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## ***Reducing Cravings for Substances by Balancing Blood Glucose with a Culturally Appropriate Version of the Mediterranean Diet***

- We will begin the webinar promptly at 2:00PM (ET)
- Please post your questions by clicking the Q&A icon on your screen. We will answer questions at the end of the webinar, and we will try to answer as many as we possible.
- The webinar is being recorded and we will email all attendees once its ready. Also, a PDF copy of the presentation will be distributed at the same time. We will send an email to all attendees once these materials are ready. In order to view it, you must sign up (provided via link later) to our Juntos/ATTC list.



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# *Reducing Cravings for Substances by Balancing Blood Glucose with a Culturally Appropriate Version of the Mediterranean Diet*

Presented by:

Jacqueline Villalobos, ND

This webinar was made possible through funding from Grant Number 1H79TI081174-01

Disclaimer: The views, opinions, and content expressed in this presentation do not necessarily reflect the views, opinions or policies of the National Latino Behavioral Health Association (NLBHA), the Center for Substance Abuse Treatment (CSAT), or the Substance Abuse and Mental Health Services Administration (SAMSHA).



# HOUSEKEEPING

- Recording and PPT Slide Deck
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- Q&A Session
  - Q&A Box
- Post-Training Evaluation
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# ATTC

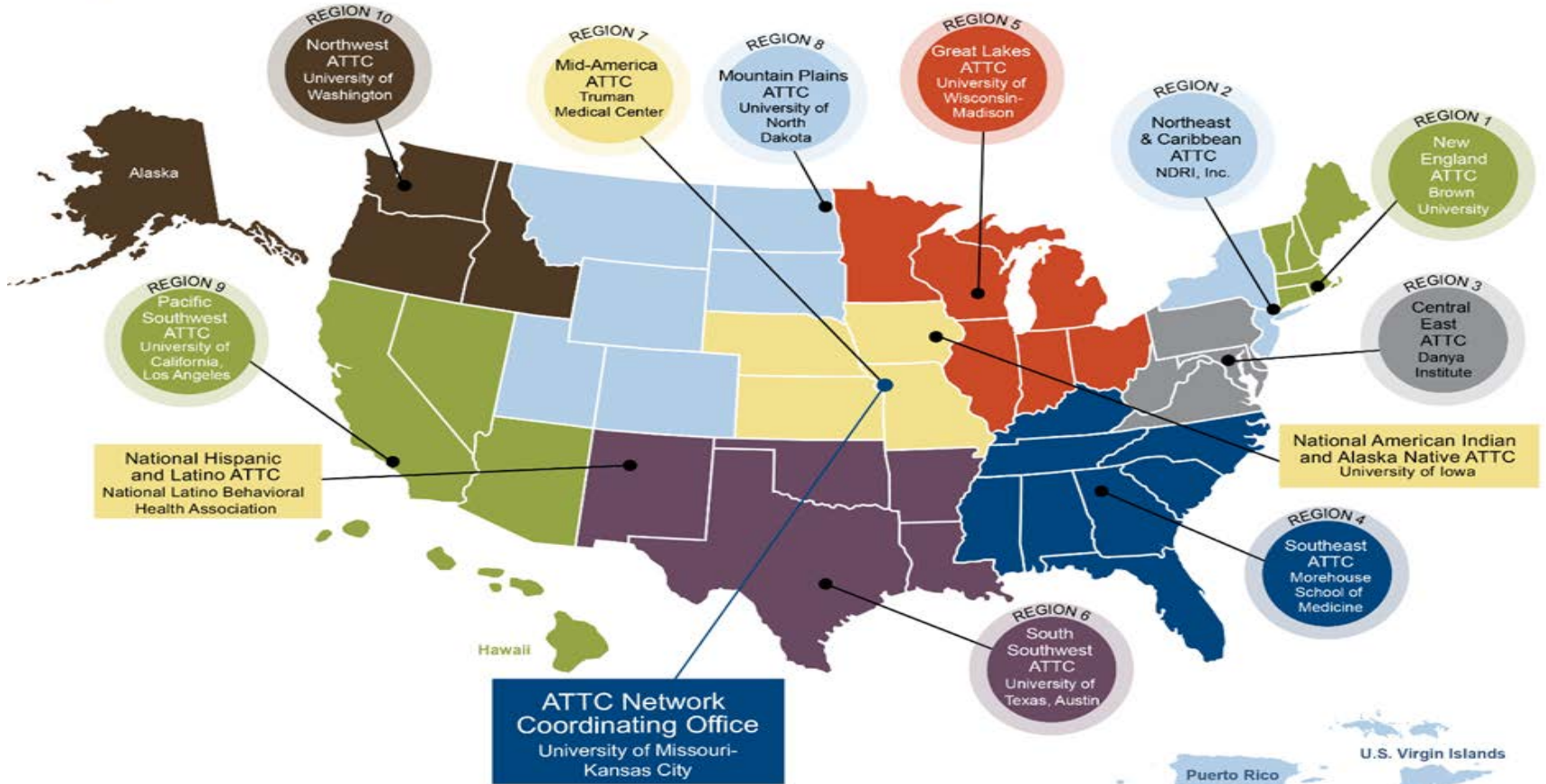
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Jacqueline Villalobos, ND



Review

# The importance of nutrition in aiding recovery from substance use disorders: A review

Kendall D. Jaynes <sup>a</sup>, E. Leigh Gibson <sup>b</sup>  

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<https://doi.org/10.1016/j.drugalcdep.2017.07.006>

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## Highlights

- **Malnutrition** is prevalent among individuals with alcohol and drug use disorders.
- There is little nutritional advice for those recovering from substance use disorders.
- Addiction and appetite share interacting brain and behavioural processes.
- Malnutrition in substance use disorders may promote drug-seeking and impede recovery.
- Effective treatments should incorporate **nutritional assessment** and therapy.





## Alcohol craving in rehabilitation: assessment of nutrition therapy.

Biery JR, Williford JH Jr, McMullen EA

### Author information ▶

Journal of the American Dietetic Association, 31 Mar 1991, 91(4):463-466

PMID: 2016494

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### Abstract

If untreated, alcohol abuse, which often results from alcohol craving, causes major metabolic abnormalities, altered life-styles, lost productivity, and eventually death. Biochemical mechanisms that may contribute to alcohol craving include the stress response of the hypothalamic-pituitary adrenal axis, the endogenous opiate beta-endorphin system, neurotransmitter synthesis and release, hypoglycemia, and nutrient deficiencies. The macronutrient ratio of meals, the resulting insulin response, and nutrient blood levels can affect amino acid and nutrient transport across the blood-brain barrier. Researchers have reported that animals increase alcohol intake when fed nutrient-deficient diets or after stressful experience. A pilot study was designed to assess the effects of nutrition therapy added to a traditional rehabilitation program based on the 12-step program of Alcoholics Anonymous. One study group received traditional therapy; the other study group received traditional therapy and nutrition therapy consisting of modified menus and individualized nutrition counseling. Patients who received nutrition therapy reported significantly fewer hypoglycemic symptoms, lower sugar intake, less alcohol craving as well as significantly greater nutrient intakes; a greater number abstained from alcohol. These findings indicate that nutrition therapy can aid in the recovery from alcoholism.



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# Jakes story



*Am J Clin Nutr.* 2013 Sep;98(3):641-7. doi: 10.3945/ajcn.113.064113. Epub 2013 Jun 26.

## Effects of dietary glycemic index on brain regions related to reward and craving in men.

Lennerz BS<sup>1</sup>, Alsop DC, Holsen LM, Stern E, Rojas R, Ebbeling CB, Goldstein JM, Ludwig DS.

