VEGGIE BURGER
Reduced Price
Reduced Cholesterol
Reduced Disease
Reduced Poverty

How to Change Your Life from meat eater to planet protecting nutrition eater
WE DO NOT ABSORB PROTEIN. WE ABSORB AMINO ACIDS.

PROTEIN IS BROKEN DOWN INTO AMINO ACIDS FOR ABSORPTION. WHEN WE CRAVE PROTEIN, WE ACTUALLY CRAVE AMINO ACIDS.

The liver regulates distribution of amino acids to the rest of the body.

In the stomach, pepsin breaks down proteins into fragments, called peptides.

Amino acids are absorbed from the small intestine into the bloodstream.

Protein-digesting enzymes are secreted from the pancreas into the small intestine.

A small amount of dietary protein is lost in the feces.

In the small intestine, a variety of enzymes break large peptides into smaller peptides, and then into individual amino acids.
WE DO NOT ABSORB PROTEIN, WE ABSORB AMINO ACIDS
YOUR MEAT CRAVING IS A DESIRE FOR AMINO ACIDS

EAT SPROUTS AND THE CRAVING WILL GO AWAY
If you crave meat, you must be angry

“Researchers have found out that our moods can dictate what we eat,” says JR, a medical doctor and recovering food addict. According to research, here is a list of food cravings and the moods they address:

<table>
<thead>
<tr>
<th>If you reach or crave for</th>
<th>You may be feeling</th>
</tr>
</thead>
<tbody>
<tr>
<td>Meat, hard and crunchy foods</td>
<td>angry</td>
</tr>
<tr>
<td>Sugars</td>
<td>depressed</td>
</tr>
<tr>
<td>Soft, sweet foods like ice cream</td>
<td>anxious</td>
</tr>
<tr>
<td>Salty foods</td>
<td>stressed</td>
</tr>
<tr>
<td>Bulky, filling foods (crackers, pasta)</td>
<td>lonely, sexually</td>
</tr>
<tr>
<td>Anything and everything</td>
<td>frustrated</td>
</tr>
<tr>
<td></td>
<td>jealous</td>
</tr>
<tr>
<td>Amino Acid</td>
<td>Main Food Sources</td>
</tr>
<tr>
<td>--------------</td>
<td>--------------------------------------------------------</td>
</tr>
<tr>
<td>Histidine</td>
<td>soy protein, eggs, parmesan, sesame, peanuts</td>
</tr>
<tr>
<td>Isoleucine</td>
<td>eggs, soy protein &amp; tofu, whitefish, pork, parmesan</td>
</tr>
<tr>
<td>Leucine</td>
<td>eggs, soy protein, whitefish, parmesan, sesame</td>
</tr>
<tr>
<td>Lysine</td>
<td>eggs, soy protein, whitefish, parmesan, smelts</td>
</tr>
<tr>
<td>Methionine</td>
<td>eggs, whitefish, sesame, smelts, soy protein</td>
</tr>
<tr>
<td>Cysteine</td>
<td>eggs, soy protein, sesame, mustard seeds, peanuts</td>
</tr>
<tr>
<td>Phenylalanine</td>
<td>eggs, soy protein, peanuts, sesame, whitefish</td>
</tr>
<tr>
<td>Tyrosine</td>
<td>soy protein, eggs, parmesan, peanuts, sesame</td>
</tr>
<tr>
<td>Threonine</td>
<td>eggs, soy protein, whitefish, smelts, sesame</td>
</tr>
<tr>
<td>Tryptophan</td>
<td>soy protein, sesame, eggs, winged beans, chia seeds</td>
</tr>
<tr>
<td>Valine</td>
<td>eggs, soy protein, parmesan, sesame, beef</td>
</tr>
</tbody>
</table>

