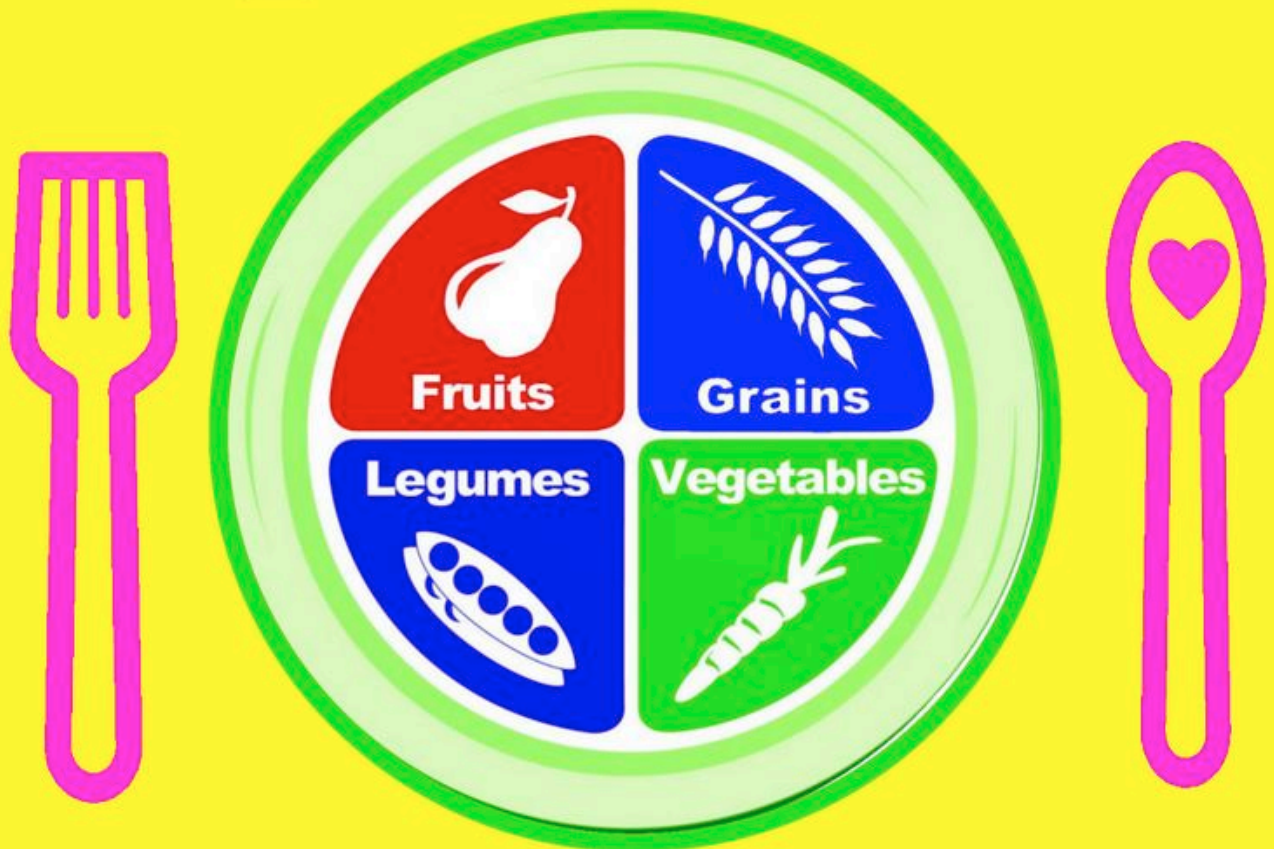


**Mother Nature's Way of Saying "I Love You!"**

# Epic Bites



## Celebrate Life

*Enjoy Global Nutrition Guides, Vibrant Health, Natural Bliss, Inner Peace, Happiness, Ageless Beauty, Enhanced Joy, Raise Healthier Kids & Pets. Help Repair Vital Resources.*

**ParadiseLifeClub.com Guidebook**

# Table of Contents & Helpful Guides

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19. Holistic Holidays at Sea
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**Nature Sings**

# Divine Splendor From Mother Nature's Gardens



Enjoy Love Frequency Foods

*Seeds Spread Infinite Prosperity, Peace, Beauty, Love  
Vibrant Health, Happiness & Abundance*

## Fun Food Trivia

Strawberries are awesome. Their seeds grow on the outside.  
Strawberries are Heart Shaped and Love Natural Sunlight.  
They originate from the Rose Family.

