

9 TIPS TO FOOD PREP & HEALTHY KITCHEN BASICS

Enjoy some basic guidelines that can help us cook more nutrient dense meals while avoiding certain kinds of toxins that occur from cooking and preparing our foods.

1. NUTS, GRAINS, AND SEEDS--OH MY!

The more bioavailable our foods are the better they will be for us. Rinsing, soaking, and sprouting nuts, seeds, and grains can wash away some of the impurities and allow a good amount of the anti-nutrients to become inactivated. Getting into the habit of preparing these foods ahead of time can allow us to truly reap their micronutrients, not just their macronutrients. We'll also experience less bloating, if any, when we inactivate those pesky anti-nutrients.

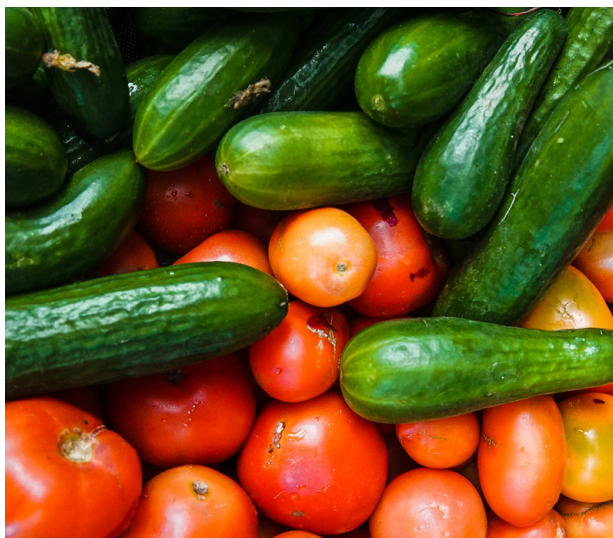


9 TIPS TO FOOD PREP & HEALTHY KITCHEN BASICS

2. PEALING & DESEEDING

There are certain fruits such as cucumbers and tomatoes that should be deseeded and peeled because of the waxes, heavy pesticides, and lectins they contain.

Doing this allows one to reap their benefits and avoid the challenges that come with consuming these fruits. Many people have various skin, gut, and joint reactions to lectins. Choosing organic produce is very important whenever possible alongside from peeling and deseeding these fruits.



3. COOKING OILS/FATS

One of the best products to avoid while cooking in the kitchen is to AVOID all seed oils. That includes: vegetable, canola, grapeseed, cottonseed, corn, soy, sunflower, safflower, and rice bran oil. (Even if organic!) They are some of the major culprits of obesity, inflammation, and degenerative diseases in the United States. Human health has truly never been the same since they were brought to market.

Instead use raw grass-fed butter, or pasteurized grass-fed butter, lard, tallow, ghee, avocado oil, or coconut oil because they not only contain fat soluble vitamins A, D, E, & K but their tolerance for heat is high. Cooking in higher temperatures won't destroy their nutritional content like olive oil for instance. These are MUCH healthier and tastier options than seed oils.



Olive oil has anti-inflammatory benefits for the body when in its raw state. Cooking it destroys many of its touted benefits and may cause inflammation or other health issues since the molecular structure of olive oil changes when heated to high temperatures. It's best to consume it raw or cold pressed to reap their antioxidants and anti-inflammatory benefits.

9 TIPS TO FOOD PREP & HEALTHY KITCHEN BASICS

4. WATER COOKING



Consider incorporating water cooking from time to time. Water cooking is a great way to avoid cooking with fat which is ideal for certain people who have specific health conditions or for anyone who wants to avoid overly cooked fats. Let's face it, even though cooking with animal fats, coconut oil, ghee, butter, or avocado oil is far better than seed oils, we are still consuming fat that has less nutrients than prior to cooking it in high heat. Cooking anything will always destroy and cook off some of the nutritional value. Heating up the food with water or bone broth will avoid the consumption of too much cooked fats that can tax the body's digestive system over time for certain individuals.

5. SEASONING



Seasoning can come either fresh or dried. Both are fine but fresh is always better because of the enzymes! Herbs, typically, should be added towards the end of our cooking in order to retain their medicinal qualities or can preferably be sprinkled on in their raw state. It all depends on the dish we are making and our preference.

One of the best things to avoid are seasonings that contain toxic dyes, fillers, cornstarch, preservatives, additives, MSG (super toxic neurotoxin), and GMO ingredients. It's best and more affordable to grow your own and to always choose organic.

9 TIPS TO FOOD PREP & HEALTHY KITCHEN BASICS



Choosing pure Himalayan salt or Redmond Real Salt can ensure that you don't use a salt that has been ultra processed, contaminated with heavy metals, or mixed with anti-caking ingredients. Symphony Natural Health is a trusted source for Himalayan salt that can be found in my Fullscript Dispensary. This salt along with Redmonds Real Salt contain natural occurring minerals aside from sodium chloride.

6. COOKWARE



When buying glass cookware, plates, or cups please steer clear of buying recycled glass because of the high levels of lead in it.

