

WHEN IT'S SMOKIN' IT'S COOKIN'

Kitchen

BLOOPERS

How to choose a

watermelon

Lemonade

From scratch

Dr. Mom
do it yourself

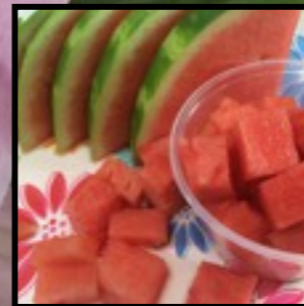


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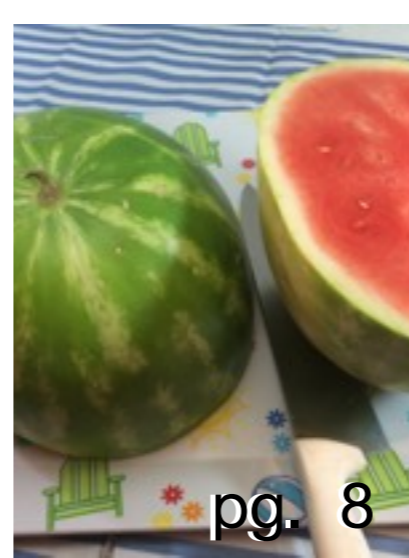
Scrambled Ice Cream

Rock Cookies

Flat Cup Cakes

Egg Drop Frosting

www.WhenItsSmokinItsCookin.com



Forward

“Let your food
be your
medicine
&
your medicine
be
your food”
-Hippocrates’

For years we have been helping people overcome illness through diet, exercise, herbs, attitude and vitamins.

People are constantly asking us for recipes, classes and help with every day ailments. This magazine is our attempt to spread our knowledge to the world one issue at a time. To empower people everywhere to improve their health and cooking skills along with their ability to take care of their families health needs.

Join us on our journey!

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Recipes

For years people have been asking us for recipes, so here they are!

Through our health clinic and life, we have helped people from all walks of life and everyone is at a different level with food. Our recipes will vary from beginner cooking and diet, to the healthiest food practices and techniques known to man.

Don't be afraid to cook!

A young child with light hair, wearing a floral dress, is sitting on a wooden deck. The child is holding a clear glass bowl with a yellow slice of fruit (possibly a lemon or lime) inside. The background shows a wooden railing and a view of a landscape with hills under a cloudy sky.

Food is good
But
People say
ours
is better!

Veronicas Potato Salad

This is our families favorite Potato Salad. Works great for picnics and tastes great without the eggs

2 1/2 pounds Potatoes

1 cup mayonnaise

1 teaspoon salt

1/2 cup celery chopped small

1/2 cup onions diced small (=1/2 of medium onion)

1/2 cup sweet Gherkins pickles cut small (I like 'Vlasic' brand).

Directions:

peel potatoes, cut into 1 inch cubes and boil 'til fork tender (don't over cook or you will have mashed potato salad), drain and cool to room temperature or colder. Combine all ingredients in a large bowl and mix until well-combined and creamy



Harmonious Food Combinations

Concentrated Protein

mammal, fowl, fish, eggs, cheese.



**DO NOT
COMBINE**

Concentrated Starch

Definitions: Starch / Carbohydrate

Starch the way they were created right out of the earth. Carbohydrate is a starch that man modified or fortified. **Examples:** Starch brown rice carbohydrate white rice. There is a big difference. One is food the other is not!

Vegetables
Potatoes.



