I started my clean eating journey 30 years ago, finding gut-friendly desserts was nearly impossible. It wasn't like today, where you can walk into a store and find endless gluten-free, dairy-free options. Back then, it was tough to find treats that actually agreed with me and didn't upset my gut. Now, I can indulge in cakes, brownies, and treats like this while feeling great afterward. Trust me, after one bite, you'll never want another brownie recipe again!

Ingredients

- 1 cup cashew butter
- ¼ cup pure maple syrup
- ½ cup coconut sugar
- 1 teaspoon vanilla extract
- 2 eggs
- 1 tablespoon coconut flour
- ½ teaspoon Otto's grain-free baking powder
- ¼ teaspoon salt
- ⅓ cup unsweetened cocoa powder
- 2 tablespoon almond milk
- Chocolate chips- HU Brand - (optional)

Instructions

1. Preheat & Prep

- Preheat oven to 350°F.
- Grease a 9×9-inch baking pan with avocado oil cooking spray.

2. Mix the Batter

- In a large bowl, whisk together cashew butter, coconut sugar, maple syrup, vanilla extract, and eggs until smooth.
- Gently fold in cocoa powder, coconut flour, salt, and baking powder until fully combined. The batter will be thick!
- Fold in chocolate chips if using.

3. Bake to Perfection

- Spread the batter evenly into the prepared pan. If it's too thick to spread easily, lightly spray a rubber spatula with nonstick cooking spray (trust me, it helps!).
- Bake for 25-28 minutes or until a toothpick inserted into the center comes out with just a few crumbs attached.

Journal Prompt

"How does my body and mood feel when I indulge with a clean, homemade treat versus a store-bought dessert? Guilt, energy, joy?"

Prayer

"God, thank You for sweetness — not just in food, but in life. Teach me to celebrate without excess, to indulge with mindfulness, and to taste the joy of Your creation with gratitude."

Week 5: Energy & Vitality (Days 29–35)

Focus: Restore life force, chi, nefesh.

Practices for the Week

- **Movement Ritual:** Take a 10–15 minute walk after one meal each day (Rambam’s teaching for digestion).
- **Energy Audit:** Note what foods give life and which ones drain it. Which meals give steady energy for 3–4 hours vs. which make you foggy or sleepy.”
- **Lighten Dinners:** Make evening meals simple — soups, roasted veggies, light proteins — and notice morning energy.
- **Blessing Ritual:** *“May this meal restore my energy and align me with the flow of Your light.”*

Optional Support

- Book a **reiki or energy healing** session
- Practice a **sound bath meditation** to recharge energy.
- Journal: “What activities and foods make me feel alive? Which dim my light?”

Focus: Restore steady energy and life force (chi/nefesh).

Featured Swap Recipe: Light & Healing Chickpea Spinach Curry
(plant-based grounding & gut-friendly comfort)

Why this fits: Many people lean on heavy takeout curries or canned meals loaded with cream, gums, and preservatives when they crave something comforting. This clean swap brings the grounding, warming flavors of curry but keeps it light, plant-based, and healing. Chickpeas provide steady energy and protein without weighing you down, while spinach floods the body with minerals and iron. Instead of bloating or fatigue, this dish leaves you feeling nourished, calm, and supported — like a hug for your gut.

This recipe shows you how comfort food can also be healing food — aligning your cravings with God's design for vibrant, simple nourishment.

LIGHT & HEALING CHICKPEA SPINACH CURRY

My love affair with Indian food began in Rishikesh, where I spent time at an ashram and later at yoga retreats that served only vegetarian meals. Later, at the luxury Ananda Spa in the Himalayas, I fell even deeper for the flavors—rich, warming, and deeply comforting. But when I came home, I knew I wanted to recreate something lighter, cleaner, and more nourishing.

Traditional curries are often heavy with oils, ghee, cream, sugar, or thickeners. This version keeps all the grounding comfort and vibrancy of the spices but leaves out the heaviness. The spinach adds freshness and nutrients, the chickpeas bring protein and staying power, and the coconut cream ties it all together with richness that feels wholesome rather than indulgent. With garam masala for warmth and cumin for brightness, this dish is both grounding and uplifting—exactly what I want from a curry.

YOU WILL NEED

Spices

- 2 tsp garam masala
- 2 tsp curry powder
- ½ tsp cumin
- 1 tsp Herbamare salt
- ⅛ tsp ground black pepper
- Dash cayenne pepper
- 1 tsp coconut sugar

Vegetables

- 2 garlic cloves, minced
- 2 cups brown onion, finely minced

- 1 cup tomato, chopped
- 4 cups spinach, stems removed

Base

- 1 small can clean-ingredient coconut cream
- 2 Tbsp liquid coconut oil
- 2 cans chickpeas, drained and rinsed
- ¼ cup filtered water

INSTRUCTIONS

1. Toast the spices

- In a large pot, add the garam masala, curry powder, and cumin. Gently toast over medium heat for 1–2 minutes until fragrant.