### ⊕ Author information

#### Abstract

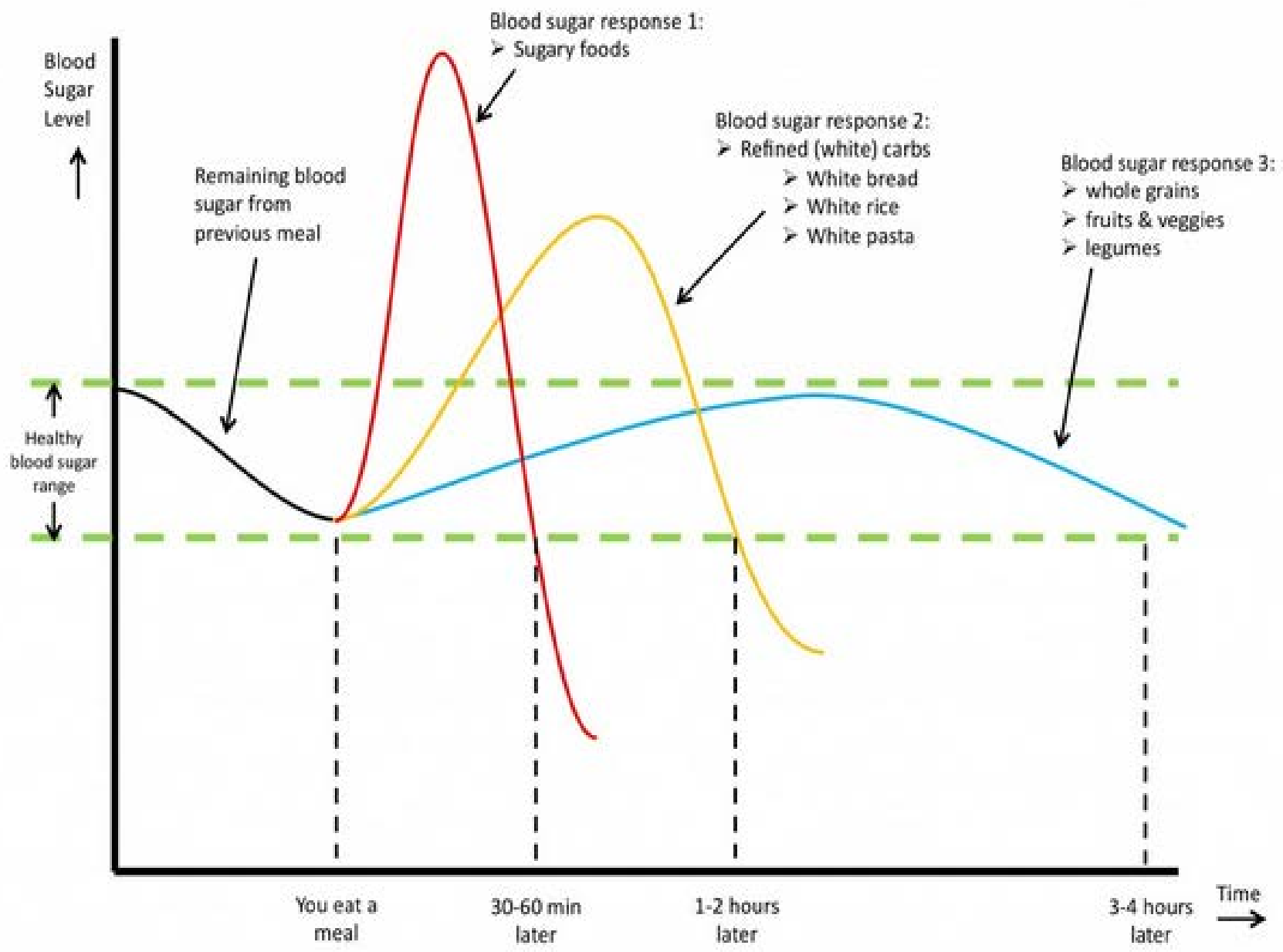
**BACKGROUND:** Qualitative aspects of diet influence eating behavior, but the physiologic mechanisms for these calorie-independent effects remain speculative.

**OBJECTIVE:** We examined effects of the glycemic index (GI) on brain activity in the late postprandial period after a typical intermeal interval.

**DESIGN:** With the use of a randomized, blinded, crossover design, 12 overweight or obese men aged 18-35 y consumed high- and low-GI meals controlled for calories, macronutrients, and palatability on 2 occasions. The primary outcome was cerebral blood flow as a measure of resting brain activity, which was assessed by using arterial spin-labeling functional magnetic resonance imaging 4 h after test meals. We hypothesized that brain activity would be greater after the high-GI meal in prespecified regions involved in eating behavior, reward, and craving.

**RESULTS:** Incremental venous plasma glucose (2-h area under the curve) was 2.4-fold greater after the high- than the low-GI meal ( $P = 0.0001$ ). Plasma glucose was lower (mean  $\pm$  SE:  $4.7 \pm 0.14$  compared with  $5.3 \pm 0.16$  mmol/L;  $P = 0.005$ ) and reported hunger was greater ( $P = 0.04$ ) 4 h after the high- than the low-GI meal. At this time, the high-GI meal elicited greater brain activity centered in the right nucleus accumbens (a prespecified area;  $P = 0.0006$  with adjustment for multiple comparisons) that spread to other areas of the right striatum and to the olfactory area.

**CONCLUSIONS:** Compared with an isocaloric low-GI meal, a high-GI meal decreased plasma glucose, increased hunger, and selectively stimulated brain regions associated with reward and craving in the late postprandial period, which is a time with special significance to eating behavior at the next meal. This trial was registered at [clinicaltrials.gov](http://clinicaltrials.gov) as [NCT01064778](https://doi.org/10.1186/1745-7214-13-113).





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# THE MEDITERRANEAN DIET





## **Eat foods that existed 200 years ago, mostly plants**

- Increased use of fruits and vegetables daily: '5-9 a day' is a reasonable minimum (excellent source of dietary fiber.)
- Eat whole, unrefined grains, legumes/beans, raw seeds & nuts (Fiber)
- Extra-virgin olive oil, coconut oil, or non-GMO Canola oil in preference to other oils and fats.
- Limit portion of wild game or grass fed beef to 3 ounces
- Wild caught fish and seafood



## Most Affordable and Least Waste

- Frozen fruits and vegetables
- Fresh cabbage, carrots, onions, garlic
- Dry beans, or canned whole beans
- Bulk oatmeal, brown rice, raw pumpkin and sunflower seeds
- Canned salmon or tuna
- Family packs of chicken or beef



## Practical Tips

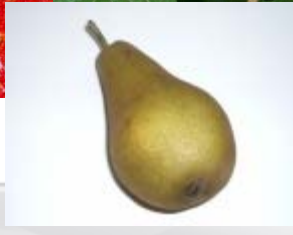
- Add fruit to cereals, salads and snacks
  - Steel cut oats with chopped apple and walnuts
  - Apple slices and sunflower seeds
- Add vegetable to soups, grains, legumes, eggs and meat
  - Cooked rice with sautéed mixed vegetables
  - Chicken and vegetable soup with barley
- Add nuts to cereals, salads and eat them as a snack







# Fruits





# Other favorite fruits

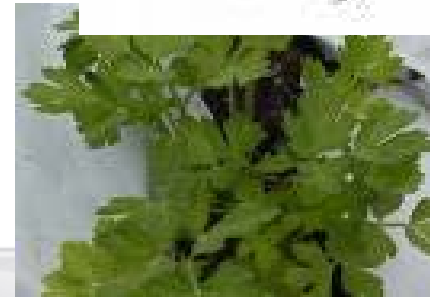




# Green leafy vegetables



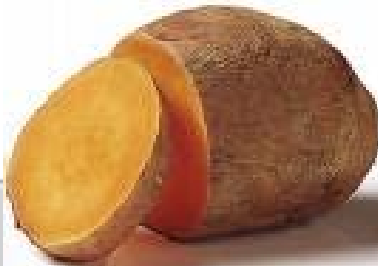
Photo courtesy of [unreadable]



