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For Weight Watchers Only
All Natural Grain Supplements

100% All Natural Grain Homeopathic Herbal Salads



Help Stop Your Obesity The Natural Way With Delicious 100%
All Natural Whole Grain Receipts To Supplement Your Diet

Your Path To Good Health
Your path to curing Your Obesity
Your Path To Feeling Good About Yourself

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Feeling Good About Yourself
Curing Your Obesity

For Weight Watchers Only *All Natural Grain Supplements*

Get Rid Of That Excess Fat The Natural Way With
Delicious 100% All Natural Homeopathic Whole Grain
Herbal Salads

*This Book is dedicated to All
People Suffering from Obesity
and Being Overweight.*



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Introduction

Intentional Weight Loss And The Dangers Of Crash Dieting

Why do we loose weight? Intentional weight loss refers to the loss of body mass in an effort to improve fitness, health and appearance. Overweight or obesity occurs when excess body fat has accumulated to the extent that it may have an adverse effect on health, this can lead to reduced life expectancy and/or increased health problems.

If the body is consuming more energy than it is gaining from food or other nutritional supplements, it will use it's stored fat or muscle reserves which will gradually lead to weight loss. Weight loss occurs when an individual is in a state of negative energy and balance.

Some people who are currently at their ideal body weight may want to loose additional fat in order to improve athletic performance, or meet particular requirements for participation in a particular sport. Consequently, being underweight for instance is associated with health risks such as difficulty fighting off infection, osteoporosis, decreased muscle strength, trouble regulating body temperature and even increased risk of death, so be careful about loosing weight too quickly.

The main treatment for obesity consists of dieting and physical exercise. Increased physical activity, generally in the form of exercising and adjustments to your eating pattern are probably the least intrusive weight loss methods. By exercising you help the body maintain the fat loss that you have achieved and keep your weight down.

Crash Dieting -- for instance is a very a poor strategy for intentional weight loss. A crash diet refers to the wilful nutritional restriction and deprivations (except water) severely restricting the intake of calories for more than 12 hours and up to a few weeks. It is meant to achieve rapid weight loss and differ only slightly from outright starvation.

Drink Lots Of Water -- one secret of weight loss is that you must drink plenty of water or tee daily. 1/2 gallon or more of water throughout the day is perfect to help you quick start and keep your weight down, so less calories and more water will help you feel good all day long.

Why Is Colon Cleansing So Important For Weight Loss?

The colon is one of the primary organs involved in the body's internal detoxification and elimination process. To maintain good health, your body must effectively eliminate food and bodily waste. Besides keeping your system healthier, Colon cleansing can also be used as a weight loss solution. To start restoring your digestive system to good health, you need to do colon cleansing. The idea might sound difficult to comprehend at first but it is real and proven.

Doing regular exercise and having a good diet are the most popular ways to lose weight. Colon cleansing for weight loss should be an integral part of any fat loss program. There are many ways to do this, but the main way is to eat natural fibres. They help to clean the colon and the digestive tract and they also stop your craving for food, thus reducing the intake of carbohydrates and fats that you don't need.

Special Tasty Homeopathic All Natural Grain Herbal Salads

Rich in omega3 fatty acids: not only do they taste GREAT, these salads are also rich in vitamins and nutrients and they can also help you in your fight against obesity and being overweight. If you are on a special diet try some of these salads, you will love them, they are extremely healthy, and provides you with nutrients that you just don't get with normal salads or meals. If you are on a wheat free diet for instance, my Green (whole grain) SPELT (*which is an ancient form of wheat*) salad would be just what the doctor ordered. These are the exact same salads that my brother used and consumed to help fight off his obesity, and you can do the same. And even if you are a Vegan or you are I'm sure that you will enjoy these natural whole grain homeopathic herbal salads.

These are the original grain receipts so if you are allergic to any of the ingredients you should try and substitute them with another grain. Even though some of these salads are made with yogurt and cheese, and some of you may be lactos intolerant, never the less these wonder salads are rich in nutrients and vitamins and high in fatty acids. In order for these to taste as they should please try and stick with the order in which they are presented to you-this is important... Raw foods like fruits, vegetables and sprouts are known to have a marked effect on the B cells' function. These cells are the lymphocytes which play a big role in the humoral immune response, functioning mainly to make antibodies fight against antigens. So inshort, these raw foods boost the production of lymphocytes in order to enhance the body's resistance to ill-health. By taking in raw foods the body is supplied with good quantities of vitamins A, C, E, B, and zinc. This then will result in a powerful immune system protecting the body from all kinds of diseases. So enjoy your salads and I hope that this will be effective in your fight against obesity and being overweight.

