

Stocking Your SuperStar Pantry From A-Z

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21 DAY
The
SUPERSTAR
CLEANSE



An excerpt from *The 21-Day SuperStar Cleanse*

To supplement the weekly recommended shopping lists included in chapters 2-5, the following information will help to round-out your knowledge of the following food options, helping you choose what to include in your pantry.





A

Almonds Almonds are the most easily digested and healing of the nut family. Almonds - especially when soaked and rinsed - can often be tolerated by people with nut allergies or nut sensitivities (unlike walnuts and cashews), and almond milk is similar to mother's milk in its nutritional profile. All California almonds are pasteurized, but Spanish/European almonds are raw, so choose imported almonds for truly raw almonds.

Apples Apple seeds contain cyanogenic glycosides, which create cyanide. In small doses, the seeds are anti-cancerous, and the cyanogenic compounds are actually good for the body.

Apple Cider Vinegar This raw vinegar is antiseptic, antifungal, probiotic, and is a potent treatment for many ailments. With its antibacterial properties, it is great for soaking in the bath or drinking to even out blood sugar levels. Take 2 tablespoons each of apple cider and honey every day for a good wellness tonic. When you are sick or getting sick, apple cider vinegar is good for aiding the immune system. Apple cider vinegar is rich in potassium and enzymes and is also a diuretic (helpful when you are dealing with kidney issues). You can also douche with apple cider vinegar to eliminate yeast infections or, as you may recall, use it as a toner to brighten the skin and clear acne.

Apricots The orange color means it is rich in beta-carotene, and good for the lungs. You can soak dehydrated apricots in water to reconstitute for puddings and other delicious uses, and then use the soak water in teas or other dishes as a sweetener.

B

Buckwheat The soviet army used buckwheat to give its troops energy and stamina.

C

Cabbage Cabbage contains protections for the immune system from bird, swine, flu and other intense flus. Cabbage has anti-cancer compounds and sulfuranes. It binds with estrogens, and removes them from the body. Pickled and raw cabbage are best to eat.

Cashews Cashews usually aren't technically raw, because the hulling process heats the cashews up to a point where they are no longer alive. Interestingly, cashews are members of the poison ivy family. There are a few good sources for raw cashews, and they do make heavenly cheese and cream sauces. Raw or not, we've got to have a little fun, right?

Cayenne Cayenne pepper or black pepper sprinkled on a wound will stop bleeding. Cayenne contains antimicrobial properties with vitamin C. It is thermogenic, and increases metabolism.

Celtic Sea Salt Celtic sea salt contains a higher electrical charge than most salts and is preferred in all recipes that call for salt.

Chia Part of the mint family, chia is native to the southwestern United States. It is called *salvia hispanica* as indigenous runners (the post-men of native American tribes) used chia for energy and stamina. Chia is high in protein, omega 3 fatty acids, and fiber. It lubricates the colon and promotes bowel regularity. It is a great travel food and good value.

Cilantro Cilantro helps to rid the body of mercury. Matured cilantro flowers become coriander seeds—so coriander is cilantro, it is just in a later growth stage. Sometimes cilantro gets called Chinese parsley.

Coconut Oil Coconut oil is heart healthy. It contains lauric acid, and it contains caprylic acid (which protects against yeast overgrowth—anti-candida). Coconut oil benefits the thyroid gland as well. Coconut oil is harvested sustainably in comparison to other tropical oils. Coconut oil requires that the nuts be picked off the tree, while palm oil, soy and canola oil has to be cultivated on deforested lands (including the Amazon).

Cruciferous Vegetables

There are no poisonous cruciferous vegetables. Broccoli, cauliflower, cabbage, kale, arugula, and turnips are all high in anti-cancer compounds.

D

Dandelions Dandelions are best to harvest before they flower because bitterness in the leaves increases after flowering. Take the roots and make a tea, which is an excellent coffee substitute. And unlike coffee, dandelion is highly supportive and nourishing to the liver. Drink up!

Dates Dates are a good snack. As suggested earlier, try a date stuffed with raw almond butter for a sweet, protein-rich snack. Be sure to brush your teeth because dates are sticky sweet, which can cause cavities. Most dates are hybridized, so some people stay away from them, but I look for more natural ones and enjoy.

