

# SOUPS, SMOOTHIES & DELECTABLE DRINKS

Recipes for  
Delicious Drinkable Meals for  
After Your Dental Surgery

Angela Treat Lyon



**Angela Treat Lyon**

**[SmoothFoodRecipes.com](http://SmoothFoodRecipes.com)**

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&  
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# READ THIS FIRST



**So you can go  
from feeling like  
this about having  
to eat all-liquid  
foods...**

**...to feeling like  
this—about  
just about  
everything!**



# Why Liquid Foods?

**Because dentist visits involving** surgery usually mean having to eat soft or drinkable foods afterwards that don't have tough fiber, flakes, seeds or stringiness of any sort that could get caught in your teeth or under your gums and start infections or irritations.

In the rest period after surgery, it's easy to get frustrated if you don't have delicious foods that are easy to prepare. So the last time I had an invasive procedure on my mouth, I decided I'd put together the recipes I used for each meal one at a time as I went.

This book is the result of compiling all those trial and error recipes and choosing the tastiest ones.

The usual duration of a dental liquid diet is for 10 days. This allows your mouth plenty of time to heal properly before subjecting your gums and teeth to the rigors of chewing. No matter how long you are required or choose to stay on your drinkable diet, you'll find the recipes in this book very handy and easy to make.

## **Soups: simple, easy, hot or cold**

Most of the soup recipes can be served both hot or cold. On a hot day a cold soup can be so refreshing! And there are some that are real warmer-uppers that make it seem like the sun is out in your belly on that cold day.

## Smoothies and Drinks

I've included some very tasty smoothies and delicious drinks—both waker-uppers and calmer-downers—and an electrolyte builder, too.

I didn't load this little book with a million kinds of exotic, complex recipes because I wanted to just give you kind of an overview-through-example of how you can take several common elements—like onions and celery, or yogurt and fruit, or eggs and milk—and use them as foundations for a pretty varied set of meal, snack or dessert choices.

According to what ingredients you use and how you season these recipes, they will have many variations. You're the chef, you get to choose!

**Important tip:** Let's say you're really hungry, and you want to make a soup. All the variations look terrific, and you go ahead and use them all. Want to know what will happen? You'll get a hodge-podge that will not only look but taste awful! It'll be too much!

Just choose one, or two at the most, of the variations at a time. That way you can take that same basic recipe and make another variation at another time and get a completely different soup that will taste and look as good as the first one.

You can also use leftovers from that soup and use the *Delectable Mushroom Extension* and get a completely different soup! Hopefully you won't have to be on a liquid diet forever, so use these recipes to their best effect.



## For vegetarians, too

I have developed these recipes so they can be used by both meat eaters and vegetarians. Vegetarians often get left out of recipe books, and since I was one for a long time, I know what that's like.

About the only recipes you Veggeloids won't want to eat (if you are a hard-core vegan) are the ones with eggs. So enjoy, Veggeloids!

## Broth

You can substitute any kind of hearty or thin vegetable or meat broth for the water required in the soups. It's up to you whether you use vegetable, beef, chicken or otherwise.

***Please think about this:*** those handy-dandy little bouillon cubes people find so convenient are usually loaded with salt. They'll make a great broth, but your thirst will go through the roof. Look for no-salt and no-trans-fat bouillons at most health food stores. Then you can add sea salt to taste and not feel parched within an hour of eating.

Make your own broth! It's better tasting and better for you!

## Heat your pan first

Before sautéing your vegetables, you must first heat your pan so the food won't stick to it. If you do not heat the pan, since all pans are to some degree porous (even teflon), they will absorb the liquid or food into the surface, and your food will stick. This is why scrambled eggs poured into a cool or warm-only pan stick like crazy.

In most of these recipes, there are multiple vegetables used. Cut everything but the garlic and onions up first. Next cut or mash the garlic.

Finally, when you reach for the onion, reach a bit further and turn the heat under your pan on high (or medium high if you know it is a hot stove). Now cut your onion up as the pan heats.

When you have finished cutting the onion, drop the butter or oil in the pan. If it sizzles without turning brown around the edges, you've got it perfectly! If it starts to turn brown and burn right away, next time wait a bit longer before you turn on the flame or burner. You'll get the feel for it quickly.

When your butter or oil is melted, carefully toss in the garlic and onions. If you're using mushrooms in the recipe, toss those in, too. Turn it all over in the pan with a spoon so the butter gets onto all the onion and garlic and mushroom surfaces.

Wait a minute or so and let them brown a little bit for more flavor. Now place the other vegetables on top in the pan without disturbing the onions, garlic or mushrooms. You *can* mix it all around or not—I like to leave them without mixing because then the onions and mushrooms get a slight browning.

When I see that the onions are transparent and browned a little, *then* I mix it all up and cover it. Cover with a lid so that the steam from the cooking will steam the vegetables.

This is a kind of sauté-steam process that I use because it

speeds the cooking up without spoiling it, and gets all the food nice and soft so the blender won't strain too much with hard chunks.

## Cut up onions with NO tears!

I used to hate using onions since they made my eyes hurt so much. But I discovered a way to cut them up without a snick of pain or tears.

### Here's how it's done:

Cut the root and top of the onion off first, cutting off as little of the onion as possible. Throw out the ends right away.



Cut the onion down the center lengthwise—along the “grain” of the skin. Place both halves face down on the cutting board to keep the fumes from the oils in the onion from rising to your eyes—that's what makes you teary.



Peel off the skin of one half, place it back on the board face down, and then do the other half and place face down.



Now, holding one of the halves with thumb and fingers opposite each other, start slicing as you keep holding the onion together. This is a little tricky, since the slices want to come up when you raise the knife. Keep them down with your first finger as you go.

You can cut the slices into smaller pieces or leave long. I like them short in these recipes since they'll be blended up anyway, but in a regular recipe you have many options.

Now you know how to slice your onions without crying!

## **Why sauté, not fry or boil?**

I like to sauté my veggies because it gives them greater overall flavor. I stay away from frying because it uses way too much fat or oil.

You can certainly plop everything in a recipe together into a pot and steam or boil it, but the resulting soup won't have the rich flavor to be gotten from sauteing.

Get your mid-sized skillet hot, place the butter in and watch it sizzle. When the butter (or oil) is melted completely and even starting to turn a light brown at the edges, swirl it around the pan until the bottom surface is covered.

Then place your cut-up onions and garlic in and stir until coated. Sauté the onions and garlic first until the slices or pieces are half-transparent, then place the rest of the veggies on top to steam a bit before stirring again.

The onions and garlic will brown a little on the underlayer. This gives that rich flavor to your soup you just can't get by steaming or boiling. When you see the onions and garlic getting brown, stir the whole mix until all of it is coated with the butter and moistness from the steam.

You can either leave the pan uncovered and continue to sauté that way, or you can put on a cover and allow the steam

under the lid to steam-cook the veggies. They cook faster that way.

## Miso Soup

I didn't include Miso Soup in the recipe part of this book because it's so easy and simple to make that you can pretty much just use it as is without a recipe.

It's a fantastic filler-upper, and a great warmer-upper for a cold day. And strangely enough, will cool you down on a hot one. I love it with a few cubes of soft Tofu floating in it.