**It's all about
Digestion**

GOOD

GOOD

100% Corn

meal, grits, pop corn, polenta, tamale corn (masa), corn tortillas, corn tortilla chips, taco & tostada shells (Corn oil must be organic)



Neutral

Vegetables Fresh

artichokes, asparagus, avocado, bamboo shoots, beets and tops, bell peppers, broccoli, brussel sprouts, cabbage (all kinds) carrot, cauliflower, celery, celery root, chicory, chives, collards, corn, cucumber, dandelion, eggplant, endive, garlic, green beans, jerusalem artichoke, jicama, kale, kohlrabi, leeks, lettuce (all kinds), mushroom, mustard greens, okra, onion, parsley, parsnip, peas & pods, radish, rutabaga, scallion, sea vegetables, spinach, spring greens, squash (all kinds), string beans, sweet potatoes (all kinds yams) swiss chard, tomato, turnip, watercress, green & red chili, jalapeno



Fats & Oils

organic coconut oil, butter, virgin, extra virgin, cold or expeller pressed.



Sweeteners

raw honey, molasses, real maple syrup, agave, stevia & coconut tree sap.



Sprouted

legumes, grains, nuts, seeds & sprouted grain breads.



Fermented

grains, vinegar, vegetables, & hypocrites tea.

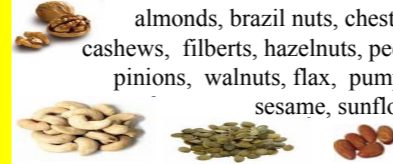


Herbs, spices & salt



Nuts & Seeds Raw

almonds, brazil nuts, chestnuts, cashews, filberts, hazelnuts, pecans, pinions, walnuts, flax, pumpkin, sesame, sunflower.



**Dry Fruits & Nuts
VERY GOOD**

Grains whole

amaranth, barley, buckwheat, millet, oats, quinoa, rice, rye, spelt, triticale, wheat etc.



Legumes dried

beans (all kinds), lentils, peas & peanuts.

Fruits fresh or dried

banana lasts 45 minutes watermelon, cantaloupe, honeydew lasts 10 minutes apples, apricot, berries, cherry, currant, date, fig, grapefruit, grapes, kiwi, lemon, lime, mangoes, nectarine, orange, papaya, peach, pear, pineapple, persimmon, plum, pomegranate, plum, prunes, raisins, tangelo, tangerine lasts 15 to 30 minutes.

Eating fruits for a meal or snack means continuing to eat it until 10 to 45 minutes before the next meal. The minutes indicated by the fruit are how long it lasts as fuel in the body before you could feel hungry again. Eating a piece of fruit at 7:am expecting it to last until noon is unrealistic.



Consume 1 Qt. water per 40 lbs. of body weight. Drink PH balanced water. Add 1 tsp. baking soda per 1 gallon water (RO or distilled).

Health & Weight Loss Clinic

Dr. Michael E. James NMD

888-388-4413

www.drugfreehelp.com

This **FREE video** will change your relationship with food and slay the food dragon that makes fire in your belly and trouble in the bathroom.

click here

After meals do you:

- get bloated
- feel groggy
- need a nap
- have heartburn
- feel famished within an hour
- battle acid reflux



POTATO SALAD

submitted by Betty

PREP TIME:



Eggs

1 submerge in cold water in large pan. Bring to a boil. Let boil for 15 minutes. Remove from heat and put the pan in the sink under a stream of cold water. Continue running cold water into the pan until the water on the eggs is just warm (not cold). Peel, rinse, and chop into chunks.



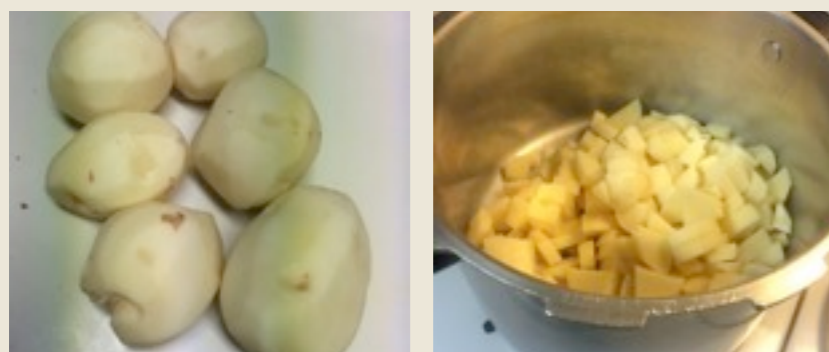
3 Dill Pickles

dice super tiny



2 Potatoes

Potatoes: peel, wash and cut into 3/4" - 1" pieces and place in a large pressure cooker. Cover with water. Bring up to pressure, then set timer for 1 minute. Remove from heat and place in sink under stream of cold water until pressure is released.