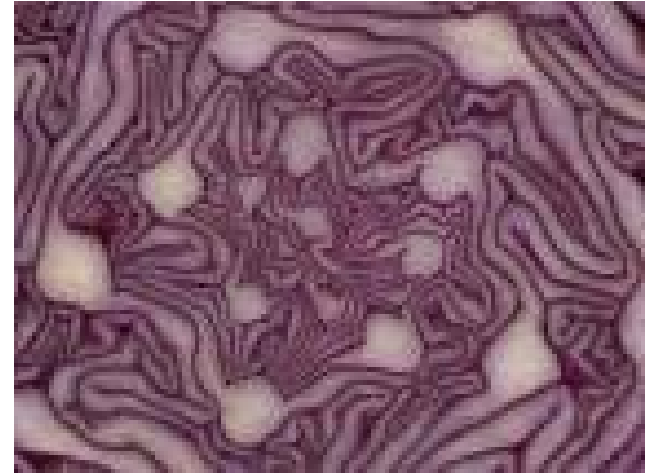


# Bright orange vegetables

- pumpkin, winter squash, yams, carrots



# Cruciferos vegetables





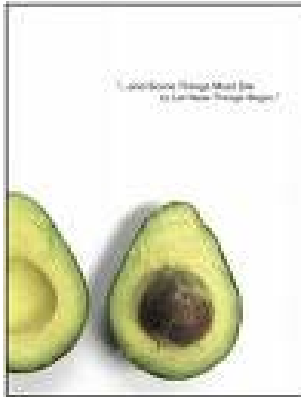
# Salsa is a vegetable!





## And let's not forget...

- Summer squash, nopal, green beans, celery, beets, avocado, cucumber





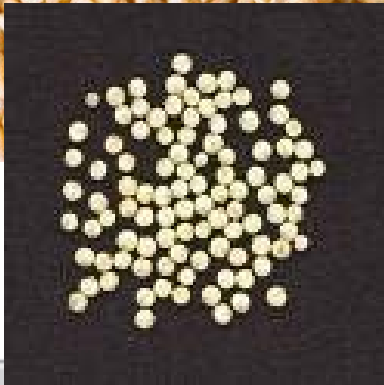
## ***Vitamin C*** scavenges for toxic chemicals that damage our cells.

- Cherries
- Cantaloupe
- Cauliflower
- Asparagus
- Red chili peppers
- Red cabbage
- Mangoes
- Guava
- Strawberries
- Green sweet peppers
- Red sweet peppers
- Papaya
- Broccoli
- Kale
- Spinach
- Brussel sprouts
- Parsley
- Kiwi fruit
- Collard greens
- Citrus fruits





## Whole, unrefined, grains





*Selenium* works with Vitamin E as an antioxidant. Foods high in selenium are:

- Oats
- Bran
- Brazil nuts
- Molasses
- Red Swiss chard
- Nutritional yeast
- Brown rice
- Orange juice
- Orange juice
- Barley
- Turnips
- Shellfish
- Whole wheat bread
- Garlic
- Green onions



# Legumes

- Peas
- Lentils
- Lima beans
- Garbanzos
- Pinto bean





# Most beneficial nuts

- **Walnuts**
- **Almonds**
- **Hazelnuts**
- **Flax seeds**
- **Pumpkin & Sunflower seeds**





## ***B vitamins*** assist the liver in detoxification and are cofactors for neurotransmitters

- Peanuts
- Wheat germ
- Pine nuts
- Wild rice
- Sunflower seeds
- Sesame seeds
- Brown rice
- Almonds



***Magnesium:*** One of the main detoxification pathways in the liver, the P450 system requires Magnesium to function properly

- Filberts
- Buckwheat
- Wheat bran
- Rye
- Brown rice
- Peanuts
- Brazil nuts
- Almonds
- Pecans
- Coconut
- Cashews
- Walnuts
- Soybeans
- Blackstrap molasses



***Vitamin E*** is also an antioxidant, protective to the liver.

- Almonds
- Asparagus
- Walnuts
- Filberts
- Avocados
- Tomatoes
- Sunflower seeds
- Green leafy vegetables
- Whole grains



*Zinc* is antioxidant and an important co-factor in neurotransmitter synthesis

- Oysters, fresh (very high)
- Oats
- Whole wheat
- Pumpkin seeds
- Peanuts
- Rye
- Ginger root
- Lima beans
- Pecans
- Almonds
- Filberts
- Split peas
- Walnuts
- Green peas





## **Polling question**

It is imperative to know the food sources of specific micronutrients to achieve a well-balanced diet?

**True or False?**



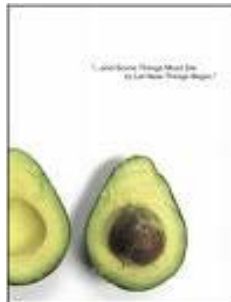
## Omega-3 Fats

- Reduce inflammation and provide building blocks for repair of brain and nervous system
- Food sources:
  - Oily fish such salmon, trout, sardines
  - Flaxseeds, chia seeds, walnuts, almonds, filberts, pecans, brazil nuts, purslane



## Beneficial Dietary Fats

- Extra Virgin Olive oil
- Coconut oil
- Canola oil
- Raw nuts
- Fatty Fish
- Avocado
- “Better butter”- one cube butter and  $\frac{1}{4}$  cup extra virgin olive oil





## Small serving (3 oz.) of animal products

- Wild caught cold water fish
- Grass fed beef
- Wild game
- Chicken
- Dairy
- Eggs





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# VEGETARIAN POWER!

## 12 PICKS FOR PLANT-BASED PROTEIN

1 CUP VEGGIES (COOKED)	1 CUP WHOLE GRAINS (COOKED)	1 CUP BEANS & LEGUMES (COOKED)	1 OZ NUTS & SEEDS
 PEAS 9G	 QUINOA 8G	 LENTILS 18G	 HEMP SEEDS 10G
 SPINACH 5G	 FARRO 8G	 EDAMAME 17G	 PUMPKIN SEEDS 9G
 BRUSSELS SPROUTS 4G	 WHOLE WHEAT SPAGHETTI 7G	 BLACK BEANS 15G	 ALMONDS 6G

### HOW MUCH PROTEIN DO YOU NEED?

RECOMMENDED DAILY ALLOWANCE FOR ADULTS



**46G**  
PER DAY



**56G**  
PER DAY

[WHOLEFOODSMARKET.COM/HEALTHSTARTSHERE](http://WHOLEFOODSMARKET.COM/HEALTHSTARTSHERE)





## **High quality proteins**

Amino acids aid in detoxification, production of neurotransmitters, and provide building blocks to repair damaged body and brain tissue.



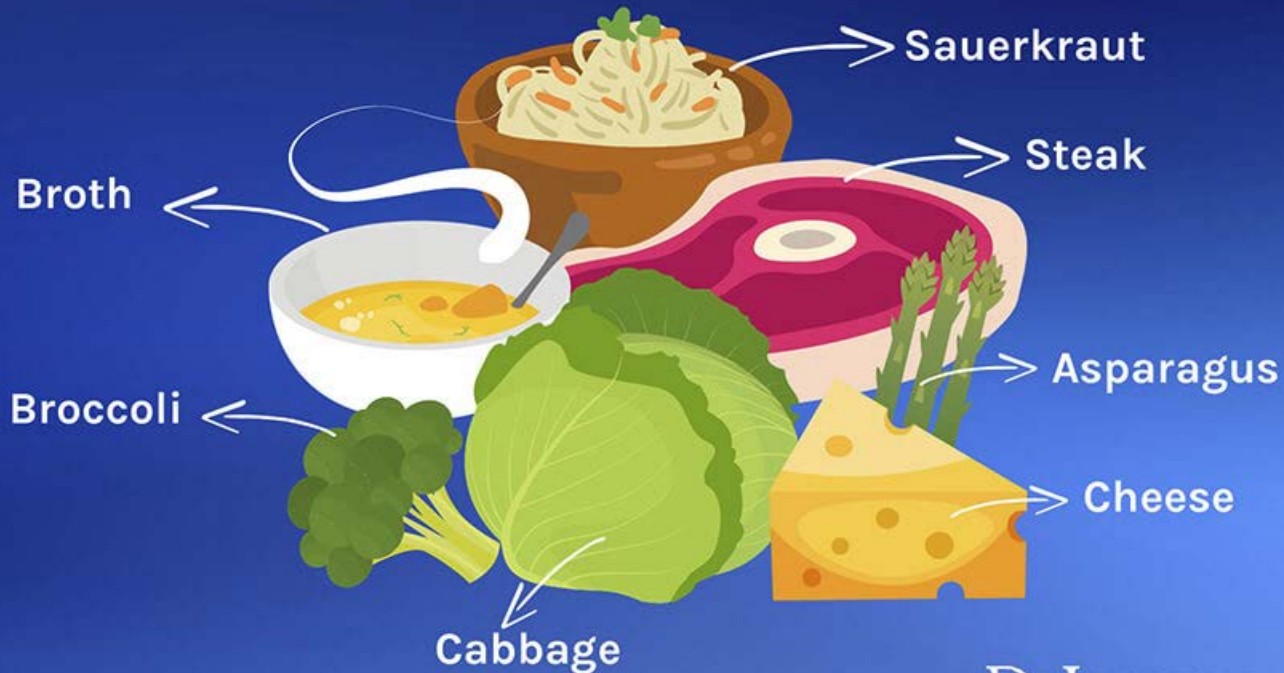
## **L-Carnitine** may improve cognitive function in chronic alcoholics