You can get the white miso, or the medium or heavy red types, in 2-cup tubs of concentrated miso in the refrigerated part of your grocery store. Keep it refrigerated once opened. I know Safeway has it in handy quick single-use paks in the oriental section.

Just dissolve a spoonful of it in boiling water, let it sit a bit, then sip or drink it. It's full of all kinds of good-for-you stuff. If you're a first-time user, it will look and smell pretty weird. But it's delicious and extremely nutritious.

## Juices?

I have a friend who swears by lots of juiced-daily fresh raw fruit and veggies. That may work for her, but it sure doesn't for me—I get plugged up overnight if I just drink juices all day, whether they are fresh or not.

Why? Because when you drink all-juiced foods, you're not getting the fiber that pushes food residues out of your body, and it's easy to get all tied up inside.

To avoid that, I suggest that you stay at one juiced drink a day only—if at all—and make the blended smoothies and soups your main meal-style.

If you do get all backed up, an herbal blend tea named *Smooth Move* is great to get things going again without having to use laxatives. You can get it at practically any health store.

Make it weak the first time! It's strong! I use it half-strength when I need it. You'll feel pulling and griping in your belly within about an hour after you drink it, but just remember that it's just doing its job and pushing everything through.

Don't make a habit of using it every day or your body can forget how to eliminate naturally—you can become dependent on using it or other laxatives.

Make sure you drink plenty of water during your liquid diet time, because you'll need the liquid in your system to make the residues in your bowels soft enough to ride on out. Otherwise you definitely will get constipated. No fun, and very bad for your health.

### **No straws!**

You might like to sip your juices or soups or smoothies with a straw, but my dentist told me that right after dental surgery it's a BIG NO-NO!

The clots, or scabs, that form between your teeth or in your mouth are important. They keep the wounds that were created by surgery closed.

The cuts heal from inside out, and in a few days, the clots will

fall off by themselves. They are fragile for those few days right after surgery, and you need to protect them by not using a straw. The suction in your mouth will pull the clots right on out. So please refrain from using straws during your first few days, at least.

## **Lose weight?**

You may find that after a week or so of using the recipes in this book that you are losing weight.

That's because you're not eating any grains or heavy carbohydrates that mess up your system. No breads, pastries, or pasta (see the root-word there—paste? Makes you wonder why people want to eat paste!).

If you can stand making a thin gruel out of cream of wheat or oatmeal, go for it, but I find the thought of it awful, and prefer a soup or smoothie for breakfast.

I did include ice cream as part of some of the recipes in the Drinks section, but I invite you to go very easy on them. You could substitute plain yogurt in almost all of them except the tea-based ones.

## **Sugars**

Do try to stay away from refined white sugar. Use turbinado or brown sugar if you just can't stay away from sweetness.

In your smoothie, drink and dessert recipes I suggest using maple syrup. It's easy, versatile and delicious. Grade B has more minerals than Grade A or even honey.

If you like honey or agave nectar, use either one of those. You don't get the insulin rush from the agave nectar you get from sugar.

Zylitol and stevia are a couple of very common sugar substitutes. Zylitol is quite good—it looks and tastes like white sugar, but again, you don't feel the rush of energy you'd get from eating sugar. (*NOTE: But never give it to your dog!*)

Stevia is OK—not one of my favorites—it has a kind of nasty metallic aftertaste, but many people love it. It's literally 300 times the sweetness of sugar, so go really, really easy! I didn't believe it when I first heard of it and heaped it into my drink, and boy was I sorry!

I read in **Dr. Eric Berg's** book, *The 7 Principles of Fat Burning* recently that your body remembers a sugar hit for 14 days. What he's saying is that that means the body's hormone balance is upset for two whole weeks after you eat only one little bit of sugar!

So I'd suggest that, if you do need or want to drop weight, don't stress your hormones out by loading on extra sugar, maple syrup or honey, and take this chance to mellow out and drop a few pounds.

You'll see that I have called for maple syrup as a sweetener in many recipes. You absolutely can choose to leave it or any other sweeteners out of any of these recipes.

(Please do thorough research about packaged artificial sweeteners before using them—I virtually never use white sugar, but I'd use it before I used any artificial ones.)



***IMPORTANT NOTE: I absolutely do NOT promise that you'll lose weight eating the foods in these recipes!***

***That's not what these recipes are for. They are for keeping you fed and nourished easily when you can't eat food in its normal form—period!***

## **Butter!?!**

You will notice that I call for the use of butter in all the soup recipes. That's because I personally love it and its taste.

I also use flax seed oil in some of the smoothies to help you get your “good” oils for the day.

You, of course, might like olive oil or sesame seed oil for cooking. That's fine—just make sure you use a little oil every day. You do need some oil in your diet. Eating smoothies and soups will vastly reduce the oils you eat, so I want to make sure you get enough.

If the usual 2 TB I call for is too much for your taste, cut it in half! (If you use margarine, please rethink it—margarine is a petroleum product! To me, eating margarine is like eating plastic. Your choice, of course.)

## **Nut butters and soaked nuts**

Did you know that if you soak fresh, raw almonds in water overnight, they will be easier to digest? I never eat dry raw nuts anymore after discovering how wonderful soaked nuts can be. Obviously they have to be raw—roasted nuts just get soggy if you soak them—ugh!

I suggest just a handful of 5 or 6 soaked nuts in some of these recipes. Make sure you blend them first in a half cup of water, and then again with the fruits or vegetables in the recipe so there are no tiny bits to get between your teeth or gums.

Soaked nuts are so versatile that they go with both fruit and vegetable recipes. Take about a half cup of raw nuts, cover them in water and leave overnight. Drain and rinse them off in the morning, re-cover, and let sit another 4 or 5 hours. They'll be ready to use for your dinner that night.

You can add just 1 or 2 teaspoonsful of good (sugarless!) peanut, cashew, almond or even macadamia nut butters in with your vegetables or fruits to help make your soups and smoothies creamier or smoother. Don't use more than that because it will overpower the taste.

### ***No berries!***

In these recipes, I avoided suggesting all berries except blueberries. And even *they* must be strained twice to make sure you get all the little skin particles out.

Berry seeds are too small, and if you put them in the blender, will go right through the strainer. They become quite sharp and are way too irritating to your mouth's newly healing tissues.

### **Protein powder?**

You might want to use protein powder in your smoothies to make them go farther or add more heft. I don't like protein powders because I think they are too processed, and the body has a hard time recognizing them as food.

I believe that fresh foods are way better for you; but if you can find a protein powder that you like and that feels good to eat, go for it!

## **Your blender is your best friend**

You'll definitely need a good, sturdy blender that will last for three to six uses a day the length of time you are on your liquid food plan.

Some of these recipes will ask you to blend it only once, but there are some in which you must blend twice—pay careful attention!

## **To strain or not to strain**

Unless otherwise noted, strain all the recipes once they are blended (sometimes twice). This is essential if you have been instructed to be careful not to get seeds or fibers between your teeth and gums.

Why pay a bazillion bucks to the dentist, go through the pain and discomfort of the procedure you just went through only to undermine the whole thing just because you don't strain the seeds or fibers out that would irritate or start an infection in your gums!?!

Use a pretty heavy-duty strainer since eating three to six times a day is going to put it under daily strain (sorry—couldn't resist the pun!). Be careful to clean it really well right after each use so the food doesn't dry on it and clog up the holes for the next use (but you knew that, right?).