2. Build the base

- Add the coconut oil, then stir in the onion, garlic, tomato, salt, cayenne, and black pepper. Sauté for about 5 minutes, until the onions soften and the mixture smells aromatic.

3. Add chickpeas & greens

- Stir in the chickpeas, spinach, and coconut sugar. Let the spinach wilt slightly.

4. Pour in coconut cream

- Add the coconut cream and filtered water, stirring well to combine. Make sure the spinach is mixed through the sauce.

5. Simmer gently

- Cover the pot and let the curry simmer on low heat for about 15 minutes, until the flavors meld and the spinach is tender.

6. Serve

- Ladle into bowls, top with fresh cilantro and enjoy hot, ideally with warm Chickpea Naan Flatbread on the side.

Journal Prompt

"How do plant-based meals affect my energy, focus, and digestion compared to heavier meat-based meals?"

Prayer

"God, thank You for the abundance of plants, beans, and spices You placed on this earth. May these humble foods strengthen my body and ground my spirit, so I may walk with more steadiness and clarity."

Week 6: Integration & Intuition (Days 36–40)

Focus: Trust your gut as God's compass.

Practices for the Week

- **Intuitive Eating Practice:** Before eating, ask your gut: "Do you want this?" Listen for the yes/no.
- **Food as Prayer:** Once this week, prepare a meal as a sacred ritual — with calm, blessing, and gratitude.
- **Reflection Review:** Look back over your journal from the last 40 days. What patterns emerged? What progress did you notice?
- **Blessing Ritual:** *"Thank You, God, for guiding me back to simplicity, clarity, and truth. May I continue this path with joy."*

Optional Support

- Journal: "What has healed in me these 40 days? What is God asking me to carry forward?"
- Fasting (even half a day) to feel clarity and reset.
- Closing practice: **share one swap or ritual with a loved one**, extending the light.

Focus: Embrace comfort foods made clean — carry lessons into daily life.

Featured Swap Recipe: Nourishing Green Lasagna

Why this fits: Lasagna is the ultimate comfort dish — but traditional versions usually rely on refined white pasta sheets, heavy dairy, and store-bought sauces filled with gums, citric acid, or preservatives. The result is often bloating, fatigue, and a food coma instead of comfort.

This clean swap uses Jovial brand **brown rice lasagna sheets** for an easy-to-digest base, a simple tomato sauce (365 brand), and nourishing layers of vegetables and Miyoko brand clean liquid cashew cheese. It's hearty, deeply satisfying, and family-friendly — yet it leaves you light, steady, and energized rather than weighed down.

A reminder: comfort food doesn't need to be compromised. With a few mindful swaps, even the most nostalgic meals can become aligned with your body and God's design — filling your table with joy, connection, and vitality.

NOURISHING GREEN LASAGNA - A dairy-free, nutrient-rich twist on traditional lasagna.

This is lasagna, but completely upgraded. No heavy dairy, no refined ingredients—just clean, wholesome flavors that come together in the most satisfying way. The combination of broccoli, spinach, and tomato sauce layered between *Jovial* lasagna sheets creates a dish that's hearty yet nourishing. And the best part? There's no need to pre-cook the pasta, making this one of the easiest lasagnas to put together. It's perfect for meal prep, too—store leftovers in the fridge or freeze individual portions for a quick, comforting meal anytime.

Ingredients

- 1 bag frozen broccoli florets
- 1 bag baby spinach (stems removed)
- 1 box *Jovial* lasagna sheets (no need to pre-cook)
- 1 can tomato sauce
- 1–2 bottles *Miyoko's* liquid cheese
- Sea salt, to taste
- Black pepper, to taste

Instructions

1. Prep the Vegetables

- Preheat oven to 350°F
- Bring a pot of water to a boil, add broccoli florets, and simmer for 10 minutes.
- Remove broccoli from the water and set aside in a bowl (do not discard the water).

- Place baby spinach into the same pot of hot water for 5 minutes, then drain and transfer to a separate bowl.

2. Assemble the Lasagna

- Set up your work area with a glass baking dish, tomato sauce, liquid cheese, cooked broccoli, spinach, salt, and pepper.
- Spread a thin layer of tomato sauce on the bottom of the dish.
- Add 3 lasagna sheets (2 placed horizontally and 1 diagonally).
- Layer with broccoli, spinach, a sprinkle of salt and pepper, and a drizzle of liquid cheese.
- Repeat the layering process until all lasagna sheets have been used.