One can find some wonderful clear glass saucepans and skillets on Ebay and Etsy from the 1930's. These are quality products that are made to last. One just has to remember that they're handling glass so extra caution is needed.

Glass cookware allows us to use citrus or vinegar in our cooking because it won't leach heavy metals into the food. It's the safest option.

A very high quality 18/10 stainless steel is second best. One just has to keep in mind to avoid using metal kitchen tools that can scratch the pan or the use of adding acidic ingredients like ACV, citrus, or tomato sauce as the acid can leach nickel, chromium, and other heavy metals into our food.

It all depends on the quality of stainless steel, usage, age of the cookware, and length of time one cooks with these ingredients.

What is the healthiest cookware to use?

Clear glass is the healthiest cookware we have. Please refrain from buying colored glass as heavy metals may be used to dye it or because it may be made from Pyroceram. This is a ceramic glass material that is made from magnesium aluminosilicate glass with titania. (derived from Titanium).

Heating up aluminosilicate to higher temperatures may cause leaching of aluminum.

9 TIPS TO FOOD PREP & HEALTHY KITCHEN BASICS



This means individuals with higher counts of free iron in their body will absorb more radiation from their cell phones, cell towers, smart devices, etc. than those that don't have a build up of this unique magnetic metal. Free iron causes oxidative damage, inflammation, and perpetuates dysbiosis in the gut microbiome. We have a multitude of studies showing that those who were diagnosed with terrible "COVID-19" symptoms had high amounts of ferritin in their body. (This most probably stems from the consumption of fortified foods, cast iron usage, etc.) Below are several studies showing the correlation of high ferritin levels and COVID-19 severity and mortality.

***PMCID33614024, PMCID7885718, PMCID8604557, PMC7306200, PMC9274159, PMID33236582, PMC9797152

Aluminum pots, pans, baking trays, baking sheets, and aluminum foil.

Unfortunately, this is one of the most common materials used in cookware which is very dangerous. Aluminum is easily leached into the food we're cooking or baking and like most heavy metals, the negative effects aren't felt right away but over time as they bioaccumulate in the body. Aluminum is a neurotoxin that can negatively affect the brain, spinal cord aka central nervous system, peripheral nervous system, gut microbiome, kidneys, lungs, reproductive organs, and cardiovascular system. It is NOT worth it! Heavy metals impair the overall function of enzymes which are required for hundreds of thousands of metabolic functions in the body including our ability to properly methylate and detox from toxins, poisonous substances, and heavy metals naturally.

Ceramic cookware

Ceramic is not non toxic. On the contrary the process of making ceramic cookware requires the use of toxic ingredients. I have called the popular Le Creuset a couple of times and according to their customer service, they don't advertise their cookware to be non toxic just free of lead. This is great but there are many more toxins one can expose themselves to when cooking with ceramic cookware so it's never non toxic.

Stay away from:

Cast iron

One should avoid using cast iron pots and pans because they leach free elemental iron into our food. Iron that isn't even bound to glycine like in supplements but free. This is not a good thing and it can cause many health issues over time as heavy metals bioaccumulate in our tissues which means the ill effects will happen over time and not overnight. Living creatures aren't designed to consume elemental iron. We are created to absorb and utilize heme iron that comes from animals and non heme iron that comes from plants and that's it. Consuming free elemental iron will actually cause a lot of health issues as this heavy metal gets lodged into our tissues, organs, and glands. It's also magnetic which poses even more health risks since iron ABSORBS EMF and RF.

9 TIPS TO FOOD PREP & HEALTHY KITCHEN BASICS

Non-stick pots and pans (Teflon)

These pots and pans are known to house forever chemicals that will leach into our food along with releasing these toxic chemicals into the air. They are one of the worst materials we could use for our cookware so please stay clear of these!

7. STORAGE/UTENSILS



Glass containers are the best and healthiest materials we can use to store our food. It is more expensive than plastic but stores like TJ Maxx and some online retailers provide affordable options.

Wooden utensils that have a smooth finish without a coating are best, followed by high quality stainless steel.

High quality silicon utensils should be safe but some studies say that silicon heated over 300 degrees leaches siloxanes into our food-- especially food that is high in fat. (Remember toxins are always drawn to fat.)

Cutting boards come in all kinds of materials but you probably realize by now that the best materials are made from natural fibers like uncoated wood, bamboo, along with clear glass. Glass may be heavier and more vulnerable to cracking so keep that in mind.

One can slowly make the switch from plastic to glass over time. The majority of us can't afford to switch everything we own that poses toxic health risks from one day to the next. Prioritizing, planning, and saving for healthier materials to cook and store our food in will happen over time. So please don't feel bad if you can't make the switch as quickly as you'd like.

I will say that switching over the most toxic materials first would make the most sense. This would be whatever cookware we use that leaches heavy metals or forever chemicals like aluminum pots/pans/foils, non stick cookware, and cast iron pots and pans.