### Some Health benefits

Strawberries can help lower high blood pressure, Increase joy and bliss, support your ideal weight, and help maintain strong healthy immunity.

### Delicious Recipes

Strawberries are delicious fresh, in smoothies, desserts, jams, pies, yogurts, ice creams and shakes. **Blender Girl Recipes**





# The Nutrition Rainbow

The pigments that give fruits and vegetables their bright colors represent a variety of protective compounds. By eating all the colors of the nutrition rainbow, you'll harness the power of these cancer-fighting and immune-boosting foods!



**Lycopene** reduces breast and prostate cancer risk; boosts heart, brain, eye, and bone health.

**Beta-carotene** fights cancer, reduces inflammation, supports immune system, and boosts vision.

**Vitamin C and flavonoids** inhibit tumor cell growth, detoxify harmful substances, boost immune system, reduce inflammation, and boost heart health.

**Folate** builds healthy cells and genetic material and boosts heart health.  
**Calcium** strengthens bones, muscles, and heart health.

**Indoles and lutein** eliminate excess estrogen and carcinogens and support eye health.

**Allyl sulfides** destroy cancer cells and reduce cell division.

**Anthocyanins** destroy free radicals, reduce inflammation, and boost brain health.

**Resveratrol** may decrease estrogen production, boosts heart and brain health.

**Fiber** boosts digestion and weight loss, removes carcinogens.

**PhysiciansCommittee**  
for Responsible Medicine

# Creating a Better World for All

*The United Nations asked every nation to prioritize plant solutions to help offset climatic disturbances, human health issues, floods, fires, droughts, food shortages and the spread of pandemics.*

Rest assured vibrant health is within reach, reversing the impacts of aging and celebrating life with joyful meals. Plants literally "buzz" with Pure Love Frequencies and much of Nature including pristine oceans, rivers, lakes, streams and waterfalls.

Trees are amazing providing epic fruits, seeds and homes for many creatures. Plants, trees and flora produce beauty, abundance and prosperity for all creatures.

Enjoying a wide variety of delicious rainbow colored cuisines supports vibrant health and reversing the impacts of aging. Regardless of our outside wrapping we are all connected and depend upon fresh air, pure water and ample healthy foods to thrive. Plant based meals and products are eco-friendly and greatly help lesson our carbon footprint.

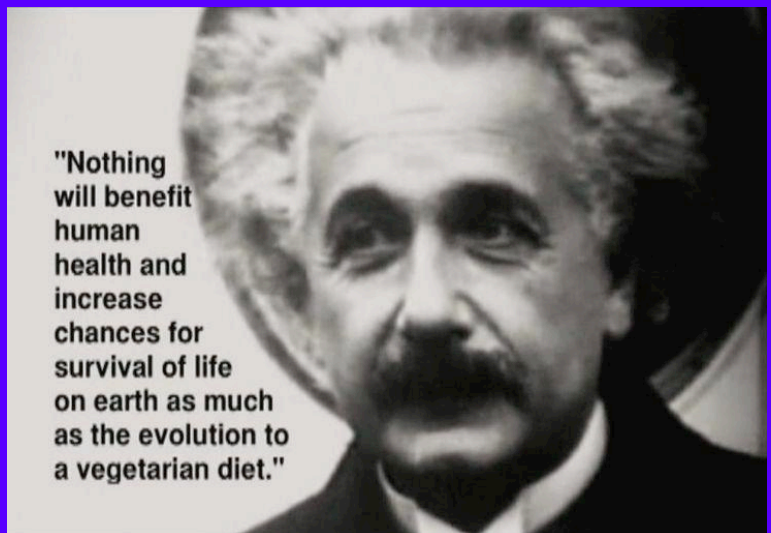
***Breathing deeply into your Heart can immediately connect you with the Pure Love from Creator Source, the Divine Love that resides within you and all of Creation.***



## ***Mother Nature is Everyone's Backyard***

The electromagnetic pulses emitted from Mother Earth, Our Oceans, Waterways, Trees, Crystals, Gems, Precious Minerals and Flora emit Universal Healing Frequencies. It feels good to be around them. Stargazing, sun and moon gazing.