- Beef steak, cooked, 4 ounces: 56–162 milligrams
- Ground beef, cooked, 4 ounces: 87–99 milligrams
- Whole milk, 1 cup: 8 milligrams
- Codfish, cooked, 4 ounces: 4–7 milligrams
- Chicken breast, cooked, 4 ounces: 3–5 milligrams
- Ice cream, 1/2 cup: 3 milligrams
- Cheddar cheese, 2 ounces: 2 milligrams
- Whole wheat bread, 2 slices: 0.2 milligram
- Asparagus cooked, 1/2 cup: 0.1 milligram



## Glutamine-reduce cravings, repair intestinal lining

### *10 Best Food Sources of Glutamine*







## Foods high in Choline- aid in reversing fatty liver disease.

**1. Beef Liver**

- 3 ounces: 283 mg (51% DV)

**2. Salmon**

- 1 filet: 242 mg (44% DV)

**3. Chickpeas**

- 1 cup uncooked: 198 mg (36% DV)

**4. Split Peas**

- 1 cup uncooked: 188 mg (34% DV)

**5. Navy Beans**

- 1 cup raw: 181 mg (32% DV)

**6. Eggs**

- 1 large egg: 147 mg (27% DV)

**7. Grass-Fed Beef**

- 3 ounces: 78 mg (14% DV)

**8. Turkey**

- 3 ounces: 57 mg (10% DV)

**9. Chicken Breast**

- 3 ounces: 50 mg (9% DV)



# Increases satiety, reduces cravings for sugar, increases serotonin

## TOP TRYPTOPHAN FOODS

 <p>Cage-free eggs</p>	 <p>Spirulina</p>	 <p>Wild-caught fish (cod, salmon)</p>	 <p>Pasture-raised poultry</p>
 <p>Organic, ideally raw dairy products (milk, yogurt, cottage cheese, raw cheeses)</p>	 <p>Sesame seeds, cashews and walnuts</p>	 <p>Grass-fed beef or lamb</p>	 <p>100% whole grain oats, brown rice, corn or quinoa</p>
 <p>Beans/legumes (chickpeas, green peas)</p>	 <p>Potatoes</p>	 <p>Bananas</p>	

Dr. Axe



## **Polling question**

**Do you think the Mediterranean diet  
is practical and affordable for  
Latinos in recovery?**



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# John Michaels story



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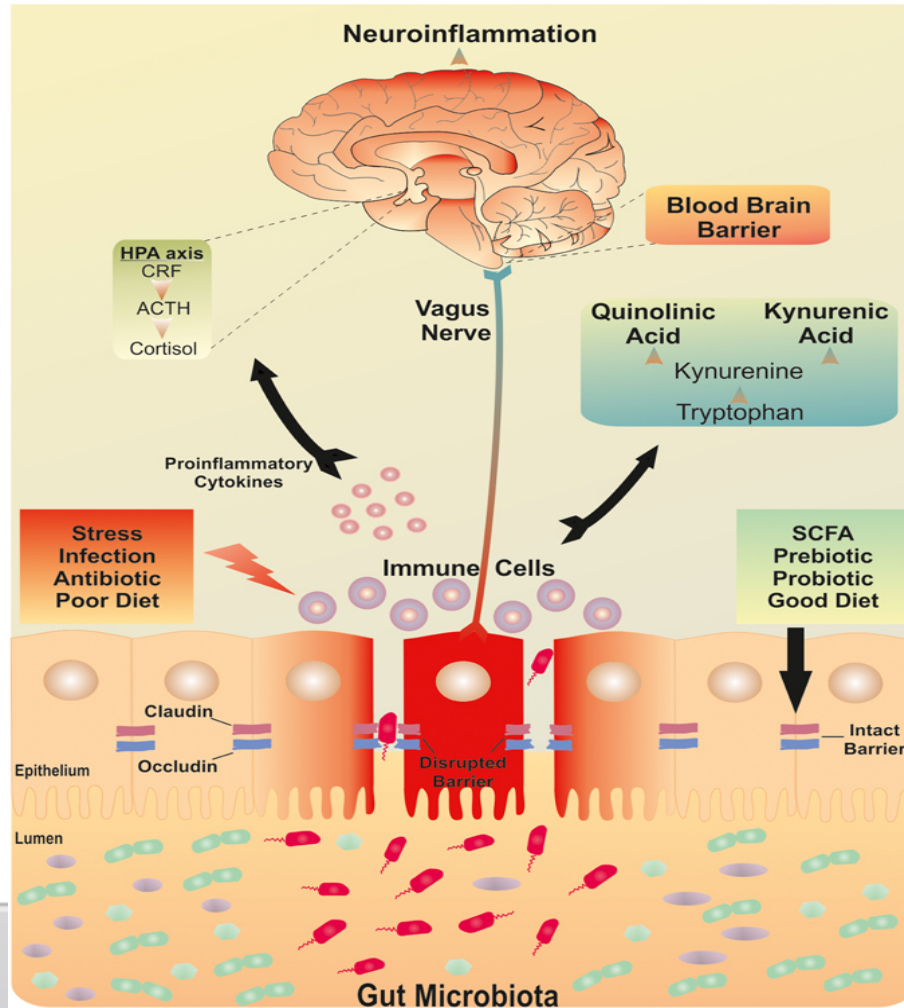
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# HIGH QUALITY DIETARY FATS, HIGH FIBER CARBOHYDRATES AND PROTEIN STABILIZE BLOOD SUGAR, BUILD HEALTHIER BRAIN AND BODY TISSUE AND FEED THE MICROBIOME





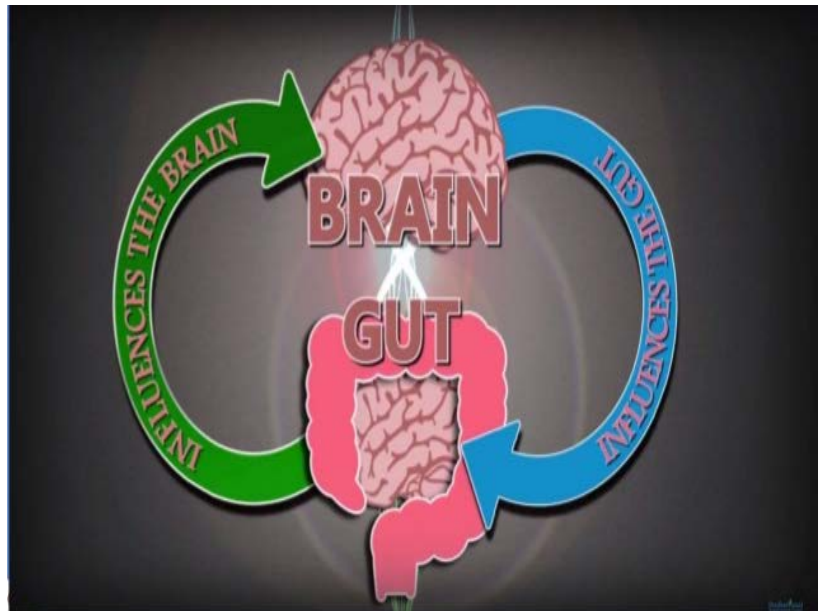
# The Human *Microbiome*





## Dysbiosis or unbalanced intestinal bacteria

- Depression
- Anxiety
- Pessimism
- Mental fogginess
- Inflammation





# Mental health and the microbiome

[Nutrients](#), 2017 Jun 14;9(6). pii: E602. doi: 10.3390/nu9060602.