9 TIPS TO FOOD PREP & HEALTHY KITCHEN BASICS

8. PLEASE AVOID



The Microwave

There is one kitchen appliance that offers very little benefit but can potentially pose adverse health risks when used over time. That is the microwave. It radiates the food with non ionizing radiation which impairs the enzymes, amino acids, vitamins, and minerals that are supposed to bring nourishment to our bodies and brains. This radiation is not ionizing radiation as found in X-rays but nonetheless, it's a mode of "cooking" one's food that may interfere with the quality of nutrients in the food. It breaks apart the bonds of food by vibrating them quickly which in turn is how the food gets cooked. (They vibrate at 2.4 billion times a second!) Therefore, microwaved food is not the same as food cooked by other means since the radio waves penetrate the food more deeply while separating and vibrating its bonds. This is noteworthy and may possibly be the reason why microwaved foods tastes and even sometimes looks different from food cooked in other ways.

Additionally, most microwavable foods come in plastic containers which when heated, could introduce microplastics into the food we eat. Heating up the various chemicals that plastics are comprised of and having that leach into our food is just asking for trouble.

Aside this, according to experts, the amount of RF flooding out of the microwave travels at least 15 feet from the microwave and can penetrate through walls. You can test it for yourself using

an RF meter. The microwave, being an electric appliance, also produces EMF like other electric appliances when turned on aside emitting RF.

Fried Food

Frying or deep frying our food damages the nutrients in it making them less utilizable by the body. Consuming these foods increases the risk of inflammation, oxidative stress, free radical damage, arterial plaque, cellulite, obesity, heart disease, fatty liver, gall bladder stones, accelerated aging, and more! One would even ask the question as to what is the point of consuming fried food when they don't provide adequate nourishment yet bring so much baggage with them?

Natural food is meant to provide nourishment but unfortunately fried food provides denatured/damaged nutrients. Our pancreas has to produce even more enzymes to break this food down. It also burdens the gall bladder and liver because they have to now work on not only breaking down the fried fat that is toxic but also putting out the fire these toxic compounds will create in the body. Moreover, all of this work requires energy. To produce this energy requires nutrients and if the person doesn't feed themselves sufficient nutrient dense, enzyme rich foods regularly, their body will have to go into its nutrient stores in order to combat with this excess stress. (Our nutrient stores come from our fat, bone, teeth, hair, skin, collagen, joints, connective tissue, etc.)



9. PLASTIC & CLING WRAP



Saran wrap or plastic wrap is very useful tool when it comes to storing left overs however it may come at a price if it touches our food since it has a more sticky texture. This sticky texture, believe it or not, is derived from a type of chemical adhesive which is why it's best that our food doesn't come into contact with it.

More and more people are becoming aware of the toxic chemicals that are found in plastic products. Consuming these tiny microplastics in our food can lead to significant adverse effects over time as they negatively impact the liver and other bodily systems. A vast majority of women are estrogen dominant and for good reason since plastics contain xenoestrogens that mimic estrogen leading to an imbalance in our hormones. Softer plastics have higher amounts of phthalates in them which is why the softer plastic water gallon sized containers taste way worse than the gallon sized containers using a harder plastic. Distilled water typically comes in these soft gallon containers so I don't recommend drinking distilled water from plastic containers due to the nature of distilled water.

It's important to know that certain toxins bioaccumulate in the body's organs, glands, and tissues so it's important to be proactive in mitigating exposure to them.

Opting for glass containers is ideal for storing our food. Here are some helpful solutions we can use to use plastic wrap safely.

- 1) When filling the storage container with food, make sure to fill it just below where the plastic would come into contact with the food.
- 2) Don't put plastic wrap or cling wrap over food that's warm or hot. Let the food cool down before covering it.
- 3) If you have to fill a container all the way, get zip lock bags and place over the food before using plastic wrap or cling wrap so that the sticky plastic doesn't touch the food. The zip lock bags will protect the food from the sticky plastic glue.

As an alternative to plastic wrap or cling wrap, consider purchasing reusable beeswax wraps. They are cotton fabrics that are coated in beeswax and can be reused over and over. It's a much healthier and sustainable option and they come in a variety of different sizes, colored, and patterns. They sell them online, different health stores as well as Target, etc.

You may just find that you won't be using much plastic wrap or cling wrap at all when you start using these. They're really fantastic!



9 TIPS TO FOOD PREP & HEALTHY KITCHEN BASICS



A Healthy Life
Is Within Reach

Following these basic guidelines in the kitchen when preparing or cooking our food can drastically mitigate unnecessary exposure to a variety of harmful heavy metals, plastics, xenoestrogens, radiation, and anti-nutrients that can burden our liver and overall well being over time. Good habits do indeed make a positive difference for the overall health of our minds, bodies, and souls!

"An ounce of prevention is worth a pound cure."
~Benjamin Franklin

In good health always.

God bless you and your loved ones...

Catherine Bianca

-If you found this information to be useful, let me know! I'd love to hear from you. You can email me at BalancedNutritionAndDetox@gmail.com or DM me on IG.