Mother Nature is filled with Divine Splendor that's lovingly and freely available for all of us.







## Remember

### These (4) Main Food Groups

**Fruits, Vegetables, Grains & Legumes**

**(Alkaline pH Balanced Plant Meals)**

Support Restful Sleep  
Increased Energy Levels  
Waking Up Happy

### **Positive Side Effects from Plant Meals**

*Healthier Heart, Lungs, Skin, Bones, Gums & Teeth*  
*Prevent Numerous Costly Ailments from A-Z Including Cancer*  
*Maintain Strong Healthy Immunity Naturally*  
*Enhanced Joy, Beauty and Creativity*

### **Delicious Healthy Heart Recipes**

Blender Girl Recipes

Living Simply Raw with Joyce Oliveto

Physicians Committee For Responsible Medicine

**Change Your Frequency Change Your Life**

### Great Books Library

Enjoy Amazing Chefs, Mentors & Inventors  
We can Power our World Pollution Free  
And Thrive Healthy & Happy

**ParadiseLifeClub.com**



# Delicious Super Salads

**Super Salads ... Combine any of the following items:**

Fresh Organic Greens

Favorite Fresh Herbs

Wide Variety of Sprouts

Crunchy Diced Cucumbers

Carrots, Purple Onion, Tomato

Favorite Fresh Veggies & Sliced Avocado

Fresh Bright Bell Peppers Diced (Yellow, Red, Green & Orange)

Enjoy Creamy Garlic Dip, Pesto, Hummus & Guacamole

For a heartier salad add Steamed Quinoa, Beans or Lentils

Top with Edible Flowers, Seeds, Nuts & Favorite Vegan Cheeses

Toasted Sesame Seeds and Pumpkin, Seeds are delicious

Cashews, Walnuts, Almonds, Pistachios, Mac Nuts

Cranberries are an excellent source of Vitamin C and filled with antioxidants

Pickled Beets, Miniature Corn & Artichoke Hearts

Seaweed Sprinkles ... Nori, Dulse, Wakame, Etc.

Flavor with Capers, Cayenne Powder, Fresh Ground Pepper

Lemon Juice to Taste and Crystalline Sea Salts



**Delicious Salad Dressing** Blend Nutritional Yeast, Bragg's Seasoning & Fresh Pressed Olive Oil. For a creamier version add ripe avocado or hummus

**When preparing Super Salads ... Have Fun, Be Creative, Mix & Match Items, Add Favorites, and Enjoy What's Fresh & Most Delicious.**

**Fun Food Trivia ... Wheatgrass Juice** is an amazing, super nutrient-rich, whole food source with as much or more nutrition than a super salad!

**Vibrant Health, Enhanced Joy, Beauty & Creativity**



## MEAT SUBSTITUTES

**Legumes**, beans, peas, and lentils are an all-natural, high-fiber protein source that can easily be used as the main course or in place of meat in recipes.

**Vegetarian burgers**, made from a variety of plant foods including vegetables, grains, and soy, provide a meat-like taste and texture and can substitute for ground meat.

**Tempeh**, made from fermented soybeans, has a distinct flavor and meaty texture that can be used in place of ground meat and works well in curries, chilis, and stir-fries.

**Seitan**, made from wheat gluten, is well-suited for shaping into roasts or for replacing strips or chunks of meat in recipes such as fajitas, stews, or stir-fries.

**Portobello mushrooms** have a savory flavor for filling a meat layer in a dish or as "burgers" at your next barbecue, especially after marinating in low-fat dressing and then grilling or heating in a frying pan.