3. Bake

- Cover the dish with parchment paper and foil, sealing the edges.
- Bake for 1 hour.
- Remove the cover, drizzle additional liquid cheese on top, and bake uncovered for another 10 minutes.

4. Serve & Store

- Let it cool slightly before cutting into portions.
- Store in the fridge for up to a week or freeze individual pieces for easy reheating in the oven.

Journal Prompt

"When I eat a clean version of a comfort food, how does it

change my body and emotions compared to eating the processed version?"

Prayer

"God, thank You for showing me that I don't have to give up comfort to live in alignment with Your design. May the meals I prepare bring warmth and connection without the burden of hidden additives or pain.

After 40 Days: What You'll Likely Notice

Over the last six weeks you practiced awareness, simplified your food, reset cravings, and rebuilt trust with your gut. Perfection wasn't the goal—**clarity** was. Here's what many people feel by Day 40:

- **Steadier energy, fewer crashes.** Meals carry you, rather than weigh you down.
- **Reduced bloating and cravings.** Less "food noise," more calm.
- **Clearer mood & mind.** You react less, you listen more—you feel guided.
- **Confidence with labels.** You know what to swap, and why.
- **A living rhythm.** Blessing before meals, breath before bites, gentler choices that feel natural.

If your journey didn't feel "perfect," good. Healing is a spiral, not a straight line. Keep what served you (the three breaths, the blessing, the simple swaps). Release what didn't. Then choose **one** new practice to carry forward for the next 40 days—maybe it's homemade sauces, a weekly soup night, or your evening herbal tea ritual.

Most of all, remember: **every swap is a return to God's design.** Keep returning. Your body knows the way.

Where to Now?

This is just the beginning. Clean swaps are a doorway into a simpler, lighter, God-centered way of living. If you're ready to take the next step, here's how we can continue walking this path together:

Stay Tuned for the Cookbook

My upcoming **Cookbook** is on its way — filled with clean, God-aligned recipes, stories, and sacred kitchen rituals. Be the first to know when it's released! Register your email to receive updates, early access, and bonus recipes.

Private Consulting & Pantry Resets

If you're looking for deeper support, I offer **1:1 consulting** where we:

- Review your pantry, fridge, and shopping habits
- Create a **personalized Sacred Swaps Report** so you know exactly what to buy (and what to leave behind)
- Build weekly rhythms that nourish both body and soul

You don't need endless hours of coaching or thousands of dollars in consultation fees. Together, we'll create immediate, practical changes you can feel right away — **real food, real clarity, real alignment.**

Email me directly at nuttigelatousa@gmail.com to get started, or to be added to the cookbook notification list.

The Bloat-Free Buying Guide — *Low-inflammation picks at a glance*

Online Grocery Options

Clean staples when your local store comes up short

Pantry & General

- **Thrive Market:** Broad clean pantry selection, good pricing with membership.
- **Vitacost / iHerb:** Vitamins + pantry staples; watch shipping timelines.
- **Azure Standard:** Bulk staples; monthly drop points in many areas.

Meat & Seafood

- **ButcherBox / Wild Pastures:** Subscription grass-fed meats; check sourcing details.
- **US Wellness Meats / Force of Nature:** Grass-fed & regenerative options.
- **Crowd Cow:** Traceable cuts from small farms; choose grass-fed/pasture-raised.

Produce & CSA

- **Misfits Market / Imperfect Foods:** Organic produce & pantry; variable selection.
- **LocalHarvest.org:** Find CSAs and nearby farms for in-season produce.
- **Farmers' Markets:** Often best prices on organic herbs/greens; ask growers about sprays.

Note: Availability, shipping, and sourcing vary—always read current specs.

Aisle-by-Aisle Prompts

Produce

- Default to seasonal & local; prioritize organic for “Dirty Dozen.”
- Check PLU: 9***** = organic; 4***** = conventional (avoid 8***** legacy GMO).
- Choose whole over pre-cut (fewer washes/processing aids).
- Herbs, garlic, lemon = clean flavor boosters—skip salads with long ingredient lists.
- Avoid waxed produce when possible; scrub/rinse well.
- Frozen fruit/veg with 1–2 ingredients are great budget staples.

Meat & Seafood

- Beef/lamb: 100% grass-fed & finished.
- Poultry/pork: pasture-raised.
- Look for Certified Humane, AWA.
- “No antibiotics ever”; no added hormones.