## **Are the Gut Bacteria Telling Us to Eat or Not to Eat? Reviewing the Role of Gut Microbiota in the Etiology, Disease Progression and Treatment of Eating Disorders.**

[Lam YY](#)<sup>1,2</sup>, [Maquire S](#)<sup>3</sup>, [Palacios T](#)<sup>4</sup>, [Caterson ID](#)<sup>5</sup>.

Open/close author

### ⊕ Author information

#### **Abstract**

Traditionally recognized as mental illnesses, eating disorders are increasingly appreciated to be biologically-driven. There is a growing body of literature that implicates a role of the gut microbiota in the etiology and progression of these conditions. Gut bacteria may act on the gut-brain axis to alter appetite control and brain function as part of the genesis of eating disorders. As the illnesses progress, extreme feeding patterns and psychological stress potentially feed back to the gut ecosystem that can further compromise physiological, cognitive, and social functioning. Given the established causality between dysbiosis and metabolic diseases, an altered gut microbial profile is likely to play a role in the co-morbidities of eating disorders with altered immune function, short-chain fatty acid production, and the gut barrier being the key mechanistic links. Understanding the role of the gut ecosystem in the pathophysiology of eating disorders will provide critical insights into improving current treatments and developing novel microbiome-based interventions that will benefit patients with eating disorders.





[Nutrients](#). 2016 Aug; 8(8): 483.

Published online 2016 Aug 6. doi: [10.3390/nu8080483](https://doi.org/10.3390/nu8080483)

PMCID: PMC4997396

PMID: [27509521](https://pubmed.ncbi.nlm.nih.gov/27509521/)

## Effect of Probiotics on Depression: A Systematic Review and Meta-Analysis of Randomized Controlled Trials

[Ruixue Huang](#), [Ke Wang](#), and [Jianan Hu](#)\*

▸ [Author information](#) ▸ [Article notes](#) ▸ [Copyright and License information](#) [Disclaimer](#)

This article has been [cited by](#) other articles in PMC.

### Abstract

Go to:

It has been reported that gut probiotics play a major role in the bidirectional communication between the gut and the brain. Probiotics may be essential to people with depression, which remains a global health challenge, as depression is a metabolic brain disorder. However, the efficacy of probiotics for depression is controversial. This study aimed to systematically review the existing evidence on the effect of probiotics-based interventions on depression. Randomized, controlled trials, identified through screening multiple databases and grey literature, were included in the meta-analysis. The meta-analysis was performed using Review Manager 5.3 software using a fixed-effects model. The meta-analysis showed that probiotics significantly decreased the depression scale score (MD (depressive disorder) = -0.30, 95% CI (-0.51–-0.09),  $p = 0.005$ ) in the subjects. Probiotics had an effect on both the healthy population (MD = -0.25, 95% CI (-0.47–-0.03),  $p = 0.03$ ) and patients with major depressive disorder (MDD) (MD = -0.73, 95% CI (-1.37–-0.09),  $p = 0.03$ ). Probiotics had an effect on the population aged under 60 (MD = -0.43, 95% CI (-0.72–-0.13),  $p = 0.005$ ), while it had no effect on people aged over 65 (MD = -0.18, 95% CI (-0.47–0.11),  $p = 0.22$ ). This is the first systematic review and meta-analysis with the goal of determining the effect of probiotics on depression. **We found that probiotics were associated with a significant reduction in depression, underscoring the need for additional research on this potential preventive strategy for depression.**



## Intestinal permeability, gut-bacterial dysbiosis, and behavioral markers of alcohol-dependence severity.

[Leclercq S](#)<sup>1</sup>, [Matamoros S](#)<sup>2</sup>, [Cani PD](#)<sup>3</sup>, [Neyrinck AM](#)<sup>2</sup>, [Jamar F](#)<sup>4</sup>, [Stärkel P](#)<sup>5</sup>, [Windey K](#)<sup>6</sup>, [Tremaroli V](#)<sup>7</sup>, [Bäckhed F](#)<sup>8</sup>, [Verbeke K](#)<sup>6</sup>, [de Timary P](#)<sup>9</sup>, [Delzenne NM](#)<sup>10</sup>.

### Author information

#### Abstract

Alcohol dependence has traditionally been considered a brain disorder. Alteration in the composition of the gut microbiota has recently been shown to be present in psychiatric disorders, which suggests the possibility of gut-to-brain interactions in the development of alcohol dependence. The aim of the present study was to explore whether changes in gut permeability are linked to gut-microbiota composition and activity in alcohol-dependent subjects. We also investigated whether gut dysfunction is associated with the psychological symptoms of alcohol dependence. Finally, we tested the reversibility of the biological and behavioral parameters after a short-term detoxification program. We found that some, but not all, alcohol-dependent subjects developed gut leakiness, which was associated with higher scores of depression, anxiety, and alcohol craving after 3 wk of abstinence, which may be important psychological factors of relapse. Moreover, subjects with increased gut permeability also had altered composition and activity of the gut microbiota. **These results suggest the existence of a gut-brain axis in alcohol dependence, which implicates the gut microbiota as an actor in the gut barrier and in behavioral disorders. Thus, the gut microbiota seems to be a previously unidentified target in the management of alcohol dependence.**



## The Mediterranean diet helps to restore intestinal lining and a balanced microbiome





**Probiotics:** foods that promote beneficial intestinal bacteria

- High quality yogurt
- Garlic, onion, leeks
- Barley, flax, oats, beans
- Artichokes, sauerkraut
- Cabbage
- **Supplement high quality probiotics**





RETURN TO OPTIMAL HEALTH

- **EAT FOODS THAT EXISTED 200 YEARS**
  - About 30% of calories from high quality fats such as avocado, raw seeds and nuts, Extra virgin Olive oil
  - Eat 5-9 servings vegetables and fruits daily, more is even better
  - Eat beans 3-5 times weekly
  - Eat small portions, about ¼ cup, of raw seeds and nuts most days
  - Use Extra Virgin Olive Oil, non-GMO Canola and coconut oil for cooking
  - Eat small servings, about ½ cup of 100% whole grains like oats, barley, quinoa, brown rice
  - Limit serving size of healthier meats such as wild fish, OG chicken, grass fed beef to 3 ounces
- **Eat 3 meals a day, slowly, gratefully and mindfully**
- **Enjoy at least 150 minutes weekly of physical activity including aerobic and weight bearing exercise, preferably in the morning**
- **Sleep 6-8 hours per night**
- **Manage stress**
- **Drink at least 2 quarts of purified water daily**



# A holistic approach to recovery

- WILD 5 Wellness-
- Impact of a Five-Pronged (Exercise, Mindfulness, Sleep, Social Connectedness & Nutrition) 30-Day Wellness Program on an Individual's Mood, Mindfulness, Sleep Behavior, Social Connectedness, Emotional Eating and Mental Wellness
- **wild5wellness.com**



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# Stay Connected





# EXERCISE

Exercise has significant anti-depressant impact on people with major depressive disorder, reduces anxiety and improves sleep

- [Journal of Psychiatric Research Volume 77](#), June 2016, Pages 42-51 Exercise as a treatment for depression: A meta-analysis adjusting for publication bias
- Author links open overlay panel  
[FelipeB.Schuch<sup>ab</sup>DavyVancampfort<sup>cd</sup>JustinRichards<sup>e</sup>SimonRosenbaum<sup>f</sup>Philip B.Ward<sup>f</sup>BrendonStubbs<sup>g</sup>](#)







# A holistic approach to Insomnia

- Establish and maintain a daily schedule for meals, exercise, work, recreation and sleep.
- Eat a whole foods diet avoiding refined, processed foods and including an abundance of fresh, organic (if possible), vegetables and fruits.
- Move your body in a non-work-related deliberate way at least 180 minutes per week.
- Prioritize daily time for quiet reflection and relaxation.
- Diligently follow a sleep schedule that reflects the light-dark cycle of the season.