E

Enzymes A large majority of diseases are inflammation-related: nephritis, eczema, arthritis, etc. Enzymes reduce inflammation. Living foods preserve enzymes because many are destroyed at 114-118 degrees Fahrenheit (during cooking). You can also use a full-spectrum or specific enzyme supplement to give back to your body (although not as ideal as getting enzymes straight from the living source). Take enzyme supplements with all cooked meals!



Flaxseed

Flaxseeds are also known as linseeds and the plants flower into a beautiful blue/ purple. Flax is an incredible food high in fiber and rich in Omega 3's in which some harvest the oil purely for. I prefer flax seeds because the oil has a short shelf life and is known to become rancid rather quickly. Use a handful of flax seeds in things like salads, oatmeals, or just about anything. Its pretty flavorless with a nutty and delightful texture. These seeds are good for hair, skin and nails and keep the bowels moving as the husk and fiber is amazing for regularity gels up and acts like a broom. There gelatinous quality can be soaked and made into amazing crackers (just place in a dehydrator), or ground into a flour (best to do fresh) and use to thicken things like veggie or nut burgers or hand made tortillas.



Garlic

Garlic is a member of the Lily (Liliaceae) family. Shakespeare called it a "stinking rose" but it was actually a lily not a rose. Garlic opens the bronchial tubes and is very antimicrobial. In fact, in years past, doctors used garlic when they ran out of penicillin. Garlic prevents parasites and can be used as an insect repellent for bed bugs, fleas, ticks, lice, and mosquitoes. Please note, a recent study says that garlic can inhibit the reaction time in the brain...so limit your intake. Garlic loses its medicinal properties when it is cooked. Some cultures suggest only eating garlic when you are sick.

Ginger

Ginger is an anti-coagulant and has many of the same properties as garlic. Ginger is second best for medicinal properties, but without the contraindications of garlic. From the perspective of traditional Chinese Medicine, ginger moves the blood. Related to turmeric, ginger is anti-inflammatory and helps to prevent migraines and arthritis. Ginger is also noted for preventing nausea and seasickness. Ginger is part of the Zingiberaceae family, which means it is “shaped like a horn.”

Greens

Wild unwashed greens help strengthen immune system. Try to eat greens every day. Try to eat one meal of leafy greens and one green smoothie, if you can. You can also eat (and juice) any grass—wheat, barley, rye etc. These grasses are totally healthy, and even though they might not taste good in their raw form, you can chew the grass and spit it out, and still get some nutritional benefit. Leafy greens like spinach, kale, and endive stimulate digestive secretions. The green leafy vegetables category also includes cabbage, celery, cucumber, and zucchini.



Herbs

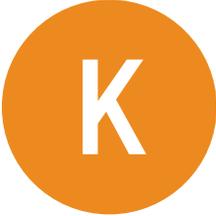
Herbs are high in vitamins, great flavors, and help preserve dishes. Parsley, savory, thyme, and sage chopped together are a delicious combination for dishes. Culinary herbs have a lot of essential oils (giving food a pleasant smell and taste) and essential oils have antimicrobial properties like preventing infection. Putting oregano, for example, in food helps slow bacterial growth and prevents food poisoning. Herbs were the primary preservation technique back in ancient times. Cinnamon, for example, prevents botulism, salmonella, and staph infection.



Irish Moss (Carrageen): Irish moss detoxifies the body and increases metabolism. It is high in mineral and protein content, and good for cellulite, skin, hair, and nails. It strengthens connective tissue, and repairs inflammation or swollen joints. When soaked, Irish moss is an excellent thickener used to transform live nut milks into puddings and flans.



Jicama With a light brown outer skin and white on the inside, jicama is a large, round vegetable high in minerals and water. It's great as an alternative to chips and fries—crunchy and juicy but good for your skin instead of detrimental.



K

Kale I can't say enough about this amazing green—a beauty food that is high in protein, iron, and calcium. A great staple for any salad, kale is really best massaged with lemon juice, olive oil, and Celtic sea salt. Even kids love it, so keep it in the fridge and eat it regularly!