If you don't like traditional potato salad, try this recipe it tastes amazing and stores well.

INGREDIENTS

- 10 lb Red Potatoes, diced 3/4 - 1"
- 18 Eggs, boiled, chopped
- 2 1/2 C Dill Pickles, chopped
- 2 1/2 C Mayonnaise
- 6 T Mustard
- 1 T Salt
- 1 1/2 t Black Pepper

4 In a large bowl, place all of the cut eggs, the mayonnaise, mustard, pickles, salt & pepper.

Drain all excess water off of the boiled potatoes into the sink, then dump the hot potatoes into the bowl.

Stir until evenly combined.

Watermelon on the Run

“When Granddad was a teenager he did crazy things I wouldn’t dream of. He and his friends raided the local watermelon patch, at night, on a regular basis. The owner decided he had had enough of those teenagers so he injected the watermelons with a laxative. He did it in a way that they couldn’t tell it had been done. So, the next time they raided the patch and ate their fill they spent the whole ride to town on the running boards of the car; girls on one side and boys on the other, driving slow and jumping off and running for the trees as needed.”



Do you have a great recipe, from scratch?

Share your recipe with us and earn **\$50.00**

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How to Choose a Watermelon

It summertime, time for picnics with the family, parties on the lawn and fireworks, so you go to the grocery store to get a watermelon and find yourself in front of the watermelon stand trying to decide which one would be best to purchase. You decide that the one that looks a beautiful shade of green is the one for you. You take it home and cut it open only to find that it wasn't quite ripe. It's a light pink color but it's what you've got; so you serve your family a watermelon that tastes more like a cucumber. This is not how watermelon is meant to taste. It's meant to be sweet and have a rich red color in the middle; but how do we find the holy grail of watermelon? Here are a few helpful hints for the next time you want the crimson summertime pulp.

When looking at the watermelon you want to look at it on all sides. The underbelly or flat side of the watermelon should be a yellow color. This indicates that the melon has been on the vine longer and was able to ripen on the vine. When a fruit ripens on the vine, it is often much sweeter than a fruit that was picked early and ripened on the countertop. You want to look for "beestings". These are crinkly parts of the skin that look

like cracks, which are good. They are kind of a watermelon equivalent of stretch marks and show that the watermelon is full grown. You also want to feel the skin of it, it should feel firm to the grip, not spongy. Looking at the watermelon is a good indicator, but one more trick people rely on is how it sounds. I'm sure we've all seen people knock on the watermelon with it close to their ear. Those people aren't waiting for a little man inside to let them "this is a good one." They are listening for a hollow sound. For those of you who aren't sure what a hollow sound is, it basically means the melon sounds empty, but in reality it's very full. The sound is just the fruit having expanded away from the walls leaving more room for the juice. When you lift the watermelon it should be heavy or kind of dense. This is a sign of a very juicy melon.

There you have it. The next time you go to the grocery store with watermelon on your list try a few of these tips and see if you can find the perfect watermelon of the season.

The **ULTIMATE** Daily Cleanse and Detox

The Answer
Wow Pack

Do you suffer from one or more of these common health issues?

- * Overweight
- * No Energy
- * Bloating
- * Foggy Memory
- * Commonly ill
- * Constipation
- * Stress
- * Indigestion
- * Can't Focus
- * Joint Pain
- * Underweight
- * Cravings



Buy one TODAY!