## Your clean-mouth Home-Brew

Your dentist has probably given you a strong mouthwash to help you keep your mouth clean while you cannot brush your teeth or floss. Use that at the prescribed times. And....

I like to use a gentle mouthwash after my meals during the day, as well. I've been experimenting over the years, and a couple years ago I put together a simple, effective mouth rinse that I really like. It has in it simple and healthy ingredients that I know that I can trust to do good things for my body, and yet not be harmful. If you choose to make this and use it, you'll enjoy it, too.

### Here's my easy mouthwash recipe:

- 2 Cups spring water
- 4 Drops oil of oregano
- 4 Drops *Young Living* Wintergreen oil
- 2 Drops Melaleucca Tea Tree oil

Put the water in a glass pint jar with a lid that will seal tightly. Carefully drop the drops of oil right on the water's surface. More is NOT better:

## Although only a few drops are called for, don't use more!

You'll see why if you do use more—it'll be way too strong and will taste shockingly, HORRIBLY awful. You won't do it again, either, I guarantee!

If you do use too many drops of the oils, just dilute with more water until it's good to go per your taste.

## How to use it

To use, shake it up, pour a bit into a shot glass and take *one mouthful*. Swish around your mouth for 30 seconds. Make sure you get into the cracks on both sides of your mouth, as well as the front. Then spit it out. *This is NOT a substitute for the mouthwash your dentist prescribes. It is an addition.*

Unlike commercial mouthwashes, it won't hurt you if you swallow a little of the mouthwash residue in your mouth. If anything, it will help dispel bacteria in your gut—but avoid drinking it! You'll get a righteous bellyache! But why would you drink it, anyway????

## Shake vigorously before each use!

Make sure you shake your mouthwash up before you take a swig, because the oils will rise to the surface between uses, and if it isn't shaken, you'll get a high concentration of the oils on your tongue and lips. These are essential oils, which means that they are very concentrated. If you get them in your mouth full-strength, they're very strong and it'll feel like your mouth is burning!

*It doesn't actually burn you*, it's just very potent. If you do make the mistake of using it without shaking, you certainly won't forget not to do it again—bleagh!

I use *Young Living Essential Oils* because they are the only food-grade essential oils I know about. If you don't have a friend who is a distributor of *Young Living* products, just go here: [YoungLiving.org](http://YoungLiving.org) and get a small bottle. It's pretty inexpensive, and will last you a very long time.

## About the mouthwash ingredients

### OIL OF OREGANO

I am told that it is a natural anti-biotic and powerful germ fighter, and that it:

- ❖ Helps your body fight off the flu and colds
- ❖ Helps your body reduce pain and inflammation
- ❖ Kills germs on contact
- ❖ Repels fungi, parasites and yeast infections
- ❖ Provides immediate relief from allergies and insect bites

Health practitioners say that it will have the same effect on your intestinal flora as prescribed antibiotics—destructo! They also say that we need to replace our intestinal flora after *any* antibiotic treatment—whether we use essential oils or pharmaceuticals—with kefir, yogurt and/or kombucha drinks, probiotics or other intestinal flora-replacers. That's up to you to take care of.

### TEA TREE OIL (Melaleuca Oil)

From [Wikipedia.com](https://en.wikipedia.org/wiki/Melaleuca_essential_oil): "Tea tree oil or melaleuca oil is a clear to very pale golden color essential oil with a fresh camphoraceous odor. It is taken from the leaves of the *Melaleuca alternifolia* which is native to the northeast coast of New South Wales, Australia.

"The oil has beneficial medical properties (including antiseptic and antifungal action). Tea tree oil is usually used diluted, as reactions are common with pure tea tree oil.

"Tea tree oil should not be confused with tea oil, the sweet seasoning and cooking oil from pressed seeds of the tea plant (drinking tea), *Camellia sinensis*, or the tea oil plant *Camellia oleifera*."

You can get *Melaleuca Tea Tree Oil* from Amazon.com, or even at Walmart. make sure it's a quality source, wherever you get it from.

## **WINTERGREEN**

The wintergreen, aside from smelling great and feeling very refreshing, purportedly helps support the respiratory and nervous systems. I'm told that it also helps you feel more calm. I like using it in massage oil for soothing head tension and muscles after exercising.

I also like to put a couple of drops in boiled water so I can sit or stand over it and breathe in the steam when I have a head cold or sinus headache. It's helped me clear my head any number of times.



***IMPORTANT NOTE: These oils should be NEVER be used at 100% strength!*** ALWAYS dilute them by using drops in water, or in another, neutral oil. They are extremely spicy, and will cause your mouth or your skin to feel like it's burning if applied straight. No, it is not actually burning, but sure will feel like it, and may even raise welts on tender skin.

*Yes, they are used by millions of people and considered to be safe, but just as in any medication or application, you need to be aware of how to use them correctly.*



**Disclaimer:**

*I am not a doctor or health practitioner, so I am neither advising you on any level nor am I taking responsibility for your health in any way. That's up to you to do.*

*Please do not stop any of your medications or other prescribed health practices without first consulting with your health advisor, practitioner or doctor.*

*Please take responsibility for your own health and use any food, oil or ingredient in this book at your own discretion.*

*If you have food allergies or reactions and a recipe in this book calls for an ingredient to which your body reacts, for goodness sake, let common sense prevail: either substitute something you can ingest rather than that ingredient, or simply don't use it!*

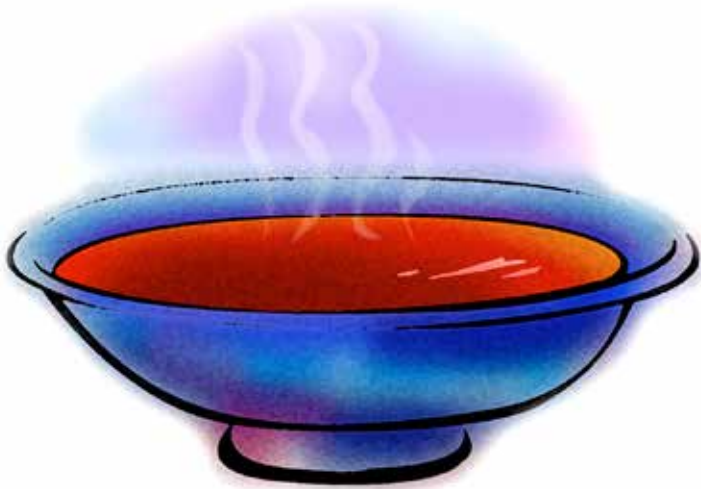
*This is meant to be a handy recipe guide, not a strict eating or health bible.*

*Thank you.*





# SOUPS



## Artichokey Fresh Pea Soup

1 Cup fresh or frozen peas  
 1 Cup diced celery  
 1 Cup fresh mushrooms  
 1/2 Cup bell pepper  
 4 Marinated artichoke hearts  
 2 TB butter or your favorite oil  
 Salt to taste  
 2 Cups water

Cut mushrooms, celery and bell pepper up small  
 Heat medium size skillet  
 Add butter to hot pan (butter is hot but not brown)  
 Sauté mushrooms, celery and bell pepper till soft

Cut the artichoke hearts into very thin strips lengthwise  
 Put the water in the blender  
 Add artichoke hearts and peas  
 Blend smooth (will look lumpy but will actually be smooth)  
 Add cooked veggies and salt to taste.  
 Blend again until very smooth

Makes about 4 cups.