**Top Sources of Protein**

*Where do you get your protein?*

- **Spinach**: 49% protein
- **Kale**: 45% protein
- **Broccoli**: 45% protein
- **Cauliflower**: 40% protein
- **Mushrooms**: 38% protein
- **Parsley**: 34% protein
- **Cucumbers**: 24% protein
- **Green Pepper**: 22% protein
- **Cabbage**: 22% protein
- **Tomatoes**: 18% protein

**Protein in Meat:**

- **Beef**: 25.8% protein
- **Chicken**: 23% protein
- **Eggs**: 12% protein

---

**MUST WATCH**

[http://indavideo.hu/video/Poor_People_Should_Not_Be_Forced_to_Eat_Unhealthy_Foods](http://indavideo.hu/video/Poor_People_Should_Not_Be_Forced_to_Eat_Unhealthy_Foods)
<table>
<thead>
<tr>
<th></th>
<th>Refined Grains</th>
<th>Raw SPROUTED grains</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Nutrient content</strong></td>
<td>Minimal (often cooked out)</td>
<td>Sprouting increases vitamin contents and nutrients remain intact and viable</td>
</tr>
<tr>
<td><strong>Enzymes</strong></td>
<td>Little or none</td>
<td>Active enzymes</td>
</tr>
<tr>
<td><strong>Glycemic Index</strong></td>
<td>Very high</td>
<td>Low - Contains more protein and fewer starches</td>
</tr>
<tr>
<td><strong>Body recognition</strong></td>
<td>Digests as a grain</td>
<td>Digests as a vegetable</td>
</tr>
<tr>
<td><strong>Bonus</strong></td>
<td>None</td>
<td>Contains natural phytochemicals that inhibit anti-nutrients, like phytic acid, that will block nutrient absorption</td>
</tr>
</tbody>
</table>

Your needs for protein are misunderstood. You grow the most the first year of life when you double or triple your size, muscle content, nerves etc. The perfect food is mother’s milk and it is only 2% protein. A 400 pound gorilla has an identical digestive system to ours and this muscle bound ape has a diet of 2% protein. Your body needs amino acids not protein. Argue with the gorilla.
EAT MORE COTTAGE CHEESE

SUPPLIES MORE PROTEIN THAN

ONE POUND

YOU'LL NEED LESS MEAT

A Postal Card Will Bring Recipes

for using this meat substitute

U. S. DEPARTMENT OF AGRICULTURE, WASHINGTON, D. C.

COTTAGE CHEESE OR MEAT? ASK YOUR POCKETBOOK!
If you are a vegetable lover *(if you are not then become one)*, this recipe is for you! Not only will this burger satisfy your appetite, it is super easy to prepare and uses wholesome, healthy ingredients!

Veggie Burgers
Feel free to get creative with your ingredients (ie: substitute sweet potato for a regular potato, add/remove veggies, etc). Also, these burgers freeze really well and this recipe **yields approximately 12 (small) burgers.**

**You Will Need:**
- 3 tablespoons olive oil
- ½ cup corn kernels (fresh, frozen, or canned) and or sprouts
- 8 mushrooms, coarsely chopped
- 2 scallions, coarsely chopped
- ½ bell pepper (red or green), coarsely chopped
- 2 cloves garlic, coarsely chopped
- ½ teaspoon cumin
- 1/8 teaspoon cayenne (red) pepper
- 1 small sweet potato, peeled and chopped into big chunks
- 1 cup chopped fresh spinach
- ¼ cup carrot, peeled and coarsely chopped
- 1 egg, lightly beaten
- ½ cup fresh bread crumbs
- ¾ cup cheddar cheese, shredded
Directions:

In a large non-stick skillet, heat 1 tablespoon of olive oil over medium-high heat. Add the corn, mushrooms, scallions, pepper, and bell pepper. Cook for 3 – 4 minutes.

While those veggies are cooking put the peeled potato into a food processor and chop it up into fine little pieces. Scoop the potato out onto an old, clean dish towel and twist it tightly over the sink to squeeze all the liquid out of the chopped potato.
Meanwhile, add the garlic, cumin and cayenne to the veggie mixture on the stove and cook for 30 more seconds.