L

Lucuma Lucuma powder is made from the subtropical fruit of the Pouteria lucuma tree, which is native to Peru and Chile. Known as the Gold of the Incas in ancestral times, the fruit is yellowish green and egg-shaped with a dry, starchy yellow-orange flesh. The taste is described as maple or caramel to pumpkin-like. The pulp of the lucuma fruit is dehydrated to produce the lucuma powder, or flour, which is marketed primarily as a flavoring...a very delicious one at that. We are now using lucuma to “love up” our beauty shakes and live deserts, so have a go at it and try.



Mangos Mangos are a member of the poison ivy family, but they are very yummy nonetheless. For those who don't have a history of poison ivy or poison oak contact dermatitis and are therefore not at risk of an allergic reaction, mangos are dripping with benefits—high in protective antioxidants for the eyes and skin and abundant in betacarotene and alkalinizing enzymes.

Maple Syrup Maple syrup is high in antioxidants and minerals, but it is not a raw food. It takes 40 gallons of maple sap to make 1 gallon of maple syrup. Maple syrup comes in three grades. Grade A is more refined, so Grade B or C is recommended, because the darker the syrup, the more minerals still contained within it.

Mint Family You can recognize mint family members with its square stem and alternate and opposite facing leaves. Basil, oregano, thyme, lavender, rosemary, marjoram, catnip, lemon balm, spearmint are all part of the magical mints.



Nutritional Yeast Nutritional yeast is high in phosphorous and because of the high B vitamin content, shows up yellowish in urine. Nutritional yeast does not aggravate candida, but can cause bloating. It is one of the only vegan sources of B12.

Nightshade Vegetables

Nightshade vegetables can cause inflammation from an alkaloid called solanine. Solanine can inhibit B vitamin and calcium absorption. Potatoes are members of the nightshade family, but sweet potatoes are not. That said, other nightshades are the beloved eggplant and even tomatoes. So when looking for what may be irritating your mouth and skin, start here...and use these foods in moderation.

Nutmeg Nutmeg can be very toxic for the liver in large quantities, and it is one of the original derivatives of the drug ecstasy. The smell of nutmeg can help with substance abuse. Small amounts are fine to use. Also said to have a mild aphrodisiac effect.



Orange Orange foods (foods that are the color orange) are good for the lungs and eyes; Oranges themselves support the skin and aid the body in digestion. They are considered alkalizing.



Paprika Paprika contains bioflavonoids that strengthen capillaries.

Parsley Herbs Parsley herbs are recognizable by their flowering seed heads that look like umbrellas. Parsley, fennel, dill, anise, coriander, celery, carrots, parsnip and caraway are in the parsley (Apiaceae) family.

Pectin You can lower your cholesterol with tomatoes, apples, or carrots, because the pectin in these fruits bind with cholesterol and remove it from the body.

Pepper Pepper preserves foods and is antimicrobial.



Q

Quinoa Quinoa (pronounced keen-wah) is an amazing little seed that is high in protein and has higher water content than other grains and seeds when soaked or cooked. You can use quinoa food as a substitute in many dishes that typically contain gluten, like tabouli or oatmeal. It's a main staple in South America and is considered their rice. Use instead of rice in soups, as porridge, or for a heart-satisfying salad.



R

Root Foods Roots help you feel grounded. They are usually very high in Vitamin C, and they are sweet, so they attract healthy bacteria in the soil. Carrots, beets, rutabaga, burdock, parsnip, and turnip are all wonderful root crops.



S

Salt Salaries used to be paid in salt hence the root of the word, which stems from salt. I recommend unrefined, non-white salt such as Celtic sea salt or pink Himalayan salt. They are mineral-rich, help to promote a healthy pH balance in the cells, and actually help to regulate the water levels in the body.

Saffron The most expensive spice in the world, taking 7,000 saffron flower crocuses to make 1 ounce. With a beautifully distinct flavor, saffron is an antioxidant and is known to be a digestive aid with antiseptic properties. It is also an anti-depressant.

Spices Cayenne, black pepper, and cinnamon are spices that all come from different families. Cinnamon, cayenne, and ginger stabilize blood sugar levels and are good for diabetics. Spices prevent food from spoiling.

Squash Squash is from the gourd family, and it is a relative of watermelon, cucumber, and pumpkin. Squash is technically considered a fruit because the seeds are inside. Summer squash has higher amounts of potassium and vitamin C, and winter squash is higher in nutrition, especially beta-carotene.

