

THE QUICK START GUIDE TO THE DR. VENUS DIET

Nourish & Heal Your Body
To Look & Feel Great



DR. VENUS

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Introduction

This quick start guide is meant to provide a brief overview of the Dr. Venus Diet which centers around minimizing chronic inflammation and maintaining gut health. By reviewing its main features in a simple format, the goal is to give you the information you need to adopt the diet as you continue on the path toward a healthier lifestyle.

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1. Why Do The Dr. Venus Diet?

Inflammation is a natural process in the human body. It helps the body heal from injury or illness. It is the immune system, the body's response to a threat. However, sometimes it can get have undesirable effects when it's in response to toxic foods. When inflammation becomes chronic due to repeated exposure to such toxins, it can lead to weight gain, worsen insomnia, cause digestion problems, and increase the risk of conditions like cancer, arthritis, diabetes, and heart disease. By adopting the right diet, removing the foods that can trigger inflammation, you can do a lot to optimize your health. This is not just a diet, but a lifestyle change which focuses on decreasing chronic inflammation. The primary goal is not to lose weight. The true objective is to get healthy. There just happens to be the added benefit of a lean physique!

Moreover, the Dr. Venus Diet is not a plan that you stay on for a short duration, then toss aside once you've achieve a weight loss goal. It involves eating food that maintains your health by regulating the inflammation in the body. Weight loss diets will come and go, and while some may work temporarily to lower the number on the scale, many create larger problems over time due to the fact they rob the body of nutrients and may even contribute to inflammation. Because the Dr. Venus Diet aims to reduce chronic inflammation, your results can be life-changing. Anyone who suffers from stress or exhaustion, has trouble shedding unwanted fat, or perhaps experiencing joint pain or digestive problems may be victims of inflammation and could greatly benefit from adopting this diet.

2. What Does The Gut Have To Do With It?

60 to 70% of the body's immune system is located in the gut. So if the gut is not healthy, then the immune system can go awry and then inflammation can become a problem. When restoring or maintaining gut health, a key factor to address is the balance of "good bacteria" and bad bacteria" in the gut.

Probiotics are the beneficial bacteria that make up the naturally occurring flora of the digestive tract. These "good bacteria" work to prevent invasion by harmful organisms, boost the immune system, maintain the gut lining, and increase the absorption of various amino acids, vitamins, and minerals. When there is an overgrowth of "bad bacteria" in the gut, these bacteria produce substances that can increase inflammation throughout the body. Causes of this overgrowth can be stress, alcohol consumption, processed foods, and excess carbohydrate intake.

To restore or maintain the balance of "good" versus "bad" bacteria, you can consume probiotic foods. Look for fermented foods like kimchi, sauerkraut, green olives (that are salt water-brined), and kombucha. You can also eat prebiotics which are indigestible dietary fibers that nourish the "good bacteria" of the gut.

Examples of prebiotic foods:

- Onions
- Leeks
- Radishes
- Carrots
- Tomatoes
- Coconut meat
- Jicama
- Asparagus
- Yams
- Flaxseed
- Chia seeds
- Bananas
- Garlic
- Chicory root

- Dandelion greens
- Jerusalem artichoke

Great tip: Dark chocolate is a source of both prebiotics and probiotics. The recommendation is to limit dark chocolate to 3/4 ounce per day and to choose varieties that are at least 70% cacao content.