Remove the pan from heat and add the chopped spinach which should wilt slightly. Next, add all of the vegetables to the food processor as well as the egg, bread crumbs, and cheese. Process until all items are blended together well.
Use your hands to scoop up some of the mush and form it into the shape of a burger. Place them on a plate lined with sheets of wax paper until you are ready to cook them.
Once assembled, these burgers do freeze well {layer them between sheets of wax paper before you sauté them} for up to 6 months.

Using the same non-stick skillet, heat 2 more tablespoons of oil over medium heat. Cook the burgers on both sides until brown {being gentle when turning them over}. 
1. Experts estimate that there can be up to 100 times more enzymes in sprouts than uncooked fruits and vegetables. Enzymes are special types of proteins that act as catalysts for all your body's functions. Extracting more vitamins, minerals, amino acids, and essential fatty acids from the foods you eat ensures that your body has the nutritional building blocks of life to ensure every process works more effectively.

2. When you say protein, the first things on people’s minds are meat, chicken, fish, egg, and dairy products. What most people do not know is that sprouts are also very high in protein. In fact, they can contain up to 35 percent protein. Adding sprouts to your diet will give you the necessary protein intake required by your body minus the fat, cholesterol, and calories that typically come with animal meats. Sprouts are also highly recommended for vegans and vegetarians.

3. The quality and fiber of the protein in the beans, nuts, seeds, or grains improves when it is sprouted. Proteins change during the soaking and sprouting process, improving its nutritional value. The amino acid lysine, for example, which is needed to prevent cold sores and to maintain a healthy
immune system increases significantly during the sprouting process. The fiber not only binds to fats and toxins in our body to escort them out, it ensures that any fat our body breaks down is moved quickly out of the body before it can resorb through the walls of the intestines.

4. Since sprouts are also high in fiber and low in calorie, they can contribute positively to any weight loss diet plan. Eating sprouts will let you enjoy nutrients without the extra calories. It will also make you feel fuller and stave off hunger longer. If you are looking for a way to lose weight, include sprouts in your diet.

5. Vitamin content increases dramatically. This is especially true of vitamins A, B-complex, C, and E. The vitamin content of some seeds, grains, beans, or nuts increases by up to 20 times the original value within only a few days of sprouting. Research shows that during the sprouting process mung beansprouts (or just beansprouts, as they are often called) increase in vitamin B1 by up to 285 percent, vitamin B2 by up to 515 percent, and niacin by up to 256 percent.

6. Essential fatty acid content increases during the sprouting process. Most of us are deficient in these fat-burning essential fats because they are not common in our diet. Eating more sprouts is an excellent way to get more of these important nutrients.

7. During sprouting, minerals bind to protein in the seed, grain, nut, or bean, making them more useable in the body. This is true of alkaline minerals like calcium, magnesium, and others than help us to balance our body chemistry for weight loss and better health. Their digestibility is rooted from the high amount of enzymes that they contain. Eating sprouts can be very helpful for people with digestive or bloating problems. They are also perfect for younger kids and elderly people.

8. Sprouts actually contain oxygen and regular consumption of raw bio-genic foods with their abundant oxygen is valuable to health. Bio-genic foods are a good source of essential fatty acids (the average western diet is generally deficient in these) which play a major role in the immune system defences.
9. Sprouts are the ultimate locally-grown food. When you grow them yourself you are helping the environment and ensuring that you are not getting unwanted pesticides, food additives, and other harmful fat-bolstering chemicals that thwart your weight loss efforts.