DISCOVER WHY EVERYONE IS SAYING, "WOW!"

Buy Now at

www.DrugFreeHelpStore.com

or call us at 1-888-388-4413



Cubed Watermelon

Most kids love watermelon but we don't always have time to get it out, cut it up, and eat the whole thing. A great solution is to "cube" a melon and put it in air tight containers in the fridge so anyone can grab it and go. It is also great frozen! Just put your cubes in freezer bags or containers and freeze for a few hours. It lasts longer in the freezer.

PREP TIME:



1 melon Prep

- cut your melon in half.
- set one half aside
- lay the other half face down
- cut it in quarters
- lay one quarter on its side
- cut one inch slices



2 slice

run knife horizontally toward rind in 1 inch segments



3 cube watermelon

run knife vertically toward rind 1 inch segments. This creates cubes



4 along the rind

run knife along the rind to release the remaining fruit.



5 Storage

place in airtight container. Store in refrigerator.

Watermelon Sticks

The perfect handheld treat for those hot summer afternoons. Fits nicely in your hand, reduces mess all over your face and wows company because of the unique shape. Not to mention that kids love it!!

PREP TIME:



1

Take your perfect watermelon
and cut it in half



2

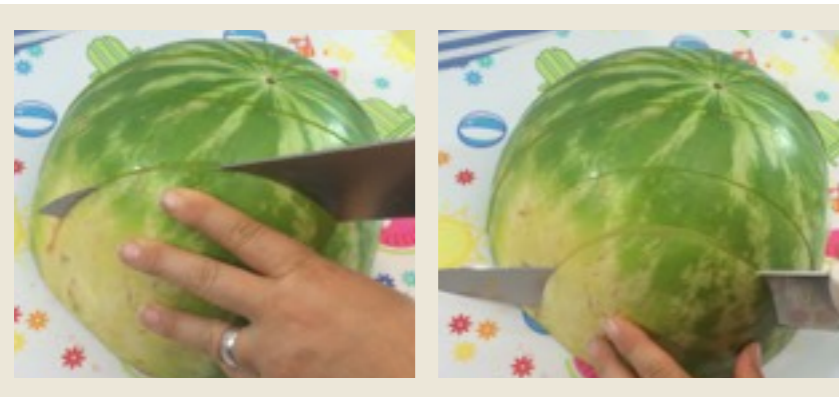
Half of your watermelon
turn it face down on a cutting surface

4

Turn the melon or tray
so that you can cut going the other direction, Cut 1 1/2 apart again

5

eat up and enjoy!!
helps keep kids cleaner than cutting it into wedges wows company because it is different!



3

cut lines 1 1/2 inches apart
starting at the center and working forward
and then do the back





Homemade *Lemonade*

What a refreshing way to stay hydrated during those hot summer afternoons!

Ingredients

1/4 cup of fresh squeezed lemon juice (about 2 lemons)

1/3 cup of raw sugar or honey

a pinch of sea salt

8 cups water

Mix all ingredients together, add ice and a few wedges of lemon and you are done. The salt in this recipe tones down the tartness of the lemons and makes it taste better with less sweetener.

www.WhenItsSmokinItsCookin.com

Dr. MOM

Chapter 3

Has someone in your family been sick and you wanted to help but didn't know how?

Here are some helpful tips and tricks to get you on your way.

*These are just things that have worked for us over the years, so please consult your physician before trying anything new.

The art of Oil Pulling

Why oil pull:

Boosts your immune system, prevents heart disease, clears acne, kills bad breath, whitens teeth, heals/prevents cavities, removes teeth stains, and pulls toxins from your lymphatics...