- Avoid meats with “added solutions” (salt, phosphates).
- Seafood: wild-caught, low-mercury species (sardines, wild salmon, trout).
- Avoid “color added” farmed salmon.

Baking • Snacks • Condiments

- Flours: whole/stone-ground; skip bleached/enriched.
- Sugars: avoid HFCS, corn syrup, invert sugar.
- Oils: olive, avocado, coconut, butter/ghee; avoid trans fats.
- Emulsifiers/gums: mono/diglycerides, DATEM, carrageenan, polysorbates.
- Flavor traps: “natural flavors,” yeast extract, hydrolyzed proteins.
- Preservatives: benzoates, sorbates, propionates, nitrites.

Meat & Dairy Label Decoder

Meat Labels

- **USDA Organic:** Organic feed, no GMOs/antibiotics.
- **100% Grass-Fed (Beef/Lamb):** Grass/forage only; "grass-finished" matters.
- **Pasture-Raised:** Real outdoor access (check third-party certs).
- **Free-Range (Poultry):** Minimal outdoor access.
- **No Antibiotics Ever (RWA):** Stronger than "judicious use."
- **No Added Hormones:** Applies to beef/dairy (already banned in poultry/pork).

Dairy Labels

- **Grade A / Pasteurized:** Basic standards; UHT = ultra-high temp, longer shelf life.
- **A2 Milk:** Gentler protein type for some.
- **Grass-Fed Dairy:** Higher omega-3/CLA.
- **rBST/rBGH-Free:** No synthetic growth hormones.
- **Raw Milk:** Check legality and source carefully.

- **Certified Humane / AWA:** Stronger welfare standards.

Best Bets (at a glance):

- Beef/Lamb: 100% grass-fed & finished, organic.
- Poultry/Eggs: pasture-raised, Certified Humane/AWA.
- Dairy: grass-fed yogurts/cheeses with simple ingredients.

Beverage Aisle Cheat-Sheet

Water & Electrolytes

- Spring/mineral water (glass/stainless).
- Avoid flavored "purified" waters.
- Electrolytes = minerals, not artificial sweeteners.

Coffee & Tea

- Coffee: organic, shade-grown; skip syrups/flavorings.
- Tea: organic; avoid nylon/plastic bags.

Alt-Milks & Creamers

- Short lists: nuts/seeds + water + salt.
- Avoid carrageenan/gums if sensitive.
- Unsweetened always.

Sparkling & Sodas

- Plain seltzer or fruit/herb infusions.
- Avoid diet sodas and "energy" drinks.

Juices & Kombucha

- Juice: not from concentrate, cold-pressed; watch sugars.
- Kombucha: <6g sugar/8 oz; no artificial flavors/colors.

Pantry Label Terms (Don't Get Duped)

- **All-Natural:** Not regulated; may still contain refined sugars/flavors.
- **Fortified/Enriched:** Nutrients added back; choose naturally nutrient-dense instead.
- **Multigrain vs Whole Grain:** Multi ≠ whole; look for 100% whole grain.
- **No Sugar Added:** Can still mean fruit concentrates; "Sugar-Free" often = artificial sweeteners.
- **Made with Whole Grains:** Usually mostly refined flour.
- **Light/Lite:** Fewer calories/fat; may add sugars/starches.
- **Zero Trans Fat:** <0.5g/serving allowed; check for partially hydrogenated oils.
- **No Nitrates Added*:** Often uses celery powder (still nitrates).
- **Cage-Free:** Better than caged; not same as pasture.
- **Natural Flavors:** Umbrella term for flavor chemicals.

Shopping Apps Mini-Toolbox

Top Picks

- **EWG Healthy Living:** Hazard ratings for food + personal care.
- **Fooducate:** Grades products; flags sugar quality/additives.
- **Yuka:** Fast barcode scanner with color-coded risks.
- **Seafood Watch:** Sustainable, low-contaminant seafood guides.
- **Boycott:** Tracks brand affiliations/ownership.

How to Use Wisely

- Use 1–2 apps max; cross-check when unsure.
- Apps guide, but your own body and ingredient lists matter most.

About the Author

Mia Rose Goldglanz is a Russian-born, Australian-raised wellness entrepreneur, licensed esthetician, Certified Health Coach, Reiki II practitioner, sound healing practitioner, and founder of **NuTTi Gelato** — America's only gum-free, bloat-free cashew maple gelato brand.