10. The energy contained in the seed, grain, nut, or legume is ignited through soaking and sprouting.

11. Sprouts are alkalizing to your body. Many illnesses including cancer have been linked to excess acidity in the body. Growth of cancer cells are initiated by a lack of oxygen and these cells, along with viruses and bacteria, cannot live in an alkaline and oxygen rich environment. Broccoli sprouts are especially effective at preventing gastritis, ulcers, stomach cancer and even allergy and asthma.

12. Sprouts are inexpensive. People frequently use the cost of healthy foods as an excuse for not eating healthy. But, with sprouts being so cheap, there really is no excuse for not eating healthier.

<table>
<thead>
<tr>
<th></th>
<th>Refined Grains</th>
<th>Raw SPRouted grains</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Nutrient content</strong></td>
<td>Minimal (often cooked out)</td>
<td>Sprouting increases vitamin contents and nutrients remain intact and viable</td>
</tr>
<tr>
<td><strong>Enzymes</strong></td>
<td>Little or none</td>
<td>Active enzymes</td>
</tr>
<tr>
<td><strong>Glycemic Index</strong></td>
<td>Very high</td>
<td>Low - Contains more protein and fewer starches</td>
</tr>
<tr>
<td><strong>Body recognition</strong></td>
<td>Digests as a grain</td>
<td>Digests as a vegetable</td>
</tr>
<tr>
<td><strong>Bonus</strong></td>
<td>None</td>
<td>Contains natural phytochemicals that inhibit anti-nutrients, like phytic acid, that will block nutrient absorption</td>
</tr>
</tbody>
</table>

---

IMUNE
International Medical University for Natural Education
www.imune.net
Evidence Based Natural Energetic Medicine Education
When it comes to burgers, vegetarians often get short shrift, whether it's another cook-out where you're stuck eating pickles and ketchup on a bun or that time you had to pretend that a freezer-burned hockey puck with ten thousand ingredients was sooo good. It's time to leave the empty buns and weird chemicals behind and learn how to make your own actually tasty veggie burgers. You may even line up a few meat-loving converts.
1. Teriyaki-Glazed Brown Rice Burgers with Grilled Pineapple

No matter what the weather's like, conjure a tropical breeze with these ridiculously good teriyaki-glazed brown rice burgers with grilled pineapple. Note that grilled pineapple is crazy good, so you should probably make extra just to eat by itself.
Get the recipe on [Oh My Veggies](http://ohmyveggies.com).

2. Quinoa Veggie Burgers with Whipped Feta

Quinoa, black beans, and tons of veggies make these meat-free burgers fantastic. Plus, they're naturally gluten-free! Add whipped feta and you've got a burger worth fighting for.
3. Sloppy Black Eyed Peas

Face it, Sloppy Joes rule, and with this clever, delicious black-eyed pea version, vegans can get in the messy, delicious action too.

Get the recipe on [Cravings of a Lunatic](#).

4. Spicy Black Bean Sliders with Chipotle Mayonnaise
These tiny, spicy black bean sliders with a flavorful chipotle mayo may have your most meat-lovingest friends drooling with envy.

Get the recipe on [Kitchen Treaty](#).

5. Black Bean Veggie Burgers
The thing about a really delicious veggie burger is that sometimes you can just skip the bun altogether. This classic black bean burger graces a bowl of brown rice beautifully and might just be the best leftover dinner ever.

Get the recipe on [An Edible Mosaic](https://www.anediblemosaic.com/).  

**6. Chickpea and Brown Rice Burgers**

Chickpeas and hearty brown rice make for a tasty, gluten-free veggie burger that's equally great on its own or perched atop a GF bun.

Get the recipe on [Tasty Yummies](https://www.tasty-yummies.com/).  

**7. Cauliflower Hummus Burgers**
These airy patties are basically hummus in burger form. Enough said.

Get the recipe on Oh My Veggies.

8. Gluten-Free Lentil Burgers

Finding a good veggie burger is hard enough, but if you're gluten-free to boot, it's next to impossible. Next time, skip the frozen cardboard and make your own delicious GF lentil burgers at home.