3. What's In The Dr. Venus Diet?

The main components of The Dr. Venus Diet are the following:

1. Plenty of fruits and vegetables
2. Lean protein (poultry and fish)
3. Healthy oils/fat
4. Herbs and spices with anti-inflammatory properties
5. Whole grains, like oats and brown rice
6. Prebiotic and probiotic foods

These are the general guidelines:

1. Consume at least 25 grams of fiber every day to reduce inflammation. More specifically, it should be 14 grams of fiber per 1000 calories eaten.
2. Consume at least 9 servings of veggies and fruits each day.
3. Eat a serving of legumes like lentils, chickpeas, and black beans 2-3 times a day. As they are rich in folic acid, magnesium, Potassium, and soluble fiber.
4. Pack into your diet plenty of vegetables. Include alliums (like garlic and onion) and cruciferous vegetables (like broccoli and cauliflower). Other great choices are broccoli, kale, Swiss chard, Brussels sprouts, and bok choy. Rich in flavonoids and carotenoids, they help to fight inflammation. They can be eaten both raw as well as cooked (however, note that frying often destroys nutrients).
5. Limit sugar consumption. If you have a strong sugar craving, try an 3/4 ounce of dark chocolate (at least 70% cacao) or a piece of fruit. Here's one tip about dark chocolate – check if your dark chocolate is “processed with alkali.” Processing with alkali reduces the amount of flavanols which are the substances responsible for dark chocolate's healthy benefits.
6. Whole fruit is allowed. Avoid fruit in jam or pureed form (that includes a dehydrated puree like a fruit “roll-up”). Fruit is a natural source of sugar in the form of fructose. Fruit has a lot of fiber, water, and significant chewing resistance, so it takes time to digest fruit. Since the fructose is absorbed slowly, it does not cause the sugar spike that can lead to inflammation.
7. Eat a serving of berries (like raspberries, strawberries, blueberries, cranberries, and

cherries) 2-3 times a day. You may also choose fruit like pears, apples, peaches, and pomegranates that are rich in flavonoids and carotenoids which show anti-inflammatory properties. Choose fruit that is in season, and it is best if the fruit is organic.

8. Limit red meat. When you do eat it, choose organic meats that are grass fed (if beef) or pasture-raised (if pork or poultry).
9. Consumption of saturated fats should be kept 10% of your daily calories.
10. Consume food rich in omega 3 fatty acids like salmon, mackerel, walnuts, and ground flaxseed.
11. Eat fish at least three times in a week. Choose fish that is high in omega 3 fatty acids and low in mercury like salmon, freshwater trout, tuna (bluefin or albacore), and mackerel (Atlantic or Pacific).
12. Consume oils that are rich in healthy fat like olive, avocado, and coconut.
13. Use phytonutrient-rich herbs and spices like garlic, ginger, turmeric, oregano, cinnamon, rosemary, and parsley.
14. Eat a serving of whole grains like oats, buckwheat, and brown rice 2-3 times a day. As they digest slowly, the spike in carbohydrates is gradual which reduces the inflammatory potential. Eat it in whole grain form, not the flour products of it.
15. Consume at least 1 serving of prebiotic food daily. (Foods like oats, apples, garlic, onions, leeks, asparagus, bananas, and seaweed.)
16. Enjoy organic fermented soy products like miso, natto, and tempeh. Soy contains isoflavones which have an antioxidant property helping to fight inflammation.
17. Don't forget to drink plenty of water. Water is an essential part of your body, and can be ingested in the form of plain water, fruit-infused water, unsweetened tea, or sparkling water. If you want an estimate of what is appropriate for you, a range of ½ ounce to 1 ounce of water per pound of your body weight is a good place to start. My best advice is to check when you empty your bladder – if you “pee” clear, then you’re drinking enough water.
18. It is estimated that one in four adults have been confirmed to have some sort of difficulty digesting any kind of milk, reacting to either the lactose, casein, or whey. So it's best to avoid dairy products like cheese, butter, and animal milk.
19. Avoid gluten. Gluten intolerance appears to have increased in the past 50 years. By one estimate as many as 18 million Americans have some form of gluten intolerance.
20. Avoid processed food at all costs.
21. Stay away from items which are made up from processed oils (like soybean oil and corn

oil). Commercially-bought french fries are often cooked in processed oil.