## Rebalance

- Make a commitment to maintaining healthier lifestyle habits
- Sleep 6-8 hours per night
- Move your body every day
- Manage stress
- Eat a primarily plant based diet, foods that existed 200 years ago, most of the time. (80:20)
- Stay engaged in life and connected to your community.



# Restoring balance in recovery

The Mediterranean diet aids in recovery via

- Balancing blood glucose and reducing cravings,
- Providing nutrients to repair damaged tissue,
- Being part of a more balanced lifestyle.





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[www.nlbha.org](http://www.nlbha.org)

<https://attcnetwork.org/centers/national-hispanic-and-latino-attc/home>

*Or directly at:*

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Alternatively you can scan this QR code to access the survey.



Thank you for attending our webinar. Enjoy the rest of your day!

<p><b><u>FLAX SEED SMOOTHIE</u></b></p> <ul style="list-style-type: none"> <li>• 2 Tbsps. ground flax seed</li> <li>• 1 cup frozen mixed berries</li> <li>• 1 cup cold water</li> <li>• 2 Tablespoons protein powder</li> </ul> <p>Combine ingredients in a blender and drink.</p> <p>Flax seeds can be purchased whole or ground. Whole seeds can be ground in a coffee grinder. The ground seeds are found in the grocer's refrigerator. Once the seed has been ground it can become rancid easily, therefore only buy ground seed or meal that is refrigerated.</p> <p>Refrigerate flax seed meal in an airtight, dark container.</p> <p><i>Nutribiotic rice protein</i>- this is a rice based protein that contains few ingredients</p>	<p><b><u>OATMEAL</u></b></p> <p>Boil 1 cup of water and 1 teaspoon of cinnamon</p> <p>Add 1/3 cup oat bran or 1/2 cup rolled oats and cook according to instructions on package</p> <p>Add 1 chopped apple and 1/4 cup chopped raw nuts or 1/2 cup berries</p> <p>Add 2 tablespoons ground flax seeds after you serve yourself</p>
<p><b><u>YOGURT PARFAIT</u></b></p> <p>Layer 1/2 cup plain greek yogurt (coconut milk yogurt if you are sensitive to dairy)</p> <p>1/2 cup mixed berries and 2 Tbsps ground flax seeds or ground raw almonds</p>	<p><b><u>SCRAMBLED EGGS WITH SPINACH, MUSHROOM AND GARLIC</u></b></p> <p>Sautee 2 cloves of garlic and about 1 cup of sliced mushrooms in 1 teaspoon canola oil</p> <p>Add 2 cups raw spinach. When spinach has wilted add 2 eggs and scramble.</p> <p>Serve with fresh orange slices</p>

<p><b><u>BREAKFAST SANDWICH</u></b></p> <p>Toast 1 slice sprouted grain bread such as Ezekiel Bread  Wilt 1 cup spinach in a pan  Poach an egg  Spread ½ a small avocado onto the toast  Pile the wilted spinach on the avocado toast and top with the poached egg</p>	<p><b><u>Leftover hash for breakfast</u></b></p> <p>Finely mince ¼ cup each onion and celery  You can also mince any other vegetables such as zucchini, asparagus or mushrooms  Sauté the vegetables in olive oil over medium heat.  When the vegetables are almost cooked  Add 1 cup raw baby spinach leaves  Stir in flaked leftover salmon or shredded chicken and season with ¼ teaspoon each basil and tarragon  This can be served over a bed of rice or the rice can be stirred in as well.  Add salt and pepper to taste.</p>
<p><b><u>BEANS &amp; GREENS</u></b></p> <p>Sauté 4 cups chopped bok choy, chard or kale in 1 teaspoon canola oil  Add 3 cups of cooked beans or a can of black beans plus the water when the greens are tender  Add ½ tsp cumin, and salt and pepper to taste (add ½ tsp of red chile powder if you like it spicy)</p> <p>This is delicious with a poached egg on top</p>	<p><b><u>BEANS AND GREENS TOSTADAS</u></b></p> <ul style="list-style-type: none"> <li>● Black beans canned or homemade</li> <li>● Corn tortillas</li> <li>● Fresh Avocado</li> <li>● Salsa</li> <li>● Green onions</li> <li>● Bok Choy, Kale or chard</li> <li>● Garlic 2-3 cloves</li> <li>● Olive oil about 1 tablespoon</li> </ul> <p>Prepare beans and greens per recipe.  Toast the tortillas in a toaster oven, toaster, stove top or regular oven until they are crispy.  Slice the avocado.  Chop the green onions.  To assemble, spoon the beans &amp; greens onto the toasted tortilla, garnish with salsa, avocado and green onions.</p>



<p><b><u>ROASTED SWEET POTATOES</u></b></p> <p>Chop:</p> <ul style="list-style-type: none"> <li>one sweet potato</li> <li>2 parsnips</li> <li>2 carrots</li> <li>1 large leek</li> </ul> <p>Place in baking dish</p> <p>Mix 2 tablespoons olive oil, 1/2 tsp salt, 1/4 tsp pepper and about a tablespoon of rosemary</p> <p>Pour oil over veggies and stir</p> <p>Bake at 425 degrees for about 30 minutes stir frequently</p> <p>Add 2 cloves chopped garlic in last 15 minutes</p> <p>This is delicious served with a steamed green like spinach or chard</p>	<p><b><u>GRATED SALAD</u></b></p> <p>Grate 1 carrot, 1 apple and 1/2 a cabbage. Mix together in a bowl with 1/4 cup raisins. Dress with the juice of a lemon and 1 tablespoon of mayonnaise.</p> <p><b><u>SPINACH SALAD WITH CHICKEN AND ORANGE</u></b></p> <p>Make a spinach salad topped with shredded roasted chicken, orange slices, avocado and almonds. Use the juice of an orange and olive oil for dressing</p>
<p><b><u>EASY THAI SOUP</u></b></p> <ul style="list-style-type: none"> <li>1 can coconut milk</li> <li>1 large zucchini</li> <li>3 celery stalks</li> <li>1 large onion</li> <li>2 cups sliced fresh mushrooms</li> <li>2-4 tablespoons curry powder to taste</li> <li>2-4 tablespoons soy sauce to taste</li> <li>1 lb precooked Shrimp</li> </ul> <p>Chop the vegetables into spoon-size chunks. Put them in a soup pot, cover with filtered water, and bring to a boil. Reduce heat and simmer until they are lightly cooked al dente. Add the coconut milk, curry, &amp; soy sauce. When the soup just starts to boil again, reduce heat and add the shrimp. Simmer for 5 minutes or until shrimp is completely heated.</p>	<p><b><u>QUINOA TABOULI</u></b></p> <p>Bring 1 cup quinoa in 2 cups water to boil. Reduce heat and simmer, covered, for 20 minutes. Remove from heat and allow to cool.</p> <p>Dressing:</p> <ul style="list-style-type: none"> <li>1/4 cup olive oil</li> <li>Juice of 1 lemon</li> <li>3 minced green onions</li> <li>Salt &amp; pepper</li> </ul> <p>Chop finely:</p> <ul style="list-style-type: none"> <li>1 large tomato</li> <li>1 large cucumber</li> <li>A whole bunch of parsley</li> </ul> <p>After the quinoa has cooled, add dressing to the quinoa then add the veggies and refrigerate. Serve with humous and whole wheat pita bread.</p>