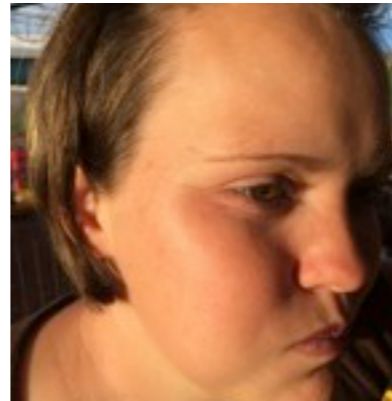
Step 1:

Put 1-3 teaspoons coconut oil into your mouth.

Step 2:

Gently swish the oil around in your mouth without swallowing it. Move it around through your teeth, as if it was mouthwash but don't gargle. I reiterate do not swallow! You'll find that the oil will start to get watery as your saliva mixes with it. Keep swishing. Relax your jaw muscles and use your tongue to help move the liquid around the inside your mouth. If your jaw muscles get sore while swishing, you're putting too much effort into it. When you do this correctly, you'll feel very comfortable.

There is no right or wrong way to swish and oil pull. Do this gently, not vigorously, with very natural movement in a relaxed way for about 20 minutes.



If you have the unbearable urge to swallow or if it becomes too much for you, spit it out and try again. It can be a bit unpleasant at first when you're not used to it, but soon it won't be difficult at all. It will be just like brushing your teeth.

Each time you oil pull, it can take a different amount of time to get to the point that the oil has become saturated with the toxins it has pulled out. 20 minutes is a general rule of thumb, but you can experiment with this. If you spit it out before 20 minutes, start again. The process is to make the oil swish enough time in your mouth so that it becomes a white thick substance which is an indication of process completion.

Step 3:

As the end of the oil pulling session approaches, spit the oil out, then rinse the mouth and brush your teeth.

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DIY Ant Killers

- If you spit your oil pull oil on an ant hill it kills them. Why? The toxins pulled out of your body act as a poison; which they share and take down to the queen.
- cornmeal is also a poison to ants because they cant digest it. Spread on their hill. They take it home and share the love!



TESTIMONIALS

Fection

"I have asthma and my husband has diabetes. When we get the flu, this helps us recover quickly. It also helps him recover from minor cuts without resorting to antibiotics." Roberta

After Birth Swelling gone

"I used this product (**Bladney**) after my daughter was born by c-section. The after effects of the drugs administered through the epidural left me bloated and my ankles were renamed cankles, because they were so swollen, I could not bend them at all. My mother drove me to Evergreen Herbal market where the wonderful staff there suggested *Bladney* for my swelling. After just one or two doses, the swelling was gone and I was able to enjoy being a new mom. Thank you!!"
Karen

Best Natural Laxative

I think **Klean Lax** is the best natural laxative on the market, next to a diet high in fiber(the good kind). I have had the best results taking one in the evening before bed and then I feel great in the morning. Beware though, My husband tried the evening thing and it kicked in way before he wanted to be out of bed. My sister can just smell the stuff and she needs to run for the restroom. Then there is grandma who takes at least six a day to stay happy. Mary

Allergy Eyes

"**Marshmallow root salve** is great for my allergy eyes." Teressa

Less Stressed

"**Nerquilizer** is awesome, either during the day for a calming effect, or at night to help with those sleepless nights. I like to take it before going on a long flight. You can adjust it to your needs." Jeannine

Itchy Eyes

I love **I Brite** during allergy season and when the wind picks up. I always get itchy eyes and *I Brite* really helps along with **Hay Asz** and *Eye Salve*. Marie

Controls my hypoglycemia

Low Sugar has helped me to control my hypoglycemia. When my sugar gets to low, and I am craving something sweet or a nap, I pop in a few *Low Sugar* and within minutes I feel better enough to make a healthier food choice to bring me out of it completely. When I am having a busy week I will take a few capsules in the morning and again in the evening to help me keep on top of my sugar levels. Great product! Lynn

Get these products at www.DrugFreeHelpStore.com

TEA HONEY

“When I drink TEA HONEY at room temperature, first thing in the morning, my body feels and functions better. Great daily detox!”