Artichoke hearts add an unusual flavor that makes the soup exotic and savory.

**Variations:** use any one of these:

Basil	Curry powder
Oregano	Cilantro (fresh)
Rosemary	Cumin powder
Thyme	Coriander powder

## **Black Bean Heaven**

- 1 15-oz. can Progresso Black Beans (or Goya 15.5 oz.)**  
**(If you like to cook your own, please do!)**
- 1 Medium onion**
- 4 Cloves garlic**
- 1 Green bell pepper**
- 1 Cup celery**
- 2 Medium sized carrots**
- 1 Cup cut corn**
- 2 TB butter**
- Salt**
- 3 or more cups water**

Cut the garlic and onion up into small pieces

Heat medium size skillet

Add butter to hot pan (butter is hot but not brown)

Sauté the garlic and onion

When half-cooked, add the diced pepper, celery and carrots

When the vegetables are done, add the corn

Add the beans

Stir everything together and let simmer for a couple minutes

Salt to taste

Put the water in the blender

Pour everything in from the pan

Blend until smooth

Add more water for a thinner soup if desired

When you can start to chew again, serve with 2 or 3 slices of hard-boiled eggs, and diced green onions or fresh chives floating on soup

## **Black Bean Heaven** *(continued)*

### **Variations:**

Adzuki beans  
Kidney Beans  
White beans

Leave the carrots out for a less-sweet taste

Add cayenne pepper to taste

Add pepperoncini cut very small. Just one will make the soup hot, so be careful if you don't want it too spicy!

Add a dollop of sour cream to the top as garnish.



## **Carrot Soup**

8 Medium carrots  
1/2 Bell pepper  
2 Celery stalks  
2 Cloves garlic  
2 tsp Butter or your favorite oil  
Salt to taste  
3 Cups water  
1 Cup water

Slice and dice bell pepper and celery  
Cut garlic and onions  
Sauté garlic and onions until half soft.  
Add celery and bell pepper

Cut carrots into rings as the first batch cools  
When cut, add to the rest  
Let it all Sauté for a few minutes  
Add 3 cups water  
Simmer until carrots are soft

Pour all into blender  
Add one more cup water  
Blend till very smooth

Makes about 4 to 6 cups

**Exotic variations:**

Add tiny pinch clove powder (while cooking)  
Add pinches of cumin, coriander and tumeric or premade  
curry powder (during celery/pepper Sauté)  
Add fresh 2 TB cilantro leaves (add in blender)



## **Creamy Broccoli Soup**

1 6 or 7" Wide head of broccoli  
1/2 Green bell pepper  
3 Big garlic cloves  
1/4 tsp Curry powder  
Teeny tiny dab of cayenne  
1/2 tsp Sea salt  
1/2 Cup celery  
1 Medium onion  
2 tsp Butter (or your favorite oil)  
3 Cups water  
1 Cup water

Heat medium size skillet

Add butter to hot pan (butter is hot but not brown)

Sauté onions and garlic a couple minutes

Add bell peppers and celery cut small

Add cayenne and curry

Continue covered until soft—a slightly browned pan-bottom will tell you it is ready

Add 3 cups water

Add broccoli cut small

Simmer at slow boil until broccoli is soft

Put it all in the blender, add remaining cup of water

Blend until smooth.

Makes about 5 or 6 cups.

## **Variations:**

Add crushed cashews to the cooking veggies—when crushed in the blender makes your soup creamy

Fresh or frozen peas (not more than 1/4 cup if you want to retain broccoli as the main flavor)

Fresh or frozen spinach

Milk, cream or soy milk—not more than 1/2 cup

Keep amounts of curry and cayenne tiny for a subtle hint, not to make a curry.

The powdered cayenne will help the soup warm you up if you feel cold.



## Curried Lentil

- 1 Large onion
- 1/2 Cup sliced carrots
- 1/2 Cup diced green bell pepper
- 1/2 Cup cut corn (optional)
- 1 Cup cooked lentils
- 2 tsp Butter (or your favorite oil)
- 1 tsp Curry powder
- Teeny tiny dab of cayenne
- 1/2 tsp Sea salt for soup
- 1/2 tsp Salt for lentils
- 3 Cups water
- 1 Cup water

In a 2-quart saucepan, cover 1/2 cup dry lentils with 3 cups water. Bring to fast boil uncovered. Place lid on with small crack, simmer 45 minutes or until done. Keep any excess liquids to add to blender.

Cut the carrots, bell pepper and corn up and set aside  
 Cut the onion up into small pieces  
 Heat medium size skillet  
 Add butter to hot pan (butter is hot but not brown)  
 Sauté the onion and add seasonings  
 When the onion is half-cooked, add diced pepper, carrots and the 2 cups of water  
 When the vegetables are done, add the corn  
 Make sure the carrots are cooked until soft  
 Add the lentils  
 Salt to taste

Put the second cup of water in the blender  
 Pour everything in from the pan

Blend until smooth

Add more water for a thinner soup if desired

**Variations:**

Use white beans

Leave the carrots out for a less-sweet taste

Add pepperoncini cut small to Sauté mix. Just 1 will make the soup hot—be careful if you don't want it *too* spicy!

Add a dollop of sour cream to the top as garnish.



## **Garlic Asparagus**

15 Nice thick stalks of asparagus

5 Large cloves garlic

1 Medium onion

1/2 Cup celery

1 Small red potato

2 TB butter

3 Cups water

Salt to taste

Cut asparagus into very small pieces (1/4" to 1/2" long)

Cut potato into small cubes or long, thin slices

Skin and crush or cut garlic up

Cut onions small

Melt butter

Add garlic and onion, cook about half-transparent

Add asparagus and potato

Sauté for two minutes

Add water and simmer until asparagus and potatoes are soft

Pour everything into blender

Add salt and any other seasonings you desire



Blend until smooth  
Makes about 4 cups

**Variations:**

Instead of 3 cups water, use 2 1/2 cup water to simmer veggies, then add 1/2 cup milk, cream or soy milk.  
For thicker creamier, nutty flavor, add 1/4 cups crushed raw cashews when blending.



## **New Mexico Green Chili Corn Potato Chowder**

5 Medium red potatoes  
1 Cup cut celery  
1 Cup cut corn  
1/2 Cup Green pepper  
1/2 Cup diced green chilis (add more according to taste)  
1 Onion  
2 TB Butter or favorite oil  
1 tsp Fresh-cut chives  
Salt  
2 Cups water  
1 Cup water

Cut the potatoes into small chunks and steam until soft but not crumbly  
Dice the onion, celery and bell pepper  
Heat a mid-sized skillet until hot but not smoking  
Add the butter, Sauté until the bell pepper is tender and the onion and celery are transparent

Put 3 cups of water in the blender

Add the potatoes, corn and chili peppers  
Blend until smooth

Add all the other ingredients except salt  
Blend smooth again  
Salt to taste

Makes about 5 cups

**Variations:**

Use red chili instead of green

Use pepperoncini instead of green peppers

Add 1/2 cup milk, cream or soy milk (subtract 1/2 cup water)

Use green onions, shallots or paprika instead of chives



## **Real Vichyssoise (Cold Potato Soup)**

**5 Medium red potatoes**

**2 Large leeks**

**1/2 Cup cut celery**

**1/4 Cup green onions**

**1/2 Cup cream or soy milk**

**or 1/4 Cup raw cashews**

**2 TB Butter or favorite oil**

**1/ tsp Salt**

**3 Cups water**

Cut the potatoes into small chunks and steam until soft but not crumbly

Slice the leeks and green onion (leeks are notorious for having secret pockets of garden sand between the leaves.