From Career to Calling

Mia's professional path has spanned more than 30 years, from corporate sales to creative entrepreneurship. She began her career with **Qantas Airways**, later excelling as an **Advertising Executive** where she ranked in the top 5% nationally, and worked as a **Pharmaceutical Business Consultant** and **Marketing Consultant** to many brands. These experiences gave her drive, discipline, and perspective — but also revealed the cost of striving without balance.

In wellness and hospitality, Mia worked in luxury spas on cruise ships in the Caribbean and at leading Australian wellness centers such as **Aurora Spa**. In the creative and marketing world, she worked as a business advisor, website developer, graphic designer, and marketing consultant. She also produced campaigns and was a featured contributor to *Women of the World* by designer Camilla Franks.

In 2006, Mia created and hosted the **Swarovski Pink Breakfast Charity Event** in Sydney, sponsored by Bonds, where she designed 120 limited edition singlets adorned with Swarovski crystals to raise funds for breast cancer research.

The event brought together Australian celebrities, designers, and media to support the National Breast Cancer Foundation — showcasing her ability to merge luxury, creativity, and philanthropy for impact.

As an entrepreneur, Mia combined her business acumen with her passion for health, eventually launching **NuTTi Gelato**, a clean-label cashew gelato that grew from her home kitchen to 100+ U.S. stores.

The Path of Practices She Has Lived

Alongside her career, Mia has walked a three-decade journey of personal healing through clean eating, yoga, meditation, and holistic therapies. Her lived practices include:

- **Core Disciplines:** Clean eating (20+ years), yoga across multiple lineages (27 years), kundalini yoga (22 years), weight training (since age 16), competitive aerobics, and meditation (Vipassana & Brahma Kumaris retreats).
- **Healing Therapies:** Ayurvedic immersion in India, luxury spa training (Angsana, Banyan Tree), acupuncture, cupping, colon hydrotherapy, reflexology, lymphatic drainage, floatation therapy, trauma-release bodywork, naturopathic herbs, family constellations, and shamanic sweat lodges.
- **Energy & Modern Modalities:** Reiki II, crystal healing, vibrational medicine, red light therapy, microcurrent devices, and early adoption of ingestible beauty practices like collagen.

- **Spiritual Practices:** Six 40-day journeys to the Western Wall (Kotel) in Jerusalem — 240 days of prayer and devotion — and ongoing spiritual mentorship with a renowned Rabbi in Jerusalem.

Where Certification Meets Calling

While her deepest wisdom comes from lived experience, Mia has also pursued professional training to ground her work in integrity. Her certifications include:

- Licensed Facial Specialist (Esthetics & Holistic Skincare)
- Certified Health Coach (Clean Eating & Holistic Wellness)
- Reiki II Certified Energy Practitioner
- Sound Healing Practitioner (Crystal Bowls)
- 3D Transformation Therapist (Jerusalem)
- Certified Fitness Instructor & Aerobics Competitor
- Bach Flower Remedy Practitioner

Her Philosophy

Mia believes that true healing doesn't come from perfection, but from progress, ritual, and alignment with God's design. Every meal can be a prayer, every ritual a reset, and every small act of care a sacred step toward wholeness.

She currently lives in Miami with her husband and twin daughters, where she continues to create resources, products, and gatherings that inspire clean living from the inside out. *The Clean Gut Reset* is the first in her series of God-centered wellness guides, with future volumes exploring clean skin, clean homes, and radiant living for the whole family.

CLEAN GUT RESET

A 96-page spiritual and physical reset for when you feel inflamed, overstimulated, puffy, anxious, foggy, disconnected from yourself — and you know something has to change.

This is not a “gut cleanse” trend. This is the process I’ve lived for 20+ years after my body started rejecting “normal” food — dairy, gums, preservatives, seed oils, fake flavors, dyes, chemicals in “healthy” products — and I had to rebuild from zero just to function, sleep, pray, think, and show up.

It goes beyond food. It’s about clearing what’s clouding you — physically and spiritually — so you can actually hear again, and turning your home into something that protects you instead of quietly inflaming you.



A RUSSIAN-BORN, AUSTRALIAN-RAISED WELLNESS ENTREPRENEUR, MIA HAS SPENT 30+ YEARS IN BRANDING, PR, PRODUCT, SALES, MARKETING, AND STRATEGY — PITCHING BUYERS, BUILDING DEMAND, AND GETTING REAL PRODUCTS ON REAL SHELVES. SHE'S THE FOUNDER OF NUTTI GELATO, A CERTIFIED HEALTH COACH, LICENSED ESTHETICIAN, REIKI II AND SOUND HEALING PRACTITIONER, AND A LONGTIME CLEAN-EATING ADVOCATE WHO HAS SPENT THREE DECADES HEALING HER OWN BODY NATURALLY.