Sweeteners **Agave** is not raw nor low on the glycemic index! Dates and raisins are raw and better to use. You can also use maple syrup, which also isn't raw but is high in minerals. Raw honey is wonderfully sweet, as well as antibacterial and anti-inflammatory, but it is often not considered vegan.



Turmeric Turmeric is revered in Ayurvedic medicine for its anti-inflammatory properties. It is good for gout and helps relieve soreness in the mouth after dental work.



U

Umeboshi Umeboshi paste from Japanese salt plums should be in everyone's refrigerator for emergencies. It will totally cure an upset stomach and is grounding and centering when you feel a little anxious or have had too much sugar. You can use it dressings or simply mix a tablespoon or more in a cup of hot water as a tea. When you travel, bring it with you in little balls.



V

Vanilla Vanilla is the second most expensive spice on the planet because the bee that pollinates it is almost extinct. Vanilla is the fermented orchid pod and comes as an extract, ground, or as the fermented pod itself. It is good for the thyroid.



W

Water Good water means much more than chemically treated water delivered through metal pipes by the city. Having a good bottled water (glass is preferred) to drink and to use to make soups, teas, and other dishes is ideal. And contrary to popular belief, it's important to use good water for things like soaking foods and administering enemas. Because so much water gets used in soaking foods like nuts, grains, and dried fruits, I usually alternate and use the less costly spring water in plastic containers half the time.



Xanthum Also the main ingredient in xanthum gum, xanthum is a powder that acts as coagulant or binder and is often used in gluten-free baking. It's favored by people who are allergic to dairy or have celiac disease.



Zucchini We end our journey through the alphabet with a common squash. It is so amazing that this humble food can be processed using the “spiralizer” to create a substitute for long fettuccini or other pasta shapes. Just add your sauce of choice and enjoy the cholesterol-lowering and anti-inflammatory benefits. Zucchini contains high levels of vitamins A and C and may be supportive for preventing strokes and heart attacks, so enjoy them often.



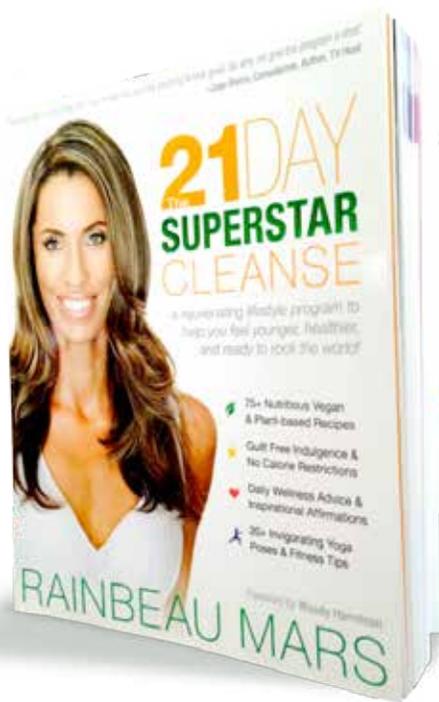
A-Z Superstar Pantry

Quick Reference

Almonds	Mangos
Apple Cider Vinegar	Maple Syrup
Apricots	Mint Family
Buckwheat	Nutritional Yeast
Cabbage	Nightshade Vegetables
Cashews	Nutmeg
Cayenne	Orange
Celtic Sea Salt	Paprika
Chia	Parsley Herbs
Cilantro	Pectin
Coconut Oil	Pepper
Cruciferous vegetables	Root Foods
Dates	Salt
Enzymes	Saffron
Flaxseed	Spices
Garlic	Squash
Ginger	Sweeteners
Greens	Tumeric
Herbs	Umeboshi
Irish Moss (Carrageen)	Vanilla
Jicama	Water
Kale	Xanthum
Lucuma	Zucchini

The 21-Day SuperStar Cleanse provides a fresh start for your body, mind, and soul, and I am excited to support you in discovering how easy it can be to feel radiantly alive and fully aligned with your ultimate potential. I am devoted not only to supporting you to reach your health and beauty goals, but also to discovering—or remembering—the things that make your heart beat faster, the quickening that comes from putting your attention on whatever it is that calls you to your greatness. And if you commit yourself to the process, you are about to have more energy than ever before to actually heed that call!

Blessings,
Rainbeau



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SPECIAL THANKS

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