Make sure the leeks are washed really well)

Heat a mid-sized skillet until hot but not smoking  
Add the butter—it should sizzle but not brown  
Add the cut leeks and green onion  
Sauté until the leeks and green onion are tender and transparent

Put the first 3 cups of water in the blender  
Add the potatoes, the leeks and green onion  
Blend until smooth

Add all the other ingredients except salt  
Blend smooth again  
Salt to taste

If you use the cream or soy milk, subtract 1/2 cup water.  
If you use the cashews, pre-blend them with 1/2 cup of the water and add to the leeks and green onions in the pan during the last few minutes of cooking them.

Makes about 4 cups

You can serve this hot or cold. Let it sit over night for a fuller flavor, whether you serve it hot or cold. Served hot, this is a fantastic warmer-upper for cold days, or cold for a good lunchtime filler on hot summer days.

(Note: 'Vichyssoise' is pronounced VEE-shee-SWAHzz.)



## **Tomato Basil Soup**

**1 16 oz. can Progresso peeled whole tomatoes with basil (or 1 quart home-made stewed tomatoes with its own tomato sauce (much better!))**

**2 tsp Butter**

**1 Medium onion**

**Cloves garlic to taste**

**1 Leaf fresh basil (or more to taste)**

Cut up onion and garlic into small pieces

Sauté until half-transparent

Add tomatoes to skillet

Stir, simmer until onions are completely done

Pour into blender

Add basil leaf and salt

Blend gently—tomatoes become quite frothy, so hold your hand on the top of the blender to keep the lid on!

Makes 4 or 5 servings



## **Yam Supreme**

**1 Small yam or sweet potato**

**1 Medium carrot**

**1/2 Onion**

**4 Slices fresh ginger or 1 tsp powdered ginger**

**2 TB Butter**

**2 Cups water**

**1 Cup water**

**Salt to taste**

Cut ginger into slices

Pare and cut yam into small cubes  
Peel and cut carrot small  
Cut onion up small  
Melt butter  
Add onion, ginger and carrot  
When onion is half-transparent add yam pieces  
Add 2 cups water or enough to cover all  
Simmer until yam is cooked through

Remove ginger slices

Pour everything else into blender and blend until smooth  
Salt to taste

Makes about 4 cups  
Can be served hot or cold

## **Variations:**

Use sweet potatoes. I like yams because of their sweetness and golden-orange color, but some people prefer sweet potato. Up to you.

Add 1/4 tsp Cinnamon  
Add pinch Clove powder  
Add garlic to taste  
Add dollop of sour cream or plain yogurt to soup when served



## **Creamy Mushroom Soup Extension**

**1 cup mushrooms**  
**2 TB butter**  
**Salt**  
**1 cup water**  
**Seasonings of choice**

Cut mushrooms small  
Heat medium size skillet  
Add butter to hot pan (butter is hot but not brown)  
Sauté until cooked through

Pour everything into blender  
Add salt and seasonings to taste  
Blend until smooth

Keep in glass jar in refrigerator to add to other soups

### **Optional:**

Add seasoning to taste: basil, rosemary, oregano, chili, curry, hot pepper, or whatever you like that will go with the soup you are extending

You can also add 1/4 cup chopped cashews, 1/4 cup tofu, or 1/4 cup plain yogurt.

Pour any amount of this extender to a newly cooked or leftover soup.  
Blend and save for extending other soups or eat right away.



# SMOOTHIES



## Blueberry Dream

2 Cups plain yogurt (your choice: whole, low or no fat)  
1 Cup blueberries  
1 Cup water  
3 TB maple syrup

Put water into blender  
Add blueberries  
Blend until all berries are pulped  
Strain out the bits of blueberry skin that remain

Add the yogurt and maple syrup  
Blend again.

Makes about 3 cups.

Use only plain yogurt, not the prepared ones with fruit in them. Plain will not have sugar, MSG or any of the unnecessary additives in commercial yogurts. I like both Pavel's Russian yogurts, or a good goat yogurt.

Don't store this! Drink it fresh. The blueberries thicken and then go tart if left longer than about 10 minutes.

If the recipe is too big, cut it in half. I make more because it's a whole meal in itself and lasts me for 2 or 3 hours.

### **Variations:**

Try using half yogurt and half cottage cheese for an interesting taste. Your choice: whole, low or no fat cottage cheese.  
Use vanilla ice cream instead of plain yogurt.  
Add 1/4 to 1/2 tsp Flax seed oil for nutty flavor.



## Mango Delight

- 1 Fresh mango
- 10 soaked raw mac nuts
- 2 TB maple syrup
- Dash vanilla
- 1 Cup plain yogurt
- 1 Cup water

Cut the mango chunks small (for greater blender ease)  
Put water, nuts and mango chunks in blender  
Blend smooth  
Strain

Put it all back into blender  
Add yogurt, vanilla and maple syrup  
Blend smooth

Pour and drink!  
Makes 2 to 3 cups



## Nut Butter Banana Yum

- 1 Fresh ripe banana (NOT green!)
- 1 Cup plain yogurt
- 2 TB roasted peanut butter
- 2 TB maple syrup
- 1/4 tsp Cinnamon
- Dash vanilla
- 1 Cup water

Cut the banana chunks small (for greater blender ease)  
Put water, peanut butter and banana chunks in blender  
Add yogurt, vanilla and maple syrup  
Blend smooth

Pour and drink!  
Makes 2 to 3 cups

Please use good peanut butter without sugar or additives or fillers! Roasted is OK—raw peanut butter is pretty unappealing to most people. Raw almond butter makes for fantastic flavor.

**Variations:**

Use papaya instead of banana  
Add 1/4 to 1/2 tsp Flax seed oil for nuttier flavor



## **Papaya Lemony Refresher**

1 Fresh papaya  
Juice of 1/2 fresh lemon  
2 TB maple syrup  
Dash vanilla  
1 Cup plain yogurt  
1 Cup water  
1 Spearmint leaf

Scrape the meat of the papaya into the blender  
Add the lemon juice and other ingredients and blend smooth

Makes about 2 to 3 cups

**Variations:**

Add a half banana or mango

Use 1 cup tangerine juice instead of water



## **Peaches and Creme**

2 Fresh large ripe peaches

2 TB raw cashew chunks

2 TB maple syrup

Dash vanilla

1 Cup plain yogurt

1 Cup water

Skin and slice peaches into blender

Pour the water, peaches and cashews into the blender

Blend smooth

Strain for fibers

Re-blend with other ingredients

Makes 2 cups

**Variations:**

Use 4 large apricots

Use skinned plums with 1 more TB maple syrup

Use a combination of fruits to taste.

Use vanilla ice cream instead of yogurt.

Add a mint leaf.