**Tofu**, a curd made from soybeans, is mild in taste and easily absorbs the flavor of any recipe. Soft tofu works well in soups, sauces, and desserts, and firmer varieties work well in stir-fries and other recipes requiring tofu to hold its shape. For a denser texture, freeze tofu, thaw, and squeeze out excess water before using it in your recipe.

**Textured vegetable protein (TVP)**, made of defatted soybeans, provides a substitute for ground meat.

## OIL ALTERNATIVES

**Sautéing:** Water or vegetable broth.

**Baking:** Applesauce, or low-fat liquids such as plant milk or water.



## EGG SUBSTITUTES

*One egg is equal to:*

1/4 cup silken tofu blended

1/2 mashed banana

1/4 cup applesauce or pureed fruit

1/2 cup soy or rice yogurt

1 1/2 tsp. of Ener-G Foods Egg Replacer +  
2 tbsp. lukewarm water

1 tbsp. ground flaxseed meal + 3 tbsp. water + 1 tbsp.  
oil + 1 tsp. baking powder + 1 tsp. potato  
or cornstarch

1/4 cup mashed white potatoes or sweet potatoes

2 tbsp. potato starch, cornstarch, or arrowroot

2-3 tbsp. tomato paste

1/4 cup cooked oats

2-3 tbsp. bread crumbs

2-3 tbsp. flour

1 tsp. baking powder

## DAIRY ALTERNATIVES

**Milk:** Equal portion of almond, oat, soy-, hazelnut, or rice milk.

**Creams:** Almond milk (or any nut milk), soymilk, coconut milk, mashed potato, pureed garbanzo beans, pureed tofu, soy sour cream, soy whipping cream, or soy creamer.

**Parmesan cheese:** Nutritional yeast, garlic powder, and/or chopped walnuts or almonds.

**Cheese:** Soy-, rice-, nut-based cheese alternatives, or nutritional yeast.

**Butter:** Dairy-free non-hydrogenated margarine for cooking, baking, or spreading. Some good brands include Earth Balance and Spectrum.

**Ricotta cheese:** Firm tofu, drained, and crumbled.



# Epic Smoothies



## Happiness Inside

**SMOOTHIES ARE EXCELLENT FOR ATHLETES, MODELS, HEALTH ENTHUSIASTS, MOMS, DADS, KIDS, AND SENIORS.**

**Simply Easy Recipe ... Blend Frozen or Fresh Berries, Bananas, and Favorite Fruits with your Favorite Plant Milk for desired creaminess.**

**For Green Smoothies add Favorite Greens such as Fresh Kale, Spinach, Organic Spring Mixed Greens, etc.**

**Enjoy Super Nutrient Rich Foods such as Acai Berry, Spirulina Powder, Moringa Powder, Cacao Powder & Hemp Powder.**

**Add Grounded Flax, Hemp or Chia Seeds for extra protein.**

**Get the Glow from the Inside Out! Smoothies support maintaining strong healthy immunity, healthy skin, bones, gums and teeth. Smoothies can help reverse the impacts of aging, enhance joy and creativity. Remember Mother Nature Sends Pure Love.**

