

Overcoming December's Dangerous Attack on Your Health

As we finish this year, let's do it well. December is the month most known for unhealthy food. Sweets dominate the season. But they don't have to be your choice. You do have a choice, thankfully, even though sometimes it doesn't feel like it.

This week I was tantalized, not by sweets, but by a pizza—yes, a pizza. Our lovely neighbor who shares so much of his food with us gave us a little over half his pizza. He had added a lot of great toppings. It was a cold day. I was hungry. And that pizza looked like one of the best things I'd seen all week. I fell for the “just one bite” seduction. That bite tasted so great, I had one more. Then we popped it in the oven and when it was bubbly hot, I sliced off a sliver of a piece. My husband really did eat most of it. But that little bit had a big effect. I went from feeling great to not-so-good. I didn't sleep as well that night. And then the next day I was somewhat tired and not as organized. All that affected my purpose.

You might be wondering how just a few bites of something can have such a big impact on health. It does, especially when your system is clean. That's a good thing. You want your body to let you know when you ate something that wasn't good for it. That is the hero's journey from the point of health. People who have a lower vibration, whose systems are more polluted, don't notice unhealthy food as much. They may think they can eat anything and it doesn't affect them much. But then one day they may get a diagnosis of a disease. There are a few people who do have strong constitutions and can get away with a lot of abuse and still function well. But that is not

the majority of us. And even for them, I always wonder what they could be if they cared well for their bodies.

I think you can see from my scenario how health and purpose are connected. You have a purpose, a destiny. There is so much connected to your purpose and many people's lives that will be affected by how much energy, joy, and zest for life that you have to pursue your destiny. I want you to complete your destiny and accomplish all you were created to do. That will take good health.

So remember this holiday season when others are indulging at work or parties, you are different. You've chosen the sacred highway of your destiny. You want the best. You want your life to be driven by purpose. What I've learned is not to take that "one bite." It's a slippery slope from there on because that one bite usually tastes even better than we expected. That makes it hard to say no to the second, third and even more bites. But cheer up! You can enjoy a helping of joy and energy that will last a lot longer than a few minutes of enthusiastic eating.

Beet Brownies

From Sugar Knockout

Here is a really good gluten-free brownie that hides a good dose of beet pulp within its dark chocolate deliciousness. I find most brownie recipes unpleasantly sweet, so I created one that I thought was scrumptious without being cloying. All the ingredients have 1/2 cup measure, except for the vanilla and baking powder, so it should be easy to make!

- 1/2 cup mashed organic silken tofu (medium firmness)
- 1/2 cup beet juice, vegan milk or water
- 1/2 cup pure maple syrup or coconut syrup
- 1/2 cup coconut oil
- 1 tsp. vanilla
- 1/2 cup garbanzo flour

- 1/2 cup cocoa powder
- 1 1/2 tsp. baking powder
- 1/2 cup beet pulp
- 1/2 cup vegan chocolate chips
- 1/2 cup chopped nuts, or cacao nibs

Combine tofu, beet juice (or other liquid), maple or coconut syrup, coconut oil and vanilla in a blender and blend until smooth and creamy. In a mixing bowl sift together flour, cocoa and baking powder. Mix well. Add pulp, and mix to distribute it evenly throughout the flour. Then stir in chocolate chips and nuts. Add blended mixture to flour mixture. Mix well to combine ingredients and form a batter.

Transfer the batter into an 8" by 8" baking pan that has been generously oiled and floured. Bake at 350 degrees for about 25 minutes or until firm to the touch. Let cool in pan before slicing and removing. {eo}

Cherie Calbom, M.S., holds a Master of Science in whole foods nutrition from Bastyr University. Known as "The Juice Lady" for her work with juicing and health, she is the author of 32 books, including her latest book *The Juice Lady's Guide to Fasting*. She and her husband offer juice-cleanse retreats throughout the year, *30-Day Detox* online and *Garden's Best Juice Powder*. "What You Can Do When Your Healing Doesn't Come" is one point from her teaching "7 Keys to Your Supernatural Healing." You can connect with Cherie at .

This article originally appeared at .