## Pineapple Almond Paradise

1/2 Cup fresh pineapple chunks  
2 Heaping TB raw almond butter  
2 TB maple syrup  
Dash vanilla  
1 Cup plain yogurt  
1 Cup water

Cut the pineapple chunks small (for greater blender ease)  
Put water, almond butter and pineapple chunks in blender  
Blend smooth and strain

Put it all back into blender  
Add yogurt, vanilla and maple syrup  
Blend smooth

Pour and drink!  
Makes 2 to 3 cups

Why blend the first group without the yogurt? Makes it easier to strain. There's usually one obstinate piece of pineapple in almost every batch, so just re-blend until it's done.

### **Variations:**

You can add more yogurt for thicker drink.  
Use any other raw nut or nut butter you like, from Brazil nuts to peanuts to macadamia nuts.

Why raw nuts? Because they are easier to digest, and they help to thicken the drink or soup to which they are added.

Use nuts that have been soaked overnight. Almonds,

walnuts, pecans, mac nuts all make great soaked nuts. Use about 6 to 8 (depending on the nuts! Brazil nuts 1 or 2.) in your smoothie. Add to the first blend so they get blended twice.

You can use honey, stevia, zylitol or agave nectar instead of maple syrup. Be careful not to overdo the stevia if you use it!

You can substitute plain vanilla ice cream or pineapple sherbet for yogurt.

### **You can add:**

Add 1/4 to 1/2 tsp Flax seed oil for nutty flavor

Use fresh mango, papaya, banana, peach, apricot, or even pitted cherries or blueberries (strain!)

***Avoid canned fruits*** if you possibly can (especially pineapples) because they are usually saturated with cane syrup or white sugar.

If you can get canned fruits without sugar, that's fine, but using fresh fruits is always best.

Here in Hawaii we can get pineapples already cut up in small containers—look to see if your market has a similar fresh product.



## Tangy Tangerine

1 Cup fresh ripe tangerine juice  
2 TB maple syrup  
Dash vanilla  
1 Cup plain yogurt

Squeeze tangerines and strain for seeds and fiber  
Add everything to blender  
Blend smooth

### **Variations:**

Use tangelo or orange juice  
Add a couple squeezes of lemon juice  
Add a leaf of spearmint



# DRINKS



## **Cranberry Lemon**

- 1 tsp Concentrated cranberry juice**
- 2 TB Fresh lemon juice**
- 1 TB Maple syrup**
- 1 Sprig of spearmint or large mint leaf if desired**
- 2 Cups water**

Mix all ingredients in a half-quart jar and refrigerate.

Drink sips during the day. The cranberry will help you flush out toxins and fluids. Great to help get rid of anaesthetics and other chemicals introduced to the body during your surgery.

You can double the batch if you think you can drink it all during one day. Make fresh each day.



## **Cranberry Surprise**

- 1 tsp Concentrated cranberry juice**
- 1 TB Fresh lemon juice**
- 5 drops Organic apple cider vinegar**
- 1/10 tsp cayenne (or less according to taste)**
- 1 TB Maple syrup**
- 2 Cups water**

Mix all ingredients in a half-quart jar and refrigerate. You'll find that the apple cider vinegar will make a slight sweet taste, with a tart apple-cider like flavor. It's quite refreshing.



Drink sips during the day. This recipe will also warm your tummy (cayenne), and help you flush out toxins and fluids, as well as balance your pH.

You can double the batch if you think you can drink it all during one day. Make fresh each day.



## Citrus Wake-Up

- 1 Cup fresh orange juice
- 2 TB Fresh lemon juice
- 1 Cup plain yogurt
- 1 TB Maple syrup
- 1 Sprig of spearmint or large mint leaf if desired

Mix all ingredients in a blender and blend until smooth.

You may want to keep the mint leaf out of the blender and put it in your glass for subtle flavor, or you can go ahead and blend it for a stronger taste.

This is a terrific mid-morning or mid-afternoon waker-upper.

Do not refrigerate—it will turn acidic after 10 to 15 minutes. Make fresh each time.

### **Variations:**

Use fresh lemon, tangerine, tangelo or grapefruit juice.  
Use 1 small scoop vanilla ice cream instead of yogurt.



## Citrus Tonic

- 1/2 Cup fresh orange juice
- 2 TB Fresh lemon juice
- 1/2 Cup Sparkling mineral water
- 1 TB Maple syrup
- 1 Sprig of spearmint or large mint leaf if desired

Mix all ingredients in a tall glass and drink!

Do not refrigerate—it will turn acidic after 10 to 15 minutes.  
Make fresh each time.

### **Variations:**

Use fresh lemon, tangerine, tangelo or grapefruit juice.



## Cold Tea-Based Drinks

### Camomile Nightcap

- 1 Cup strong chamomile tea (cold)
- 1 Cup vanilla ice cream
- 1 tsp Fresh lemon juice

Mix all ingredients in a blender and blend until smooth.  
Camomile tends to help you relax.



## Coffee Supreme

- 1 Cup strong cold coffee (caf or decaf)
- 1 Cup vanilla ice cream
- 1 tsp Vanilla
- Sprinkle cinnamon

Mix all ingredients in a blender and blend until smooth.



## Green Tea Blend

- 1 Cup strong cold Green tea
- 1 Cup vanilla ice cream

Mix all ingredients in a blender and blend until smooth.



## Jasmine Special

- 1 Cup strong fresh Jasmine tea (cold)
- 1 Cup vanilla ice cream
- 1 tsp Vanilla extract
- Dash cinnamon powder

Mix all ingredients in a blender and blend until smooth.  
An exotic pick-me-up blend for a mid-afternoon treat.



## Mint Refresher

- 1 Cup strong cold mint tea
- 1 Cup vanilla ice cream
- 1 Sprig of spearmint or large mint leaf if desired

Mix all ingredients in a blender and blend until smooth. Keep the mint leaf out of the blender and put it in your glass for subtle flavor, or blend it for a stronger taste.



## Special Bonus Drink

### Sugarless Electrolytes

- 1 Cup water
- 1 tsp Fresh lemon juice
- 1/2 tsp Sea salt

Mix all ingredients in a glass jar and keep handy.

Make it fresh daily. Drink sips during the day, and half a cup before bed. The saltiness combined with the lemon will surprise you at first, but you'll get used to it.

This is a sugarless blend that will help you stay hydrated and keep your mineral salts high (without having to resort to drinks like Gatorade or other commercial electrolyte drinks that are saturated with sugar, corn syrup or other insulin-raising ingredients. Sugar detracts from the electrolytes).

You can give this to dehydrated kids, sportsmen and women, and anyone else who uses up a lot of water in the body fast and needs to both hydrate and replenish minerals.

If you get leg cramps at night, I invite you to try this: stop eating anything with sugar after 4 p.m., and drink at least 2 cups of water between 4 and 9 p.m. You'll sleep better.

If you still get them: first, stand on a cold floor and stretch the muscle. Then drink a few sips of this drink or just plain water—you are dehydrated!

If you get a stomach-ache drinking plain water, this is an ideal drink for you. Make it as strong or weak as you like, but make sure to keep the salt-to-lemon ratio intact.



# WHY THIS BOOK?

## Why did I create this book?

Because after recent dental surgery, I was required to avoid eat solid foods for ten days.

At first, I was thrown for a loop—how do you drink each and every meal? What was I supposed to eat? How could I do it without overdosing on milk shakes or getting tired of the same old boring soup?