Get the recipe on Tasty Yummies.

9. Chipotle Black Bean Quinoa Burgers
Go for huge, amazing chipotle flavor with these black bean quinoa burgers. Will you love them? Yes, definitely.

Get the recipe on [Oh My Veggies](#).

10. Green Chili Chickpea Burgers

Green chilies add lots of awesome to these classic chickpea veggie burgers topped with sliced mushrooms, tomatoes, and avocado.

Get the recipe on [This Week for Dinner](#).

11. Black Bean Sliders with Avocado Sauce
The best thing about sliders is that you're supposed to eat more than one. The best thing about these black bean sliders with avocado sauce is everything. Get it.

Get the recipe on [Cookin' Canuck](#).

12. Lentil Walnut Veggie Burgers

Walnuts are healthy, filling, and packed with nutritious fats, so they're pretty perfect for a hearty meatless burger. This simple recipe for lentil walnut veggie burgers is easy enough that even novices can knock it out of the park.
If anyone tells you that you need to eat meat, they are severely mistaken. You can get all the protein you need, and then some, from things that come out of the ground, not a slaughterhouse.

The words “complete” and “incomplete” protein simply mean that a food either has equal amounts of all amino acids (complete) or has less of one or more amino acids (incomplete). It does NOT mean that any amino acid(s) is or are missing entirely from that food, just that some may be present in lower amounts. This means that to get adequate protein (all essential amino acids) from plants, you simply have to eat a variety of different plant proteins and more of them! Who doesn’t want to eat more? And NO you don’t have to make special combinations at every meal, just make sure you’re eating a variety of whole grains and the following throughout your diet:

**Quinoa:** Quinoa is very high in protein! It is considered one of the complete plant proteins because it contains good levels of all essential amino acids. And it also has good amounts of iron, calcium, B vitamins, and other minerals, so eat some!
**Sprouts:** when a seed, grain, or legume is sprouted its protein content increases by 15-30%, that’s awesome! This is because during the sprouting process some of the carbohydrate component gets converted into protein. Sprouts are also richer in other nutrients so they are a very good choice, but best eaten raw! Also try sprouting at home! Check out [this site](#).

**Soybeans:** though they are in the legume family they deserve some special mention, they contain good levels of all amino acids and are high in protein (one of the best sources of vegan protein). It is important to make sure your soy is organic and non-GMO because unfortunately a lot of the ones grown in our world are tampered with! And yes, males can safely enjoy non-GMO soybeans as well and they will not develop breasts, that is a myth! Also my
favorite way to enjoy the nourishing properties of soybeans: smoked organic tofu!

**Peanuts:** they are 20% protein! And did you know that peanuts are actually a legume, not a nut! It is best to refrigerate your peanuts to prevent them from rancidity, and getting them raw is best, or in the form of natural peanut butter (no not the Kraft brand with teddy bears on it, sorry).

**Legumes:** This includes all peas and beans and lentils! These are a great protein source and are inexpensive! They are great to combine with brown rice and vegetables for a yummy dinner. Or combine them with quinoa for an even bigger protein kick!
So now you know where us vegans get our protein so you no longer have to ask! Thanks for reading :) 

**MY TOP 6 CORE EXERCISES!**

No more crunches! Do these 6 exercises to work all of your abdominal muscles and get a strong, sexy core! A strong core is the foundation to a strong and healthy, active body. So if you’ve never done strength training, do these 6 exercises to get your body ready! Don’t forget to drink water and refuel with a yummy, healthy vegan meal like one of these (Creamy Coconut & Date Oatmeal, Brown Rice Stew)

#1: Single Legged Plank

Perform on each leg, holding for at least 10 seconds, with the lifted foot flexed and your glutes tight, increase time as you improve.