INGREDIENTS FOR SALADS

- BARLEY
- BAY LEAVES
- BUCK WHEAT
- CEYANNE PEPPER
- CLOVES
- CRÈME FRAICH
- CAN CORN
- CHEESE
- CURRY
- FENNEL
- GARLIC
- POWDER
- GREEN OLIVES
- HERBAL VINEGAR
- HOT MUSTARD
- HOT PAPRIKA
- HORSERADISH
- YOGURT
- LENON JUICE
- MILLET
- NATURAL RICE
- NUTMEG
- OATMEAL FLAKES
- RED BEANS
- SAMBOL OELEK
- SOUR CREAM
- SOUR PICKLES
- SPELT
- THICK APPLE JUICE
- TABASCO SAUC
- TOMATOES
- WHOLE GRAIN KERNELS
- TOMATOES
- WHOLE GRAIN KERNELS
- WHITE BEANS
- WINE VINEGAR
- WHITE PEPPER
- WHOLE WHEAT GRAIN
- WHOLE RYE GRAIN



Your 100% All Natural Homeopathic Grain Diet

You can depend 100% on an improved all natural diet as the a great remedy for reversing obesity. Organic food studs are a perfect way to help you in your struggle to loose weight. You know the saying, YOU ARE WHAT YOU EAT. Not only do they taste GREAT, these salads are rich in vitamins and nutrients and they can also help you in your fight to reverse your obesity. If you are on a special diet try some of these all natural herbal-salads, you will love them, they are extremely healthy, provides you with nutrients that you just don't get with normal salads or meals.

These salads are perfect for people who are trying to lose weight, you can literally eat them all day and never tire of the special homeopathic receipts that these salads are made from. The combination of a natural grain diet fused with special homeopathic ingredients make these salads rich in fatty acids and high in energy. If you are on a rapid or extreme weight loss program these 13 different powerful herbal salads will sustain you during the course of your fat loss journey.

COOKING INSTRUCTIONS FOR WHOLE GRAIN



GREEN grain - or SPELT

Green corn is made from *SPELT* which is a very ancient type of wheat that is harvested while it is still green-so that you can kiln-dry them. This process causes them to ripen more and help start and supports the digestive process in humans. *SPELT* is almost always found in herbal kitchens. This medieval wheat grain has less gluten than traditional wheat, therefore it is a good substitute if you are sensitive to wheat and wheat products.

How to cook natural grains-whole wheat

For the preparation of dishes made of whole grain, one can use either bruised grain, whole meal grain or prepare them whole. In this case it is important to prepare the grain so that it's for humans easy to digest. After you have washed the grain well under running water (*only buckwheat has to be washed in hot water*) soak the grain in cold water 3-10 hours-you should not exceed this time period because after ten hours the grain will start to sprout. With buckwheat, millet, rice, bruised grain or whole meal grain it is not necessary to soak, and it does shortens the cooking time. Using the same water that you soaked the grain in, bring to a boil, and then let simmer at the lowest setting for 20-50 minutes in a closed pot with top to gar. After cooking time is over, the burner is out, let pot

sit on burner for a while to continue to soak, or in a thermos to expand and let soak for some time. You should test the grain to make sure that it doesn't get too soft. A rule of thumb: as far as the amount of water needed to soak grain, use twice as much water as grain 1-cup grain = 2 cups water. Sometimes during the soaking process you may want to add a little more water.

Do not use any salt until the soaking process is almost complete, i.e. until the grain has absorbed most of the liquid. You get a spicy taste when you gar the grain in bullion, this way you can use the grain for salads or other dishes that you wish to make, or use them as condiments. In this case you should use a little oil or herbal seasoning. You decorate the finished grain with green herbs and mix with coloured veggies or bake with dark yellow cheese.

Special Ingredients:

MAPLE SYRUP:

Use thin flowing maple syrup which is taken from young maple trees-this is less sweeter than honey.



AVACADO DIP

INGREDIENTS:

1- LARGR RIP AVACADO
2 TS LEMON JUICE
1 PRESSED GARLIC TOOTH
SALT
CEYANNE PEPPER
2 TBS MAYONNAISE
1-CUP SOUR CREAM (store bought)

PREPARATION:

Cut avocado in half, take out seed and spoon out the meat of the fruit and mash fine with a fork. Add lemon juice, garlic, cayenne pepper, mayonnaise and sour cream -mix well season to taste with salt.