As I progressed through each day and became more creative with my cooking, shopping and preparations, I realized I wasn't the only one with this struggle. So I decided to write out each recipe as I made it so I could share what I created with others.

I kept the recipes right by my stove and added to them each time I made something new. I decided to make it into a grand, exciting adventure and experiment. And by the end of my ten days, I had quite a nice collection of delicious, nourishing and easy recipes.

I also noted down bits of advice, wisdom and information about foods and cooking that came to mind.

So now that I have eliminated the recipes that didn't turn out as well as the ones that weren't A #1 smack-your-lips great, you have the best of them all! I hope you enjoy using them, and that you'll continue to make use of them even after you can 'officially' eat solid foods again!



# WHAT HAPPENED?





## Painless Laser Surgery?!?

I've had a very rocky history with dentists. I have been abused, overcharged and harassed by them, and have gotten some very, very *bad* dental work. To say I used to detest dentists and anything and everything to do with them would be a gross understatement.

But that all came to a grinding halt in 2002 when I finally took the ball in my own hands and made sure that I prepared myself for the dental work that simply had to be done if I wanted to keep my teeth. I didn't want to go in, but I really needed to correct the damage I had allowed to happen in my mouth as a result of staying away. And I had stayed away because I was absolutely terrified of the potential pain, and also because I was enraged about how I had been treated by dentists and their assistants in the past.

Now, I practice a healing technique called EFT, or, the *Emotional Freedom Techniques*. I've been helping others and myself with it since 2001. I mention this because it's a vital part of how I figured out how to prepare for and get through my dental visits with none of the problems I had had before. None! Hard to believe? Yes, but it's true.

Because I want you to see the amazing results I got from my first uses of EFT—within three weeks after I had first learned how to use it—I'm including on the next pages the letter I sent to EFT Founder, Gary Craig a mere 3 weeks after I started using EFT. Maybe it will inspire you to try for similar results, as well. (Curious? You can check EFT out for free here: [EFTinEveryHome.com](http://EFTinEveryHome.com)) Here's the letter:

Dear Gary, I've had some of the most horrendous experiences imaginable at the dentist—from being loudly verbally abused, to having had the wrong teeth pulled out, multiple root canals done in one visit with totally ineffective novocaine, to sexual molestation in the chair when I was a young teen. Needless to say, it's been a bit of a struggle to get myself to the dentist for anything at all.

I lost a filling 2 years ago. I finally made up my mind to have it taken care of last week. That's how bad it was—I just DID NOT want to go. I couldn't get to sleep the night before I was to go—lying in bed sweating, heart beating, not able to breathe—in such a state of panic, in fact, that I forgot about EFT, which I had been assiduously applying to every other aspect of my life for the last 3 weeks since I learned about it.

Finally, at 3:00 in the morning, my mind cleared enough that I remembered EFT. I did 5 or 6 rounds of tapping on the EFT points on my head and torso:

Even though:  
I can't remember what to say,  
I don't know what to say,  
I'm panicking,  
I can't sleep, and  
I'm never safe in the world, etc.

After that last phrase, which seemed like the core of the issue, I slept soundly and got up at 8 the next morning with no feeling of having lost hours of sleep and energy to panic whatsoever.

Everything went well until the dentist appeared with the Long Needle. My heart flew out of my mouth and ran out down the street, with my mind right after it—I was a quivering blob of jelly in the chair, mindless and feeling like I was about to die.

All my being knew was that, apparently, here was a man who was traumatizing and attacking me, and I was trapped in this chair. My mouth was frozen open with a constricted gag at the back of my throat. My hand-hold was so tight on the arms of the chair I was surprised I didn't break them off.

But this time I remembered there was something I *could* do—even though that was *all* I knew, because I once again couldn't remember what to do or say!

I thrashed about with what was left of my mind until finally, in desperation, I said quite loudly (internally that is) to the EFT energy, "I can't remember what to say, *you* do it."

And it did. In 2 seconds flat, I was calm as could be, my mind was back, serene and calm, and my heart had returned to its normal place within my chest, at a normal heart rate.

I was astounded. From that moment on, the rest of the visit was fine, no more trauma, no more pain or even perceived about-to-be pain. At all."

*GC COMMENT: This is a first class example of doing EFT with intention only (no physical tapping). This can*

*be a very useful tool in some circumstances. Please note below the important cognitive shift that accompanied this “round” of EFT.*

And what is really cool is that the perceived trauma and attack ideas were gone, and replaced with a complete reframe, that “this man is actually doing me a service.

**That was in 2001.** It’s now February of 2009, and just recently I had a grand opportunity to put EFT to the test again. I was going to have full-mouth laser surgery!

You may be familiar with the process: they burn a laser light between your teeth and your gums to burn out old tartar and bacteria. Amazingly enough, it’s purportedly great for regenerating bone growth.

Without a numbing agent, it would be too painful, so they numb your entire mouth. It takes a century-long half an hour and some pretty big needles just to do that.

So the night before the procedure, I called an EFT buddy to do some EFT processing with me because, in my experience, the energy builds up more powerfully with more people doing the work together.

*Just so you know what I mean when I say “tapping,” EFT involves gentle but firm tapping on 7 specific points on the head and torso. When you use this process, you can eliminate or deeply relieve anxiety, stress, fear and other limiting emotions, habits and thoughts completely. (When you read more about EFT at [EFTinEveryHome.com](http://EFTinEveryHome.com), you’ll see why.)*

I won't go into the details here about how I prepared myself thoroughly enough to feel 95% comfortable going through this almost-three-hour procedure. You might want to read about it in my article, ***Painless Laser Dental Surgery*** here: [IDareYouRadio.com](http://IDareYouRadio.com).

One thing I *will* mention here, though, is this: when my blood pressure was taken upon sitting in the chair, the reading was 131 over 76.

I asked the dentist assistant what normal would have been, and she told me 120 over 80.

I then asked her to humor me a second, and silently did some tapping—no more than a minute's worth.

She took the reading again, and it was down to 116 / 76.

I hope that gives you a pretty strong indication about how fast and effective the EFT process can be—lowering your blood pressure in under two minutes with some specific phrases and a little tapping? Cool! And it stayed low throughout the procedure.

I haven't had the greatest relationship with administered drugs in the past. I also have experienced terrible scarring.

So I worked on dealing with these items:

- ❖ Fear of reacting to the numbing agent
- ❖ Fear of reacting to the drugs I was required to take (anti-biotics) and
- ❖ My intention to get my body to heal lightning-fast without any bruising, swelling or nasty scars.

Since even after having practiced EFT for almost ten years now, I still occasionally experience the voice of doubt, so I tapped on not believing that any of that could really happen—and kept tapping until it felt true that it really *could*.

Instead of sitting there white-knuckling the arms of the chair in rigid terror like I did once upon a time, I was able to pretty much sail through in comfort. I will admit freely that I still had a bit of tension, but isn't it fantastic that it wasn't anywhere near the paralyzing terror I used to experience?!?

I just spent the time observing as the dentist and assistants (4 hands in my mouth and 2 more assisting!) did what they were meant to do. And instead of viewing them as hurting me, I kept remembering they were helping me preserve a pretty important part of my body—I'll be darned if I'm going to get all the way to 100+ and be toothless!

After my friend took me home, we spent another half hour tapping for the aftermath of the procedure to take care of healing and body-repair. Although I had been given a prescription for pain pills, because of the work we did, I never needed or bothered to fill it.