<p><b><u>CHICKEN SOUP</u></b></p> <p>Cover a chicken without the skin with water in a soup pot. Bring to a boil, reduce heat and simmer.</p> <p>Meanwhile, chop 3 carrots, one large onion, and 3 stalks of celery.</p> <p>When the chicken is cooked, remove it from the water and add the vegetables to the stock. Remove the chicken from the bones, shred and add it back into the pot with the vegetables. Add about 1 teaspoon each of parsley, rosemary, and ½ teaspoon each thyme, salt &amp; pepper. Simmer for 15 minutes or until carrots are tender.</p>	<p><b><u>SAVORY BAKED FISH</u></b></p> <p>8 oz salmon or other fish fillet  1 tablespoon each olive oil, apple cider vinegar, soy sauce such as Kikkoman or San-J Tamari (ingredients: of soy, salt, water.)</p> <p>Preheat the oven to 350.</p> <p>Combine the liquids in a small bowl  Place the salmon fillet in a Pyrex baking dish, pour the sauce over it.  Bake for 15 minutes per inch of thickness or until fish flakes with a fork.  Serve with sautéed zucchini or steamed asparagus and basmati rice</p>
<p><b><u>ROASTED CHICKEN</u></b></p> <p>Remove the gizzards, rinse, and pat dry a whole roaster chicken.</p> <p>Rub skin with 1-tablespoon butter</p> <p>In a bowl combine 1 teaspoon each of parsley, rosemary, basil, tarragon. Add ½-teaspoon each of salt and pepper.</p> <p>Cut 1 small onion and 1 small lemon into quarters</p> <p>Stuff the onion and lemon into the cavity of the chicken.</p> <p>Rub the spice mix all over the skin.</p> <p>Place the chicken in a Pyrex baking dish breast down.</p> <p>Bake at 350 for 1-1 ½ hours, depending on the weight of the chicken. Use a meat thermometer to make sure it is fully cooked.</p> <p>Remove from oven, allow cooling about 10 minutes and serving with rice pilaf and steamed vegetables like broccoli.</p>	<p><b><u>Bieler's Broth vegetable soup to alkalinize your blood</u></b></p> <p>Steam together equal parts to make a soup:</p> <p>Zucchini  Green beans  Celery  Parsley</p> <p>This is an excellent partial fast when you want to detox. Eat as much of this soup as you like all day.</p>

<p><b><u>Garlic ginger sauce/salad dressing</u></b></p> <p>1/3 cup Cold Pressed Extra Virgin Olive oil  1/3 cup Apple cider vinegar  1/3 cup water  1-teaspoon sesame oil  4 finely minced cloves of garlic  1 /2 inch of raw ginger, peeled and finely minced  Salt or soy sauce to taste</p> <p>Add all ingredients together and whiz in a mini-food processor or shake in a covered jar. Use as salad dressing or sauce over meats or vegetables</p>	<p><b><u>Foods that strengthen blood vessels</u></b></p> <p>Blueberry  Blackberry  Cherry  Raspberries  Purple Grapes  Beets  Red wine</p>
<p style="text-align: center;"><b><u>Cobb Salad</u></b></p> <p>Iceburg Lettuce rinsed and chopped  Cherry tomatos cut in half  Avocado cubed  Bacon crumbles  Hard Boiled Egg quartered  Blue Cheese  Chopped Chicken</p> <p>On a bed of lettuce assemble the ingredients allowing each food an equal sized wedge</p> <p>A mild dressing such as vinegar &amp; oil allows the other flavors to shine</p>	<p style="text-align: center;"><b><u>Beef Fajitas</u></b></p> <p>Seasoned beef strips  Sliced onions, peppers</p> <p>Avocado mashed with a hint of garlic powder and salt  Salsa  Shredded lettuce  Diced fresh tomato</p> <p>Flour tortilla</p> <p>Heat a cast iron skillet on medium flame. Add beef cook until done. Remove from skillet. Add the onions and peppers and sauté until transparent. Add meat back. Assemble in a warmed flour tortilla topping with guacamole, lettuce, tomato and salsa</p>

<p style="text-align: center;"><b><u>Veggie Breakfast Bowl</u></b></p> <p>Bacon Sliced cooked potato Greens Saute pepper, onions Sauté tomato Poached or over easy egg</p> <p>Cook a few strips of bacon, remove from heat crumble, set aside.. Get rid of most of the bacon fat. Saute the peppers, onions and tomato in a small amount of bacon fat. When they are cooked, add the greens and sliced potato until they are reheated.</p> <p>Meanwhile cook an egg . Serve in a bowl with a large spoonful of the veggies topped with the egg</p>	<p style="text-align: center;"><b><u>Cobb Salad</u></b></p> <p>Iceburg Lettuce rinsed and chopped Cherry tomatos cut in half Avocado cubed Bacon crumbles Hard Boiled Egg quartered Blue Cheese Chopped Chicken</p> <p>On a bed of lettuce assemble the ingredients allowing each food an equal proportion</p> <p>A mild dressing such as vinegar &amp; oil allows the other flavors to shine</p>
<p style="text-align: center;"><b><u>Beef Fajitas</u></b></p> <p>Seasoned beef strips Sliced onions, peppers</p> <p>Avocado mashed with a hint of garlic powder and salt Salsa Shredded lettuce Diced fresh tomato</p> <p>Flour tortilla</p> <p>Heat a cast iron skillet on medium flame. Add beef cook until done. Remove from skillet. Add the onions and peppers and sauté until transparent. Add meat back. Assemble in a warmed flour tortilla topping with guacamole, lettuce, tomato and salsa.</p>	<p style="text-align: center;"><b><u>Beef Fajita Salad</u></b></p> <p>Leftover Seasoned beef strips Leftover Sliced onions, peppers Tomato wedges Avocado slices Green Chile strips Iceburg Lettuce rinsed and chopped</p> <p>Rinse the green chile strips and rest them on a paper towel to dry. Assemble the veggies and meat on a bed of greens.</p> <p>This salad is tasty with a creamy dressing like ranch</p>

## FRIJOLES CON ASELGAS

- 4 tazas **Frijoles** de la holla
- 1 **Cebolla** picada
- 4-6 Dientes de **Ajo** picadas
- 6 ojas grandes de **Aselga** (Chard, Kale, o bok choy) picadas
- 2 cucharadas **Aceite de olivo**
- **Sal y pimienta** a su gusto

Dora el cebolla, ajo y verdura en el aceite de olivo con llama mediano. Cuando la verdura se afloja, anade los frijoles cosidos hasta se calienten, hecha sal y pimienta a su gusto y sirve.

## QUINOA

- 2 litros de **agua hervido**
- 1 taza de **Quinoa**

Hierve la agua. Sin bajar la llama, anade el grano seco y sigue hirviendo fuerte por 15 minutos. Cuelala bien. Sirve como cereal con nueces, fruta, leche de soya y poquito miel. Tambien se puede usar como sopa con gitomate, cebolla, ajo, chile y especias. Otra opcion es mezclar el grano cocido con verdura picadas como cebolla, elote, pimiento verde, calabaza, limon y chile.

## CHAROLLA DE BOCADILLOS

Prepare una charola grande de rebanadas de jicama, pepino, gitomate y zanahoria crudo. Pongale chile y limon. Cubrela con plastico y mantengala en el refrigerador. Cuando buscan una botanita, le charola dara tentacion. Ofrezcalo con el almuerzo y la sena.

## ENSALADA RALLADA

- 1 mango verde, pelado
- 2 zanahorias grandes lavadas
- 2 betabeles crudas bien lavadas
- 1 pepino grande, pelado
- 1 jicama pelada
- 1 limon
- polvo de chile, sal y pimienta al gusto.