22. Limit alcohol. Although red wine is good for your health in limited quantities, some people can develop a dependence problem with alcohol. Alcohol does have anti-inflammatory effects, but findings from research studies showed the benefit with 5 to 10 grams of alcohol daily. That is less than 1 glass of wine per day.

4. Your Pantry Makeover

What do you need to put on your shopping list?

Let's start with the basics:

Spices

- Turmeric
- Garlic
- Ginger
- Oregano
- Cinnamon
- Sage
- Rosemary
- Parsley
- Cloves

Staples

- Rice: Brown rice - include it in your lunch, or you can make rice porridge and include it as breakfast.
- Other whole grains: oats, buckwheat
- Olive oil: Use extra virgin type to dress salad. Use virgin or refined type as cooking oil.
- Vegetables in the allium family (like garlic, onions, leeks, and shallots)
- Cruciferous vegetables such as broccoli and cauliflower.
- Leafy vegetables like kale, spinach, and bok choy.
- Fruits and berries: strawberries, raspberries, cherries, apples, peaches, pears.
- Legumes: lentils, chickpeas, and black beans.

Meat/Eggs

- Limited red meat: organic grass-fed beef, organic pasture-raised pork
- Organic pasture-raised chicken
- Eggs: pasture-raised

Fish:

- Salmon, tuna (bluefin or albacore), and mackerel (Atlantic or Pacific).

5. BONUS Recipes

Cherry-Almond Porridge

3 servings

Ingredients:

- 1.5 cup regular gluten-free oats (not instant)
- 4 tablespoons chia seed
- 3-4 cups of organic almond milk
- 3 tablepoons raw cacao
- pinch of natural monkfruit sweetener (powder)
- chopped or sliced almonds
- fresh cherries, pitted and halved (may use frozen)
- dark chocolate shavings (at least 70% cacao)

Preparation:

- Mix oats, chia, almond milk, cacao and stevia in a saucepan.
- Bring to a boil over medium heat.
- Simmer over lower heat until oats are cooked (about 5 minutes).
- Pour 1 serving into a bowl and top with almond, cherries, dark chocolate shavings to taste.

Cucumber Salad

4 servings

Ingredients:

- ¼ cup olive oil
- ¼ cup balsamic vinegar
- 1 tablespoon fresh rosemary, finely chopped
- 1 tablespoon organic Dijon mustard
- 2 large cucumbers, peeled and chopped

Preparation:

- Mix olive oil, balsamic vinegar, and rosemary in a saucepan over low heat for 5 minutes. Remove from heat. Stir in mustard vigorously.
- Place chopped cucumbers in a bowl and pour olive oil mixture over the top. Toss lightly to mix.

Mediterranean Tuna Salad

4 servings

Ingredients:

- 2 five-ounce cans of tuna packed in water
- 1/4 cup chopped green olives (salt water-brined)
- 2 tablespoons minced red onion
- 2 tablespoons chopped fire roasted red peppers
- 2 tablespoons chopped fresh basil
- 1 tablespoon capers
- 1/4 cup homemade olive oil mayo (recipe below)
- 1 tablespoon lemon juice
- Himalayan salt, to taste
- Black pepper, to taste

Preparation:

- Drain the tuna, then add it to a big bowl.
- Add chopped olives, minced red onion, chopped fire-roasted red peppers, chopped fresh basil, capers, olive oil mayonnaise, lemon juice, salt, and black pepper.
- Mix thoroughly. You may want to serve with sliced cucumbers.

Homemade Olive Oil Mayo**Ingredients:**

- 1-1/4 cup of light olive oil

- 1 egg
- 1/2 teaspoon mustard powder
- 1/4 teaspoon ground Himalayan salt
- Juice of 1 lemon

Instructions:

- IMPORTANT: All ingredients should be at room temperature.
- Take just ¼ cup of olive oil and mix thoroughly with the egg, mustard powder, and salt in a bowl, blender, or food processor.
- While the food processor or blender is running (or while mixing in a bowl), SLOWLY drizzle in the remaining 1 cup of olive oil.
- After adding all the oil and once the mixture has emulsified, gently stir in lemon juice to taste.