**Wake Up Happy & Enjoy Your Day.**

**Energized from the Inside Out!**

# Rainbow Cuisines

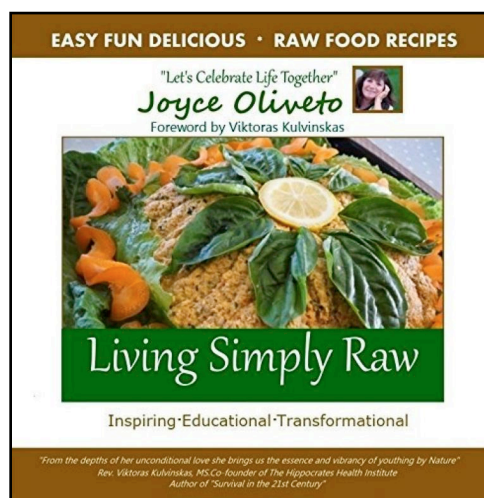
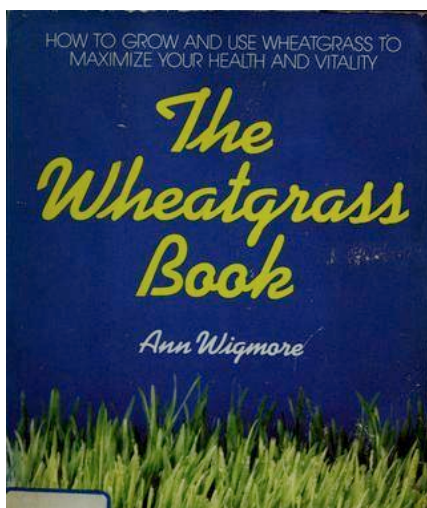
**Energy Soup Recipe ...** Blend the following items according to how large or small the serving amount you wish to make ... Ripe Avocado, Sprouts, Fresh Organic Greens or Micro Greens, Banana & Apple Slices as Natural Sweetener and Coco water, Spring Water or Rejuvelac as the liquid. Rejuvelac is a natural, healthy probiotic from nutrient rich mineral water made from soaking brown rice and then straining the water. Add as much liquid as necessary from any of the above sources to make your Energy Soup Recipe creamy and delicious.

Blend on High for 3-4 minutes and Serve Fresh at Room Temperature or Refrigerate. Add Cayenne Powder, Dulse or Seaweed Sprinkles, and Bragg's Seasoning, Coco Aminos or Crystalline Sea Salt to Taste.

Energy Soup is an excellent meal for easy digestion, relief of swelling and chronic ailments, increased energy and strong immunity. Our bodies are designed to thrive in joy, beauty and abundance and so is the Earth. Energy soup is super easy on your digestive system.

Rainbow recipes can help increase your joy, vibrant health, inner peace and happiness. Balance hormones, relieve uncomfortable cramps, and menopause systems. Males can reduce your risk of prostate cancer.

Enjoy Dr. Ann Wigmore's Wheatgrass Book, Living Simply Raw By Joyce Oliveto and To Live For By Eric Rivkin.



## Enjoy Ageless Beauty

# Plant Milks

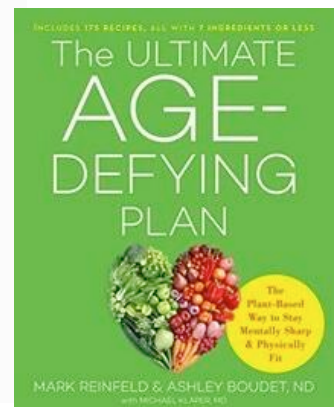
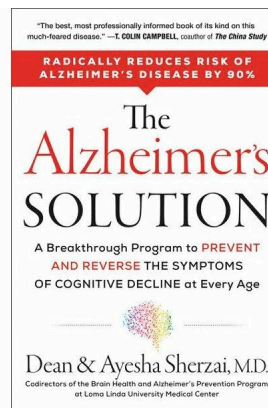
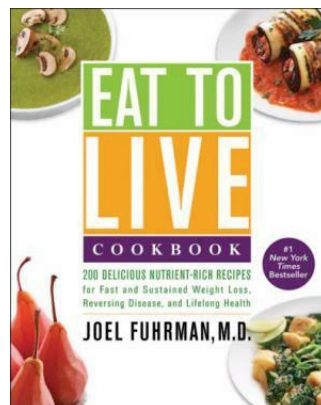
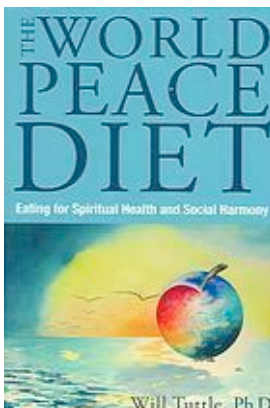


Plant milks are delicious and 100% cholesterol free! For a healthy heart, diabetes free lifestyle enjoy plant cheeses, milks, butters, yogurts and ice creams. Plants milks come in many delicious flavors including almond, mac nut, hemp, walnut, coconut milks, rice milks, soy and sesame. Cows love their offspring and plant milks support spreading peace and non violence in agriculture practices. For amazing recipes, enjoy Blender Girl's Website.