COLORFUL GREEN (SPELT)-SALAD (For 4-6 servings)

INGREDIENTS:

250g (8,9oz) SPELT
½ LITER (APP. 1 PINT) STRONG VEGETABLE BULLION
1 LARGE RED + 1 YELLOW PAPRIKA
½ BUNDLE SPRING ONIONS
1-CAN CORN OR OTHER CAN VEGGIES
OIL, VINEGAR AND PEPPER OR OIL LEMON, SALT AND PEPPER
PINCH OF SUGAR
GARLIC (TO TASTE)
FRESH CUT GARDEN HERBS (WATER CRESS etc.)

PREPARATION:

Soak the green grain and cook in vegetable stock until gar, (see instructions for cooking grain) remove kernels from pot and place in refrigerator. Cut spring onions, and paprika in thin stripes and mix with spelt and corn. Then make a marinade with the rest of the ingredients, pour over salad and mix well- let stand for a while- season to taste and add (4-6 type) the fresh or fresh frozen garden herbs.



BEAN AND CORN-SALAD (for 8 Persons)

INGREDIENTS

2- CUPS COOKED WHITE BEANS
2- = = RED BEANS
2- = = CAN CORN
2- = = LARGE TOMATOES (CUT IN FIEN STRIPES)
1- CUCUMBER
SALT, PEPPER
½ TS-SUGAR
1-PRESSED GARLIC TOOTH
150G (5,2oz) GRATED CHEESE

FOR THE SAUCE:

SALT, PEPPER
PINCH OF PAPRIKA
¼ TS-SUGAR
¼ CUP LEMON JUICE OR WHITE WINE VINEGAR
¾ CUP OLIVE OIL
1 PRESSED GARLIC TOOTH
1TBS CHOPPED ONIONS

TO DECORATE:

LETTUCE AND 150g (5,2oz) CUBED CHEESE

PREPARATION:

Put the above ingredients in a large bowl and mix good together-but before, mix the herbs and garlic with cheese and sit in fridge for 2 hours. Mix the ingredients for the sauce 30 minutes before serving. Place the mixture (beans, corn, tomatoes etc.) on the lettuce (you will need a large plate) and pour the sauce over the mixture, garnish with cheese. Presto!



BUCKWHEAT-SALAD

INGREDIENTS:

1-CUP BUCKWHEAT
1-EGG
2-BOILING WATER
1-2 TSB POWERED VEGETABLE BULLION (1-2 Cubes)
1-SMALL GREEN PAPRIKA CUBED
3-TOMATOES
150g-(5,2oz) 200g (7,1oz) FRESH CUCUMBER
1-SMALL CHOPPED ONION
1-SMALL OR ½ FENNEL CHOPPED FINE
100g (3,5oz) CUBED EMMENTALER CHEESE
CHOPPED FENNEL LEAVES OR PARSLEY

MARINADE:

3-4 TBS CORN OR OLIVE OIL
2-3 TBS HERBAL VINEGAR
PEPPER, SALT, SUGAR

PREPARATION:

Wash buckwheat in hot water and place in a large pot, stir in the egg. Continue stirring by normal heat until the buckwheat kernels (grain) begin to separate and become drier. Pour in the 2 cups of

boiling water, add the bullion stir good. Reduce heat to the lowest level, place lid on pot and let cook 20-30 minutes long. The kernels should not be too soft. After cooking cool buckwheat. Mix the cold buckwheat with the rest of the vegetables, then add the cheese and marinade. Season to taste.



BARLEY-SALAD (For 10 Servings)

INGREDIENTS:

500g (17,6oz) BARLEY GRAIN
1 PACKAGE FROZEN PEAS
1-CAN SWEET YELLOW CORN WITHOUT JUICE
1-RED FINELY CUBED PAPRIKA
1- YELLOW (or GREEN) FINELY CUBED PAPRIKA
2-CUBED MEAT TOMATOES
200g (7,1oz) YOUNG GAUDA CHEESE CUBED
200g (7,1oz) DUTCH EMMENTALER CHEESE CUBED
6-8 CUBED SAUER PICKLES

MARINADE:

8-TBS WHITE WINE VINEGAR
16-TBS OIL+ APP. ½ TS SALT
1-TS GARLIC POWDER
APP. 1-TS FRESH GROUND BLACK PEPPPER
LOTS OF CUT SEASONAL HERBS (PARCLEY, DILL ETC.) OR
1 PACK DEEP FROZEN SEASONAL HERBS: all in all you need
app. 4-8 different types of herbs.