Ralla el mango, zanahoria, betabel, jicama y pepino y combina las. Hecha limon, chile, sal y pimienta encima. Sirve sola como ensalada o encima de ensalada de lechuga.

## **POLLO ROSTIZADO**

- Un pollo entero
- 1 limon en cuartos
- 1 cebolla en cuartos
- ¼ cucharita de cada uno de romero (rosemary), tarragon, perejil (parsley), basil seco
- sal y pimienta

Ponga el pollo en una cazuela. Rellenelo con limon y cebolla. Rocia el cuero con sal y pimienta y todas las especias. Metalo al horno que ya esta a 350°. Cocine por una hora y medio o hasta que el cuero este bronceado y la carne esta cocida.

## **SALMON AL HORNO**

- 1 filete de salmon de 1 libra
- ¼ taza aceite de olivo
- ¼ taza salsa de soya (soy sauce)
- ¼ taza vino blanco, sherry o vinagre de manzana

Combine los 3 liquidos en una taza. Echalos encima del filete en una cazuela. Horne a 400° por 15 minutos o hasta la carne del pescado se separe facil con un tenedor.

## **VERDURAS ROSTIZADAS**

- 2 camotes
- 3 zanahorias grandes
- 3 parsnips (como zanahoria amarilla)
- 2 leeks (como cebolla verde grande. Lavelas despues de picar.)
- ¼ taza aceite de olivo con sal, pimienta y ½ cucharita de romero
- 3 dientes de ajo picado muy fino

Pique las verduras que sean casi del mismo tamaño. Pongalas en una cazuela y pase ligeramente por encima el aceite con especias. 450° por 30 minutos.

## **ENSALADA FRESCA**

- Lechuga romaine
- 2 tazas de Jicama picada
- 2 Naranjas en pedazos
- 2 aguacates picados
- 1 taza de nueces (walnuts)

Combine las frutas y verduras y sirve con el adereso siguiente.

- ¼ taza aceite de olivo
- ¼ taza jugo exprimido de naranjas frescas
- ½ cucharita de fennel o anis
- sal y pimienta al gusto

## ADEREZOS

### **De Ajo y Gengibre**

1/3 Taza Aceite de olivo  
1/3 Taza Vinagre de manzana (apple cider vinegar)  
1/3 Taza Agua  
1 Cucharada Salsa de soya (soy sauce)  
1 Cucharadita Aceite de ajonjolí (sesame oil)  
4 Dientes de ajo picado muy fino  
1 Cachito ½ pulgada de gengibre picado fino

### **De Naranja y Aniz**

1/3 Taza Aceite de Olivo  
1/3 Taza jugo de naranja recién exprimido  
1 Cucharadita de semillas de Aniz o de Fennel  
¼ cucharadita de sal

## SOPA DE GARBANZO

1 Manojito de aselgas picadas  
2 Pechugas de pollo  
2 Litros de agua  
1 Taza de garbanzos previamente cocidos  
1 Ramita de epazote  
3 chiles chipotle secos  
sal al gusto

1 aguacate cortado en cubitos  
Cebolla picada para acompañar

Se pone a cocer el pollo en la agua con los garbanzos. Saca las pechugas cuando están cocidas y después se deshebra las. Retira la grasa del caldo. Se pone los chiles, las aselgas y el epazote al caldo y se deja hervir bajito. Regresa la pechuga deshebrada al caldo y échale sal al gusto y un poco de consome de pollo en polvo. Sirve el caldo y salpíquelos con cebolla y cubitos de aguacate.

## CHAROLA DE BOCADILLOS

Arregle de una manera atractiva una combinación de bocadillos, por ejemplo:

- Trozos de manzana, naranja u otra fruta
- Pedacitos de pollo deshebrado
- Almendras, semillas de girasol o nueces castaños, *crudas no rostizadas*
- Pedazos de zanahoria o apio.

## LICUADO DE LINAZA

(La linaza se puede comprar en la tienda Fred Meyer en el departamento de alimentos naturales *Nutrition Center*. Se llama **FLAX SEED MEAL** en inglés. Lo encuentras en el refrigerador y se debe de guardar en el refrigerador de su casa.)

**Linaza molida** 2 cucharadas

**Fruta fresca o congelada.** 1 taza

Blueberry, pina, toronja o papaya

**Agua natural** 1 taza

**Polvo de Proteína** 1 porción

Recomiendo el *Protein Energizer* hecho por *Rainbow Light*. Se encuentra también en el departamento Nutrition Center de Fred Meyer.

Tome el licuado para el desayuno. Se puede tomar hasta tres veces al día antes de comer.

## Sopa de lentejas

2 tazas de lentejas secas  
3 litros de agua  
3 dientes de ajo  
1 cebolla grande picada  
5 palos de apio picado  
4 zanahorias grandes picadas  
1 taza de cilantro picado  
4 tazas de espinaca  
sal y pimienta  
1 cucharadita de comino  
¼ cucharadita de canela  
¼ cucharadita de ginebre  
1-2 cucharadas de chile chipotle bien picado

Enjuague las lentejas. Pongalas en la agua a hervir con el ajo sal y pimienta. Mientras se cocen las lentejas, lave y pique toda la verdura. Espere hasta que las lentejas casi esten blanditos antes de que heches las verduras. Hechale las especias. Despues saborea con mas sal y pimienta al gusto. Sigue cociendo hasta que las zanahorias este apenas blandita.

## Calabacitas al vapor

4 calabazas verdes o amarillos picadas  
2 elotes corte los granos (desgranados)  
2 jitomates grandes picados  
1 cebolla grande picada  
4 dientes de ajo picados  
jalapeno picado al gusto  
1 taza de agua  
sal y pimienta

Lave bien y pice toda las verduras. Heche la agua en una holla de vapor. Tape la holla y coce hasta que comienze hervir. Baja la llama y sigue hirviendo por 3 a 5 minutos o hasta que las calabazas esten apenas blanditas. Hechele sal y pimienta antes de servir.

## Caldos Con Verduras

### ***Tacos al carbon***

Carne de pollo a la parilla o hervida y desminuido  
Tortilla calentado en el comal o la llama (No aceite)  
Repollo rallado  
Cebolla y cilantro picado fino (que tenga tanta cilantro que cebolla)  
Limon y sal  
Chile que le gusta

Caliente la tortilla y hechale 1 cucharada de pollo, 1-2 cucharadas de repollo y una cucharada de cebolla y cilantro. Esprimale limon y saborea con sal y pimienta al gusto.

Prepare verduras al vapor como calabaz, chayote, cebolla, cilantro, zanahoria.

Licualas en la licuadora.

Combine este liquido con caldo de pollo, caldo de frijol, sopa de fideo y otros guisados.



### **Caldo de Frijol Negro**

- 2 tazas de seco frijol negro
- 6 tazas de agua
- 1 cebolla grande
- 1 chile campana (chile pimiento, bell pepper)
- 1 calabaza zuchini
- 1 zanahoria grande picado
- 1 palo de apio picado
- 3 dientes de ajo picado
- ½ taza cilantro picado
- sal al gusto
- 1-2 cucharaditas comino
- 1-2 cucharada chile rojo en polvo

Cose los frijoles bien cosidos. Pica la cebolla, chile campana y calabaza en trochas y échalos a los frijoles. Pica los demás verduras bien picaditas y échalos también. Ponga los especias y cose en llama mediano hasta que las verduras estén blanditos.

### **Huevo batido con Espinaca y Ajo**

- 4 huevos batidos con ¼ taza de agua
- 3 dientes de ajo picado
- 3 tazas de espinaca cruda
- 1 taza de champiñones frescos picados
- aceite de olivo
- sal y pimiento al gusto

Caliente 2 cucharadas de aceite de olivo en un sartén en llama mediano. Añade los champiñones y ajo y maneja por 5 minutos o hasta que se ablanden los champiñones. Agregue la espinaca hasta que se ablande. Ya que están cosidos las verduras, agregue el huevo batido. Maneja hasta que se cose el huevo.

Sirve con trozos de naranja al lado.