Have you ever needed a drink that heals and rejuvenates? Our family has been drinking Tea Honey for decades and now we want to share it with you. *TIP: If you make sure your mixing and storage containers are completely dry before use, your concentrate will last a long time.*

TEA HONEY single serving

1-Tsp. Apple Cider Vinegar

2 -Tsp. Raw Honey

Add to 7 oz, good water.

This is taken 2 or 3 times a day.

TEA HONEY concentrate

2 cups Apple Cider Vinegar

4 cups Raw Honey

mix together and store in dry, air tight container

This works best if your honey is runny, Otherwise you will need a blender to mix it. I put mine in a glass jar, in a sauce pan with a few inches of water in the pan. Bring water to a boil and then turn it down. simmer until honey is softened, stirring occasionally.

How to use concentrate:

1. For a quart mix ½ cup concentrate with 4 cups water.
2. For a gallon mix 1 1/2 of a cup of concentrate in a gallon pitcher or jug.
3. adjust according to your taste
4. Keep refrigerated once you mix it with water. It limits storage time.

Dr. Michael E. James
Family Recipes

TEA HONEY is amazing. When we are working outside this drink works better than sports drinks (and better for you) to balance electrolytes, keep you Hydrated, and ward off heat stroke. My brothers and my dad figured out real fast that if heatstroke set in they could recover more quickly with tea honey. If they drank it while they were working outside they didn't get heat exhaustion near as fast.

A few things it can help with:

- Premature aging
- Obesity
- Food poisoning
- Heat exhaustion
- Acid Reflux/ Heartburn
- Brittle nails
- Bad breath
- Arthritis
- High blood pressure
- High cholesterol level
- Eczema
- regulates Ph

"we had a puppy that had a low blood sugar problem. We found that if we put a little Tea Honey concentrate on her tongue when she was low, it would bring her back to normal."
Carolyn

"We took our kids on a pioneer trek and one of my sons (age 6 or 7) got heat stroke and was clammy, pale and in a cold sweat. Lucky for him I had tea honey concentrate with me. He hadn't had any (tea honey) up to that point. We gave him some and he instantly started looking and feeling better. We kept him drinking it. It took a while before he was himself again but I was grateful he was all right" Lynn



Tea honey is super hydrating. It can be used as a sports drink. It helps to restore electrolytes and pulls fat into the bloodstream to be burned. This process helps with weight loss. Tea honey isn't just great for those who love working out but also for those who just work hard. People who have gotten heat exhaustion from working all day in the hot sun and drink tea honey, find it helps them get over it a lot faster. If you ever find you have food poisoning tea honey settles the stomach and kills the bacteria that makes you feel like you're going to hurl. It's even good for animals. if you ever have an animal who looks lethargic from low blood sugar or very shaky. Take a small amount of TEA HONEY. place it on the animals tongue. The animal should perk up shortly.

Where can you get this miracle drink? You can make it! You can purchase the entire ingredient list from your local health food store. You will need a good raw unpasteurized honey, and raw, unpasteurized, unfiltered apple cider vinegar, preferably one that has the mother in it. These constituents make the concentrate.

"When I was pregnant I drank a lot of tea honey to stay hydrated and alkaline. I liked to put it in a plastic jug in the freezer and shake it every hour or so until it was like a slushy. Mmm good!"

"Tea honey, more like hulk juice! I had a roommate who loved working out. I introduced him to tea honey because he said he was always worn out after his work outs. He was a professional rugby player. He said tea honey worked better than most other sports drinks because it gave him enough energy to work out well; without the sugar high that kept him awake for hours after."

Do you have a great recipe, from scratch?

Share your recipe with us and earn **\$50.00**

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WHEN IT'S BURNT ITS DONE!

General kitchen bloopers, blunders and mishaps

Have you ever messed up on a recipe? We have, and we want to share these, sometimes embarrassing, mostly funny moments with you.