**PCRM provides free phone apps, power plate recipes, 21-day healthy living programs and important global nutrition guides.**

So what about pizza, cheese burgers, macaroni and other cheesy favorites? Due to environment reasons, health reasons and to help prevent cruelty to animals, many great chefs, plant based medical doctors and innovative companies are helping provide cholesterol free, plant based foods and recipes for a much healthier way of living.

***"I see a world without sickness...a world in complete harmony and in perfect physical, mental, and spiritual balance by following nature's laws of cause and effect." Ann Wigmore***



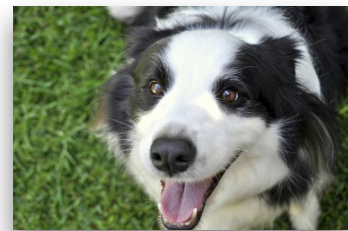


# Brambles, Guinness World Record Dog

You may have heard her story before. Bramble the amazing Border Collie lived to just over 25 years old and is known as one of the world's oldest dogs. We had the privilege of chatting with Bramble's mom, Anne, who is an animal rights activist and dedicated vegan in West England. Here is our interview with v-dog's Lindsay Rubin and Bramble's mom, Anne Heritage.

**Anne, it's so great to speak with you. We're so glad to be connected and hear about Bramble's amazing story. First, how did you get started down this path of a 100% plant-based diet for Bramble?**

Yes, it's great to speak with you! I went vegan after receiving leaflets about the horrors of the dairy industry. I began to research plant-based nutrition for myself and for my first rescue dog Floyd. I read books like [Diet for a Small Planet](#). I learned that all food can be broken down into chemical components. I ultimately found that my dogs could not only live on a 100% vegan diet, but really thrive on this type of food.



**Exactly how old did Bramble live to?**

Bramble lived to just over 25.

(Note: Many of the sources online say Bramble lived to 27. Anne confirmed Bramble lived to 25.)

**How old did Bramble's dog friends live to?**

The average of a Collie is 14. I've had seven dogs - three of them lived to 19-years-old, one lived to 20-years-old, and then Bramble lived to 25-years-old. **Did all of those dogs eat a vegan diet?** Yes, they did.



# Vegan Dog Who Lived to Age 25

## What did Bramble mainly eat? What was her favorite food?

Bramble's diet was made from 100% vegan ingredients. Her diet consisted mainly of lentils, textured vegetable protein and rice. This type of meal is nutritious, and also low cost. I'd cook up a base of organic brown rice, red split lentils, vegetables, and some additional ingredients like yeast extract and herbs. Her favorite food was...everything! She loved meal time.

**How could you tell she loved her vegan food?** She was like a little bulldozer. At feeding time, she would run at the food and stuff it all down. All of my seven dogs loved meal time, but Bramble was always extra keen on her meals.

## In feeding your dogs a vegan diet, what did you see as the main benefit?

I was really able to enjoy my dogs much longer - we were able to enjoy each other - due to their plant-based diet. I believe you can extend your dog's years given the right care plan and food. Bramble got a lot of exercise and we tried to reduce stress on her for improved health. Feeding the dogs vegan also reduces the environmental strain a flesh-based diet imposes on the planet. And of course no animals need to be abused and killed through agribusiness. **Are there any additional reasons, besides ethics and health, that you choose a vegan diet for yourself and your dogs?** Plain and simple, our desire to feed ourselves and our dogs flesh foods is destroying the planet. It's really become catastrophic and we need change. A plant-based diet for dogs saves a ton of valuable resources like water and land as compared to a meat-based diet. (See [Cowspiracy](#))

## A Hen's Relationship with Her Eggs

*All creatures big and small are sentient  
Care for their young & innately seek Peace.*



**Is there a story you can cite about how you could tell Bramble was thriving throughout her life?** Bramble was always very active - this was something I made sure was a part of all of my dogs' lives. Up until she passed away she loved to walk and swim. She walked over two hours daily. All of this activity really built up her muscles and endurance. Bramble's vet also said she had the best teeth she's ever seen. Her teeth were white and strong.