People tell me that when they had this same procedure done, their entire heads looked like huge bruised black and blue melons, but I've had no bruising, no soreness, no inflammation.

Well, OK—the first night there was the most infinitesimal amount of pain in my jaw, and the littlest, itty-est swelling in one spot that completely went away the second day.

I went in the next day to have my bite adjusted a bit, and the dentist was so astonished that he took photos of how good my mouth looked.

You know, it's been a long time since I was first introduced to EFT, and I still get impressed by great results. So, while I was writing this book to help you create and eat good, nutritional liquid meals during your time after surgery, I decided to write **No More Fear At the Dentist** next.

Why? Because I had the good fortune to be able to go through my own surgery with such minimal pain, fear or trauma, and to heal so fast. I want to make sure that you and the people about whom you care know how to prepare, go through and heal from your own dental procedures, too.

Imagine going to the dentist without fear or worry about pain! What a thought! It really is possible.

### **Here's a list of what you'll get help with:**

- ❖ How to dispel panic and just plain stark terror
- ❖ How to handle the fear the night before the procedure
- ❖ What to do with the rage at earlier dentists
- ❖ How to eliminate your fear of pain
- ❖ How to relieve your fear of gagging
- ❖ How to handle your fear of walking in and smelling the dentist-office smell
- ❖ Fear of the drill, the sound of the drill, the smell of the stuff he uses, the chair, the needle, x-rays, the mouth wash and how undignified you look drooling all over the place in front of everyone....
- ❖ "I hate going to dentists and doctors"
- ❖ "I hate the &\*#!!!#^\*!! water sucker thing"

- ❖ “I hate how the assistant pokes me with the thing”
  - ❖ “and the company that makes them with those hard, irritating tips—what were they thinking?!?”
  - ❖ “I hate feeling stupid when I ask for what I want (like information or a break)”
  - ❖ “I hate feeling so helpless and powerless!”
  - ❖ “I hate it when they talk to me and they’ve got their stupid hands in my mouth—duh! How am I expected to reply?”
  - ❖ How to handle the trauma, whether it’s mental, emotional or physical
  - ❖ How to keep from bruising or swelling
  - ❖ “I can’t eat anything but soft foods for ten whole days!”
  - ❖ How to heal strongly and rapidly
- ...and there’s more, but I’ll leave it at that.

Just knowing that a potentially trauma and pain-filled procedure can come out so well will help you get through your next dental visit, but imagine if you had this simple technique at your fingertips, too! You *can* have it. Too good to be true? I’ve been confronted with some very vehement skepticism, but after trying EFT for themselves, 97% of these same skeptics have become staunch EFT proponents.

**Remember: even if you don’t believe tapping works, it still works. You don’t have to believe in electricity for it to work, either!**

Now you know a little about what has happened for me. I invite you to use the resources you now have at hand—quite literally at your fingertips—in order to get out of the grip of the fear and resistance you (or someone about whom you care) may have about dentists and the work they need to





do to help you keep your teeth in as good shape as possible.

You really do NOT have to experience pain at the dentist's anymore! Smile and say ahhhhh with ease—life is good!

much aloha,

*Angela Treat Lyon*

I'd love to hear about your results with EFT or these recipes!  
Email me at this address: [Lyon@EFTinEveryHome.com](mailto:Lyon@EFTinEveryHome.com)  
I look forward to hearing from you!

# RESOURCES

## Access and take advantage of these resources right now:

**FREE DEMO:** tap your way through this little online demo with its fun, colorful, easy-to-follow illustrations and directions. You'll learn the essential basics of EFT. Just click on this link: [EFTinEveryHome.com](http://EFTinEveryHome.com)

### **GREAT READING:**

I invite you to expand your emotional freedom by reading both of my detailed, downloadable, printable EFT ebooks, ***Change Your Mind! with EFT, the Basics*** and ***Advanced***. You'll be amazed at how many issues and subjects EFT covers, what you can do with it, and how much easier, lighter, and more fun your life will get the more you make use of it. You can help others with it, too!

### **IN PRINT:**

If you would prefer to read your EFT books in print, it's done!

Just click on this link for these quality printed books:

[Lulu.com/AngelaTreatLyon](http://Lulu.com/AngelaTreatLyon).

It looks like you pay a bit more, but you'll save time and hassle, and you won't have to spend money on paper and ink.

## *About the Author*

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*is an award-winning, internationally recognized artist and author who lives and works in Hawaii.*

**Angela Treat Lyon** has extensive training in healing and multiple alternative health methods and technologies; is an Avatar Master; holds EFT trainings seminars in the US and abroad.

Angela is also Host and Producer of *Daring Dreamers Radio* at [IDareYouRadio.com](http://IDareYouRadio.com), intended for people who want inspiration and encouragement for following their deepest dreams.

Her site, [EFTBooks.com](http://EFTBooks.com), is the premier international source for EFT books, audios, courses & other EFT products (including in Spanish).

Send your friends, family, co-workers and EFT clients here: [EFTinEveryHome.com](http://EFTinEveryHome.com). You know they'd love to get similar great results to the ones you're getting with EFT, so turn them on to EFT at this FREE site! They get a real-time sample of EFT, as well as other EFT resources.

Angela's unique original, contemporary oil paintings, drawings, bronze and stone sculptures are exhibited in private collections and galleries across the planet. See [AngelaTreatLyonArt.com](http://AngelaTreatLyonArt.com).

She also designs, writes, illustrates, constructs and publishes both print and ebooks, and designs book covers, for her own books and for others. See [AngelaTreatLyonBooks.com](http://AngelaTreatLyonBooks.com).

# Delicious Liquid Meals?

**M**ost people think of liquid meals with dread and horror, imagining runny mush, thin broth, bland or utterly tasteless concoctions not good enough for the pigs. Angela Treat Lyon has taken liquid foods to a new level of delectability. Now, whether you have to drink your meals for one day, ten, or forever, you'll be pleased to have these delicious, filling, healthy and easy-to-make recipes.

### You will discover:

- ◆ Unique and exotic recipes that are easy to use and adapt
- ◆ How to cut up onions with no tears!
- ◆ How to make sugarless electrolytes
- ◆ How to make your formerly bland soups flavorful
- ◆ How nuts add the right touch to many soups and smoothies
- ◆ How to make your own natural mouthwash!

"I really love *Soups, Smoothies & Delectable Drinks!* I can hardly believe that you made all these up in those 10 days after your dental surgery, and that these were the very foods you ate for that period of time. Every recipe I've tried is outrageous and delicious—you are incredible!"

-- **Helena Summer Medena,**

*Live Delicious Coach and Speaker, [LivDelicious.com](http://LivDelicious.com)*

**Angela Treat Lyon** has authored hundreds of books, teleclasses, audio CDs & home study courses. As a leading authority on EFT, the Emotional Freedom Techniques, she has helped hundreds of people move out of fear, depression, anger & failure into exciting new choices, passion and delight in life. She is an acclaimed artist/designer, well-known Host/Producer on *Daring Dreamers Radio* at [IDareYouRadio.com](http://IDareYouRadio.com), a versatile, prolific writer—and great cook!

Are you struggling with what to eat after each time you go to the dentist/ You'll be excited to use these delicious soups, drinks and smoothies meant just for you!

**What are you waiting for?**