Have you ever been in the kitchen trying to make something when the unthinkable happens and you accidentally add the wrong ingredient? We have all been there. Here are some of our dessert disasters. Enjoy!

Scrambled ice cream

A couple of years back, my family had just gotten a new Ice cream maker. We were excited to use the maker and decided that a new maker needed a new recipe. We selected a recipe that had eggs in it. We had made our own ice cream on multiple occasions so we figured we knew what we were doing. We didn't think we needed to do anything different with the recipe so we went about making Ice cream the way we normally do. When it called for the eggs we didn't see that it said to add them to a cold cup of milk so we poured them in with the hot milk that was on the stove. The hot milk ended up cooking the egg unbeknownst to us. We figured it would mix in later and didn't think much of it. It didn't mix in. We finished making the ice cream and it ended up in the freezer. We pulled it out a few hours later and saw that there were clumps in it. Not thinking anything of it we tried the ice cream. It was sweet like Ice cream should be but the texture was nasty. There were chunks of what seemed to be scrambled eggs in it. It was disgusting.

Rock cookies

My sister is usually the baker in my family; so one time she was away but I really wanted cookies. I found the cookbook she usually used and started to make chocolate chip cookies. I read the

ingredient list and pulled out everything I needed. I however didn't read the instructions. I began throwing everything into the bowl. I didn't realize that you are supposed to separate the wet ingredients from the dry and then mix them together. The mix was runnier than I remembered it being when she makes them. I decided that to get the consistency more to my liking I would add more flour. Big Mistake! The batter looked right to me so I popped them in the oven set the timer and couldn't wait to try the chocolatey goodness. When the timer dinged I opened the oven anxiously anticipating ooey-goey cookies. What I found was bricks with chocolate chips melted on top. The extra flour had made the cookies super hard like jaw breakers.



Egg drop frosting

When I was first married and pregnant with my first kid, my husband asked me to make him his favorite cake: German chocolate. I looked through my pantry to see if I had the ingredients and found I didn't have chocolate so I decided to make a vanilla cake instead. I still wanted to have the German chocolate feeling so I chose to make the coconut pecan frosting that goes so well with German chocolate.

So I got a recipe for the frosting and set to work. I followed the recipe but didn't pay super close attention to the fact that I was only supposed to use the yolks. I just saw eggs slightly beaten. I used the entire egg. The recipe also said to stir constantly and I didn't, needless to say the frosting didn't turn out. It was clumpy and was the consistency of egg drop soup. It was vile! After one bite I had to throw up which I hadn't done at all during my pregnancy or for about 10 years before. My husband politely ate an entire piece but we both knew that was totally not worth it to eat it so we threw it out.

Flat (cup) cakes

A friend of mine asked me to make cupcakes for an activity that we were both attending. I usually make cupcakes from scratch but because the activity was that night I decided I would save time by using a box-mix. I had both chocolate and vanilla mixes so I made both. I followed the instructions on the back perfectly. I mixed everything together. Put it in the cups and put them in the oven. For reasons I cannot fathom, the cupcakes came out flat. They were indented and hard as rocks. I told the friend what had happened and

ended up not taking cupcakes to the activity. Ironically the very next day my family asked me if I would make cupcakes for them to eat. (They knew I made cupcakes for the activity but didn't know they turned out so badly.) I had no more box mixes so I decided to make them the way I usually do; from scratch. They came out absolutely perfect. Go figure!

So there you have it some of our kitchen conundrums.

Share your Cooking Bloopers



We all make mistakes and it helps to be able to laugh, share and move on. We would love to hear some of your bloopers. Feel free to send them in.

E-mail your bloopers to:

magazine@WhenItsSmokinItsCookin.com

with BLOOPERS in the subject line.

Don't worry too much about getting your wording just right or your spelling perfect. We have an amazing editor.

If you feel uncomfortable writing your story but want to share it with us, e-mail us your name and number with BLOOPERS CALL in the subject line and we will call you for your story.

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