**What is your reaction when people say "vegan dogs don't thrive?"**

I'd ask, "What [research](#) have you based this on?" My dogs absolutely thrived on a vegan diet and Bramble's story of longevity is now very well-known.

**What would you say to people who insist on feeding their dog meat?**

Just because someone is feeding their dog flesh, they tend to think there's some magical ingredient in this flesh that's keeping their dog healthy. Dogs need protein, but protein is not exclusively found in meat. It is made from amino acids and plants provide plenty of these building blocks and nutrients for dogs.

**A huge thanks to Anne for telling Bramble's amazing story! Want to learn more? Check out Anne's Book [Bramble; The Dog Who Wanted to Live Forever](#).**

**Did you know some v-dogs have lived into their 20's on our complete and balanced vegan formula? [See their stories here](#).**

**Vegan Pet Foods ... [CompassionCircle.org](#), V-Dog, VeganPet, Natural Balance, Halo, Chippin, Bark for Peace Treats.**

**PETA** People for the Ethical Treatment of Animals provides cruelty-free resources and how to get involved to help stop animal abuse.

**Fun Trivia** Yoda enjoyed root vegetables, seeds, nuts and vegetable soups. May the forest be with you!

**Power of Love & Light** Happiness Can Heal, Faith, Trust in God, Positive Loving Thoughts, Self Nurturing, pH plant meals, Kindness, Joy, Laughter, Hugs and Gratitude.



A vibrant tropical beach scene. The sky is a deep blue, filled with a large, multi-colored rainbow that arches across the upper half of the frame. The sun is visible at the top center, creating a bright, hazy glow. The ocean is a rich blue-green, with white foam from waves breaking on the shore. In the distance, a line of palm trees and other tropical vegetation marks the horizon. The overall atmosphere is serene and beautiful.

**Mother Nature Say's "I Love You!"  
In Countless Ways**

Be  
Love



# Helpful Resources & Fun Activities

Vertical Gardens ... Hydroponic Growing Kits 866-235-0414

Green Walls ... Enjoy Fresh Air, Beautiful Aromas, Decorative & Edible Flora

Hemp Garden Pots ... Eco-friendly, Breathable Gardening Containers

Organic Seeds ... Save Seeds, Join Plant Sharing Parties, Plant Trees

Carrot Top Pesto ... Use Green Carrot Tops in Your Favorite Pesto

Acai Berry ... Super Nutrient Rich Purple Berry Amazing Antioxidants

Spirulina ... One of Nature's Most Nutrient Rich Whole Plant Foods

Fresh Wheatgrass Juice ... 100s of Benefits from medicinal to natural beauty

Sprout Kits ... Super Fun, Economic Way to Enjoy Fresh Greens

Micro Greens ... Fresh, Organic, Very High Vibe Nutrition

Moringa Green Walls plant natural walls with moringa trees and seeds

Moringa "The Miracle Tree" grows super fast, leaves and seeds are edible

Soul from Rain International strengthen natural immunity & vibrant health

A.G.E. Pill from Sisel can help reverse the impacts of aging

Pure-Lights Natural Air Filters, Full Spectrum Lighting, Clears Oder & Pathogens

Remote Scalar Light Programs Safe for all ages, infants, kids, adults, pets, animals, and plants. High Tech Light Therapy that clears viruses and pathogens.

The Light Party ... New Paradigm in Politics, Peace Health Freedom For All

Grounding Meditation Breath into your Heart and Feel the Presence of God's Deep Eternal Love & Perpetual Light, Mother Earth's Love for All Creatures, And The Creators Love for All of Creation. Touch your Heart, Breath into your Heart Know you are safe in all ways, Beloved beyond human measures.

Miracles Happen Trust in God Everything is Already Provided. Ask & Receive!

Gifts of Spirit ... Advanced Spiritual Guides

Be Love ... Positive Loving Affirmations

Happiness Inside ... Sing Along for All Ages