PREPARATION:

Bring Barley to a boil in about 1 ½ liters app. 2 pints of water, then let simmer on lowest setting for app 35 min. and make sure that they don't get too soft. Soak herbs and seasoning, i.e. pepper salt and garlic powder together in the vinegar for a short while.

After, that mix with the oil, then the veggies and cheese and mix in the marinade. Mix good and let set for a while...yummy

Variation:

Change this receipt into a noodle salad by substituting 500g (17,6oz) noodles for the barley.



MILLET-SALAD 4-6 servings

INGREDIENTS:

20g APP. (1-OZ) PLANT MARGARINE
1-SMALL CUT ONION
150g (5,2oz) MILLET
APP. 400ml (14oz) STRONG VEGETABLE BROTH OR BULLION
150g CUBED CARROTS
1-BAY LEAF
150g COOKED PEAS
2-CUBED HERB PICKLES (NOT SAUER)
4-TBS OIL
JUICE FROM 1 LEMON
MUSTARD
THICK APPLE JUICE
SALT
PEPPER
PINCE OF GARLIC POWDER

leaf and let cool. Mix together with the carrots, peas and pickles.

Make a sauce with the rest of the ingredients (add more water if need be) and mix with millet mixture. Let stand to soak in the ingredients, decorate with fresh parsley.



PAPRIKA RICE-SALAT (For 8 servings)

INGREDIENTS:

400g (14oz) WHOLE NATURAL LONG CORN RICE-COOK ADENTE'
2-RED PAPRIKA-FINE CUBED
2-GREEN PAPRIKA FINE CUBED
ADD FRESH MUSHROOMS AND CUBED CHEESE ACCORDING TO TASTE

MARINADE:

1 MEDIUM SIZE ONION
50g (1,7oz) PARCLEY CHOPPED FINE
4 TBS MAYONNAISE OR MIRACLE WHIP
1-2 TBS LEMON JUICE
1 PRESSED GARLIC TOOTH
½ TS SAMBOL OELEK
1-TS THYME, SALT AND FRESH GROUND NUTMEG

PREPARATION:

Mix the marinade well, then mix with the ingredients mentioned above. Let stand app. 1 hour. Decorate with sliced hard boiled eggs and green olives. Also good as cold buffet.

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ORIENTAL RICE-SALAD

INGREDIENTS:

150g (5,2oz) NATURAL OR LONG GRAIN RICE, TRY BASMATI RICE
250g (8,9oz) COOKED GREEN BEANS
4-CUBED TOMAOES
2-CUBED RED PAPRIKE

MARINADE:

1-GARLIC TOOTH
1 ½ TS HOT MUSTAD
6-TBS OLIVE OIL
2-TBS HERBAL VINEGAR
3-DASHES OF TOBASCO SAUCE
WHITE PEPPER
CURRY
PINCE OF SUGAR

PREPARATION:

Cook rice, let cool and mix with veggies. For the marinade mash the garlic with salt, and mix well with mustard. Pour over the salad, mix well and let sit in refrigerator for 30 minutes to soak in the ingredients. Decorate with sliced hard boiled eggs and tomatoes.

Right here I would like to say that in cases such as beans, carrots, peas etc. and if you do not want to use can food, you can use fresh out of the garden or produce store vegetables. First, cook them in a vegetable bullion for 15-20 min depending on the vegetable making sure that they are not over cooked. Let cool and then mix together with the rest of the ingredients. I prefer to use fresh vegetables because I can make sure that most of the vital nutrients remain in

the vegetable. Even if you are not suffering from obesity or overweight disease, once you eat these salads you will never ever give them up...



SPELT AND BEAN SALAD

INGREDIENTS:

300g (10,5oz) COOKED SPELT OR 150g (5,2oz) UNCOOKED

400g (14oz) COOKED GREEN BEANS

200g (7,1oz) CUBED APPENZELLER CHEESE

1-ONION

2-TOMATOES

3 TBS OIL

2-3 TBS VINEGAR

Pepper, Salt, a Pinch of sugar add a little garlic if you like, Parsley, Basil and Savory chopped well.

PREPARATION:

Soak the grain and cook as directed. Let cool and mix with beans, onions, tomatoes and cheese. With the rest of the ingredients make a sauce pour over salad and let stand a few minutes to soak up the ingredients, check seasoning. Mmmm, Tasty...