#2: Side Plank

Make sure your wrist is below your shoulder, hold your hips up for at least 10 seconds, increasing each time. Repeat on other side for same time.
#3: Single Legged Side Plank

This one is my favorite because it also works the inner thighs which are a hard to target area! Make sure you keep those hips up and keep the foot planted, Hold for as long as you can (with good form) and repeat on the other side.

#4: Single Leg Raises

Start with both legs at 90 degrees and abs engaged, pulling your belly button to the floor with your head on the ground, inhale as you lower one leg, exhale as you bring it back up to 90, repeat with the other leg. That’s one rep, do as many as you can until it burns! Breathing is important! A strong exhale as you raise your leg engages the core more!
#5: Cat Plank

I am not sure what this position is really called, but I think this name is suitable. Essentially like a regular plank, but your legs are bent and your knees are off the ground! Hover with your knees just an inch off the ground and hold for as long as you can, keeping a strong and straight back.

#6: Reverse Plank

We can’t forget about our back! Our “core” is not exclusive to the front of the body. This move helps strengthen the whole backside, make sure your feet are pointed and turned out (you’ll want a soft surface for this) and your butt is clenched! Try to keep your neck straight, looking up and not at your toes. Hold for as long as you can!
Repeat this whole sequence 3 times for an awesome total core workout, perfect for pairing with a cardio, such as my 10 minute calorie scorcher one here (click this link) for when you are short on time.

The fantastic thing about all of these exercises is that most of the muscles in the body are acting as stabilizers, so you’re not just working your core! You will notice that your shoulders and triceps may feel a bit tired after all of these planks, and that’s the bonus! Who doesn’t want nice, toned arms and shoulders?
Poor People Should Not Be Forced to Eat Unhealthy Food

Governments need to Protect People by Taxing foods that make us sick and forcing Companies to provide Cheap Very Healthy Foods
Can vegetables help you resist infection?

Within the colon there are over 500 bacterial species, making up about 95% of cells in the body. In effect, we are living, breathing, bacteria-carrying monsters!

Good bacteria in the gut break down carbohydrates to create 10% of our daily energy. They also help the body fight infection and disease by combating the effects of the bad bacteria.

We took 6 hard-working cowboys, and divided them into two groups. Half of them were put on a diet of probiotics - cultures containing good bacteria found in foods such as yoghurt. The other half we put on a probiotic diet - substances found in certain vegetables such as leeks and bananas, which make the pre-existing good bacteria in the gut healthier.

Then we got down to the dirty work. Their poo was examined daily to measure the change in bacteria. If the good bacteria are fed well they should multiply in number and make the ranchers healthier.

The cowboys' poo showed that the probiotic group managed to increase their good bacteria numbers by 133 million, small in bacteria terms, but an encouraging effect. The probiotic group saw little change over the week, but over a longer period there's evidence that they can make a difference.

It seems from our investigation the best thing you can do for your bacterial health is treat your good bacteria to a probiotic meal. The best vegetables to feed good bacteria are artichokes, garlic, leeks and onions.

See an example of the five day probiotic diet our cowboys took.

The study and recipes were devised by Gemma Walton PhD, School of Food Biosciences at University of Reading.
And This Veggie Burger would make more Profit for McDonalds than Meat even if it were sold for $0.75

Poor People Should NOT get Sick Just because they are Poor and maybe Stupid

MEAT-LESS. FLAVOR-FULL.
Bad Bacteria
Take over the Brain and
Makes you Crave Foods that Feed The Bad Bacteria

Eat at least Five servings of fruits and Vegetables a day, use Vegetables as the Center of the Meal

Remember: do not eat foods boiled in oil, get good cold processed vegetable oils and thus good Fatty acids, not trans or cooked or animal oils. Eat only Levulose (fructose fruit sugars) not Dextrose (Cane, Corn, Potatoe, Grape sugar). Wellness is your Reward

Remember to chew your food, Fruits alone, Fluids alone, and Melons alone. Make Vegetable and Fruit juice part of your daily Wellness Healthy Regime