Spice-Rubbed Roasted Salmon with Lemon Garlic Spinach

3 servings

Ingredients:

- 1/4 tsp Himalayan salt
- 1/4 teaspoon cumin, ground
- 1/4 teaspoon coriander, ground
- 1/8 teaspoon cinnamon, ground
- 15 oz. wild salmon filets
- 1 cup, sliced onions
- 1/2 tsp light olive oil, plus enough olive oil to lightly coat baking dish
- 1/4 tsp minced garlic
- 6 oz baby spinach
- 1/2 tsp lemon zest
- 1/2 tbsp lemon juice
- 1/8 tsp ground Himalayan salt

Preparation:

- Combine first 4 ingredients (spices) and rub them over the surface of the skinless fish fillets.
- Place onion in an 8x8-inch baking dish coated with olive oil (you can take a few drops of olive oil at spread it over dish with paper towel).
- Place fish on top of onion; bake at 400° F for 20 minutes or until fish flakes easily when tested with a fork or until desired degree of doneness.
- To prepare spinach, heat oil in a nonstick skillet over medium heat. Add garlic to pan; cook 1 minute.
- Add spinach; cook 4 minutes or until wilted, stirring frequently.
- Sprinkle spinach mixture with lemon zest (grated rind) and 1/8 teaspoon salt. Stir in lemon juice; remove from heat.
- Place salmon on serving dish. Arrange onions and spinach evenly around salmon.

Crock Pot Chicken and Quinoa

4 servings

Ingredients:

- 16 oz boneless skinless chicken breast
- 1 cup quinoa
- 4 1/2 cup water
- 2 tsp, ground thyme
- 1/2 tsp ground Himalayan salt
- 3 medium carrots
- 3 stalk, medium (7-1/2" - 8" long) celery
- 1 medium (2-1/2" diameter) onion

Instructions:

- Peel and cube the carrots.
- Slice the celery.
- Remove any skin from onion, then mince the onion.
- Mix all ingredients into a slow cooker.
- Cook on high for 4 hours (or on low for 8 hours).

Baked Carrot Fries

1 serving

Ingredients:

- 1 large carrot
- 2 teaspoons light olive oil
- 1 teaspoon garlic powder
- 1 teaspoon dried parsley
- Ground Himalayan salt, to taste
- Ground black pepper, to taste

Instructions:

- Slice carrot into French fry-shaped pieces and place them in bowl.
- Add olive oil, garlic powder, dried parsley, salt, and pepper.
- Toss and stir to evenly distribute oil and spices over the carrot pieces.
- Place carrot fries on a baking dish, spreading them evenly.
- Bake at 400° F for 20 to 25 minutes.

Light Cabbage Salad

8 servings

Ingredients:

- 5 cups cabbage, thinly sliced
- 2 cups carrot, thinly shredded
- 1/3 cup fresh dill, finely chopped
- 1/2 teaspoon ground Himalayan salt
- 1/2 teaspoon ground black pepper
- 1 tablespoon extra virgin olive oil

Instructions:

- Mix all ingredients, pressing the mixture with your hands to soften the cabbage.
- Serving suggestion: Garnish with a sprig of fresh dill.

Conclusion

You have learned about inflammation and the havoc it causes, if unchecked. You have also learned the various food choices that can decrease chronic inflammation and maintain gut health.

Armed with these recipe ideas and a basic pantry list, you can easily get started with the Dr. Venus Diet. Enjoy your diet revolution and the energy boost you'll experience as you achieve your fittest self!

If you would like me to guide you step-by-step through implementing a healthy nutrition program in a way that actually fits in your busy lifestyle, I invite you to join me at **Team Dr. Venus.
www.DoctorVenus.com/JoinTheTeam**