SPICY WHEAT SALAD

INGREDIENTS:

250g (8,9oz) WHOLE WHEAT KERNELS

APP. 200g (7,1oz) RED BEETS

APP. 200g (7,1oz) COOKED CELERY

2-3 PICKLES
1 CUP CUT PINEAPPLE
100g (3,5oz) CHOPPED NUTS (YOUR CHOICE)
4-TBS OIL
3-TBS VINEGAR
3-TBS SOUR CREAM OR CRÈME FRAICH
1-TS HERBAL SALT
1-PINCE CAYENNE PEPPER
1-TBS CAPERS
PINEAPPLE JUICE

PREPARATION:

Soak the kernels according to instructions and cook until soft-but not too soft. Cut red beets, pickles and celery in small cubes and mix everything together with the pineapples and nuts. With the rest of the ingredients make a sauce, pour over the salad and mix well. Test for seasoning and let stand and marinade until serving. If you use pickled beets or celery use less vinegar.

Variation:

For a different taste use pineapple, nuts, 1 cubed apple and 1 cubed medium size onion.



WHOLE GRAIN RYE SALAD (For 5-6 Servings)

INGREDIENTS:

250g (8,9oz) WHOLE GRAIN RYE KERNELS
2-3- CLOVES (NELKEN)
1-2- BAY LEAVES
PEPER OR CORN PEPPER
SALT
1-JAR RED BEETS 400g (14oz) TO 500g (17,6oz)
2-LARGE SOUR APPLES

MARINADE:

½ TS MUSTARD, FRUIT VINEGAR, OR LEMON JUICE
A LITTLE JUICE FROM THE BEETS
APP. 1-TL SUNFLOWER, OR THISTLE OIL
1-TBS HORSERADISH
SALT- PEPPER OR CAYENNE PEPPER - LITTLE SUGAR
½ PLASTIC CUP CRÈME FRAICH, OR EQUAL AMOUNTS OF
MIRACLE WHIP OR MAYONNAISE
½ cup NATURAL YOGURT

PREPARATION:

Soak the Rye kernels. Cook cloves, bay leaves, pepper, and salt in water or with veggie bullion (1-2 ½) until they are soft. Let cool. Cut apples and beets in cubes or slices and mix with the rye grain (When you make the marinade use all of the ingredients except the yogurt and mayonnaise). Mix together and let stand until serving. Before serving add the yogurt and mayonnaise and mix well. If needed, season to taste with more vinegar, pepper and sugar.



WHOLE GRAIN SALAD Serve 4-6 Persons

INGREDIENTS:

300g (10,5oz) OF YOUR FAVORITE COOKED WHOLE GRAIN KERNELS
PEAS, BEANS, PAPIKA, CARROTS, CORN, SPRING ONIONS,
CUCUMBER etc.
APP. 150g (5,2oz) TOMATOES CUBED FINE

MARINADE:

1-CUP SOUR CREAM (store bought)
1-CUP YOGURT(store bought)
1-TBS MUSTARD
HERBAL VINEGAR, SALT IF NEEDED, HORSERADISH
2-HARD COOKED EGGS CUBED
LOTS OF FRESH HERBS NOT TOO FINELY CHOPPED

PREPARATION:

Cook grain according to instructions and let cool. Mix the marinade and the veggies together. Let stand for a while-if need be add more salt and decorate. Guten Appetite!



WHEAT SALAD (4-6 Servings)

INGREDIENTS:

250g (8,9oz) WHEAT GRAIN KERNELS
2 ½ CUP YOGURT (store bought)
¼ CUP OIL
1-TS SALT
1-TS HOT PAPRIKA POWDER
½ CURRY
2-LARGE APPLES
3-MEDIUM SIZE PICKLES
1-MEDIUM SIZE ONION
4-6 TBS MAYONNAISE OR MIRACLE WHIP
3-TBS OATMEAL FLAKES

PREPARATION:

Soak wheat and let cook until gar-chop the onions and cut the apple and pickles in fine cubes. With the rest of the ingredients make a sauce and mix everything together. Finally add the cooled wheat kernels and let stand 3-4 hours before serving. Yummy yum yum.

DISCLAIMER

**THE ABOVE STATEMENTS HAVE NOT BEEN
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ADMINISTRATION. THESE PRODUCTS ARE NOT
INTENDED TO DIAGNOSE, TREAT, CURE OR
PREVENT ANY DISEASE.**

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Help Stop Your Obesity The Natural Way With Delicious 100%
All Natural Whole Grain Receipts To Supplement Your Diet

Your Path To Good Health
Your path to curing Your Obesity
Your Path To Feeling Good About Yourself

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