

# Free Health Ideas



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[TheDoctorsTV and Men's Health: Cook This and NOT THAT, Smoke This and Not That, Drink This and Not That, Watch This and Not That!](#)

The editor of Men's Health magazine appeared on TheDoctorsTV show to promote his new book, "Cook This and Not That" and forced Dr. Travis to exhibit his prowess in the kitchen...that remains to be seen!

We're going to discuss what to cook and what to forget to cook, what to listen to on TV and how to use subliminal audio tapes, what to smoke and what to quit smoking, and what to drink and what to throw on your favorite doctor or bartender.... LOL

We also caught part of the repeat episode of Dr. Oz today and we want to tell you more about what kind of Green Tea to drink. The doctor ALWAYS reminds people to drink Green Tea for a variety of reasons and today the DoctorsTV docs also admitted that they enjoy a cup of Green Tea in the afternoon while filming these episodes.

The type of Green Tea you drink is just as important as the choice of drinking tea, instead of coffee, soda pop, or milk. We insist on finding the absolute best Green Tea: it needs to be ORGANIC, it needs to be loose, and it needs to be freshly brewed properly.

Generation Tea has 16 ORGANIC selections of different Green Teas that are much better than the bagged tea that many companies sell in grocery stores. Don't drink tea bagged Green Teas! Do drink loose Green Tea that's organic and brewed according to the instructions that come with your tea. It's too easy to ruin your health benefits of Green Tea by preparing it improperly. You know that the Japanese have perfected the Tea Ceremony and there's a good reason for that. The preserves the integrity of the nutrients and value for your health and mental balance that comes with the territory of tea.



Don't drink soda pop when you can drink Reed's Ginger Ale or China Cola or Brain Toniq. These three fizzy drinks are MUCH healthier for you than the typical soda pops that deplete your body by requiring additional minerals and vitamins to metabolize the ingredients. Do drink organic fair trade coffee that is freshly ground to perfection and you'll find that there are some health benefits for your cardio-vascular system in addition to boosting your energy temporarily. Eat some snack that is rich in the vitamin B complex and protein with your coffee...something like organic nuts or a slathering of nut butter to keep your body's energy in the adrenals more balanced while you enjoy your brew.

Cook your breakfast with your morning coffee whenever possible, so your body has a plethora of nutrients to begin your day with for maximum support. Don't skip breakfast, even if it's only a piece of fresh organic fruit or a quick fruit Smoothie that takes but two minutes to prepare with fresh organic ingredients and powerful berries. It only takes a few minutes to prepare a whole grain like oats or barley or quinoa to go

along with your berries or bananas or dates. Cook those free range eggs with a healthy oil and don't cook with canola oil. When you have a whole grain and eggs, don't cook that slab of ham that was cooked on TheDoctorsTV. It's not a good food combination and your belt size will bulge when you do THAT!

Do combine your whole grains, beans, and legumes. We love our whole grains and grilled tempeh for breakfast. We also enjoy our cinnamon Mochi for breaking our fast as we begin our day. Don't cook whole grain waffles like David Z. on TheDoctorsTV and then ruin the waffle with unhealthy ham or bad eggs. You can find organic maple syrup, fresh blueberries and coconut milk yogurt, or free range eggs to cook with your whole grain waffle or pancakes.



The doctors seemed to be relieved that David gave minor changes in the burger and pizza worlds and I cannot agree with THAT! Just replacing the crust with a whole wheat alternative isn't enough of a shift for pizza. Cook THAT with soy cheese, sun-dried tomatoes, roasted cloves of garlic, and fresh herbs. It's better to leave out the pepperoni, since THAT has nitrates and nitrites which are known to be precursors to cancer and the degradation of cellular integrity. Replace the pepperoni with a healthier substitute like free range chicken or turkey. There are also soy foods that are seasoned and shaped like pepperoni, if you need to the look, the feel of those little circles to dot your pizza.

I have frequently talked about free range beef, chicken, and buffalo to replace the typical meat found in the grocery store. You can always build a better burger using these or even turkey or ostrich meat from Fossil Farms and Hearst. If you cook THIS; then use organic ketchup, organic mustard, organic pickles, tomatoes, and organic lettuce greens as condiments and fillers to go with the burger. Do use THAT organic mayo. Don't forget the onion and certainly David's idea for caramelized sauteed onions is excellent on burgers and pizza. Do THAT and then experiment with other greens besides iceberg lettuce...use basil, spinach, arugula, or field greens to spruce up your burger greens. Season your burger with teriyaki or tamari, BBQ sauce, or organic spices to give your taste buds a real treat. You'll never miss the fast food burgers when you get the hang of it.



Dr. Oz and the doctors all warn their audiences about the dangers of smoking, but they rarely tell you what to smoke if you must. They really tell you the health risks that endanger your life associated with smoking the cancer sticks that can also set up the conditions in your body for emphysema, asthma, more congestion and colds, fatigue, and blood deficiencies. But some people just can't kick the habit. So if you do smoke THAT evil weed, tobacco; then SMOKE American Spirit cigarettes or go for the gold...the nicotine that your brain craves with an e-cigarette called Green. These e-cigarettes are all the rage in smoking circles who are making a gallant effort to find better alternatives to the chemical-laden brands.

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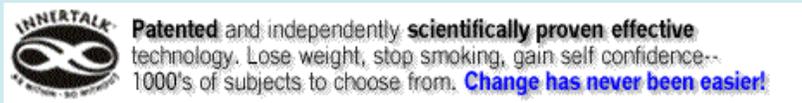
Smoke organic tobacco to provide nitric oxide to your brain when you are opening your seven seals with Ramtha. That's really the only exception to the rule. If you cannot find organic pipe tobacco; then grow your own tobacco plants or find an e-cigarette that will issue forth the desired qualities of tobacco when you do smoke for spiritual awakening.

Last, but not least, it was obvious that the doctors want you to watch TV when their hour is on the tube; but they think that too much television leads to obesity, binge eating, and degenerative diseases from becoming a couch potato which ultimately shortens your lifespan. Dr. Lisa admitted that you can have children watch THAT TV when there are good programs that are educational, but don't do THAT all the time. There are some fabulous shows on TV for young people that provides information that you won't find elsewhere unless you frequent the public library or pursue more scholarly avenues with your children. I have my favorite TV programs that I watch weekly, but I get up and move around during commercials and eat sensibly.

If you are going to watch THAT program on TV or catch an episode of TheDoctors or Dr. Oz; then wear a CieAura EMF Holographic Chip or one of the Pendants that I wrote about in previous posts to protect your body and your brain from the electro-magnetic waves emanating from the tube. Do take stretch breaks during movies and eat healthy snacks when you park yourself in front of the set. Do watch Yoga videos and take a moment to vote on "So You Think You Can Dance" this season – vote for Robert, Alex, or Kent and maybe for Billy!

#### [CieAura EMF Holographic Chips to wear while watching TV](#)

If you take the doctors advice and quit watching all THAT much TV; then take some of the time that you've freed up to 'train your brain' with subliminal audio tapes. The time that you spend listening to these jewels will change your life for the better. There are subjects that will suit you and your children available from the MindMint. These subliminal tapes will support the internal process of becoming healthier, more creative, and will enhance your ability to even quite smoking or engaging in negative behaviors, if you are so inclined. There's an amazing assortment of topics that can be played with music in the background or while you sit comfortably on a chair or relax in bed before falling asleep. They have a Link to online books, if you want to give your children an online alternative to the library or the TV. Your subliminal mind is so powerful that you'll notice an immediate difference in your attitude and level of well-being when you watch WHAT you put into your head when you listen.



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