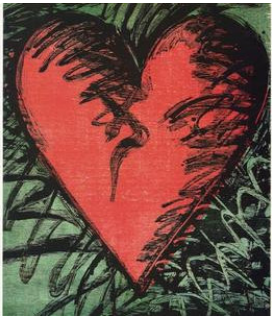


MIX WELL !!! Each jar should have liquid to the top, if a little shy on juice, add a little more vinegar or lime or lemon juice. This helps preserve it. Green, yellow or red *sweet* peppers can also be added. As long as it is straight out of the produce section of your grocer or local gardens it is fine. No mushrooms, though, they won't preserve well.

Most of the time I didn't heat-pack my salsa. But once I had quite a few jars spoil. That was in the middle of the summer. Now I am more careful to buy the ingredients only just before I make the salsa and to refrigerate everything before I start and in the intermediate steps. The jars that are not heat treated I mark with a rubber band so I eat them first! If a jar is leaking in the fridge it is fermenting and should be thrown out. It will smell funny if it is bad, rarely mold will form on top.

When I make really big batches and especially if I have a lot of beans in the salsa, I heat treat as much as I can get in one big pot on the stove. I heat the salsa to boiling, while in another pot I have canning jars in boiling water. With the canning tongs take out a jar and ladle the salsa (which has been boiling hot for 15 minutes) into the jar, place the lid on, and return it to the pot with the other jars. The water with the jars full of hot salsa should boil for 15 minutes. Then take the jars out and as they cool you see the top of the lid "pop" inward.

Here is a nutshell story of how this diet works. Humans are made to eat sporadically. Your liver stores nutrients for the time in-between meals. The American epidemic of fatty livers and fatty arteries is a consequence of your body trying to store the excess fat that your liver couldn't store. But most people eat so continuously and so well that the "storing up for a lean day" mode never ends!! The salsa diet keeps your liver in a semi-starved state so your body can draw nutrients **out** of your liver and **off of** your arteries. Your feast day can put as much as 3 pounds on you! That is not water! That is the liver storing nutrients for lean days.



Absolutely no cheating is allowed on this diet or the weight will not come off. No two-beer days. Many people eat out in the course of travel and meetings. There is really no way to stay on a diet if you have to eat out 4 days a week. Perhaps you could have a healthier appetizer brought out with your client's dinner (like shrimp or certain salads), or maybe you will strike it rich and they will have a melon and prosciutto on the menu (it could be listed as dessert). If you are committed to this diet it will be a source of interesting conversation and not a cross.

The astute observer will notice some fairly empty calories in the beer. Study after study has showed that one drink a day leads to longer life! So I used it like medicine at first (I wasn't much of a drinker, especially beer!) and have now learned to appreciate different beers. If I eat sweets (empty calories) in a given day, however, I skip the beer. Presentation is important as well. Get a nice glass for the beer. Have an aesthetically pleasing plate for the chips. Have a pretty bowl for the salsa. Take pleasure in your salsa. The more time you savor your humble meal the more satisfying it will be.

In the beginning it is normal to crave more protein in the middle of the week. So the beginning of the diet includes a mid-week protein "fix." Try 6 slices of ham with either cantaloupe or another melon. Nothing else! It will take about 45 minutes for you to feel like you ate something substantial. Or try beef jerky with some fruit. A crab substitute is a healthy way to get protein. Barbecued ribs from Tommy's are one of my favorites. Notice these are all **low fat**!!! Avoid extra carbohydrates found in pop or bread or fries you might be tempted to eat with the protein. This meat fix will eventually not be desired.

After a year on the diet I am sad on the days I DON'T have my salsa. I am eating less meat, frequently skipping my meat fix; I eat a little more normally in social situations, and get more disgusted with myself when I gobble up office goodies, but do it less. I am replacing the chips (which even when baked have too much fat) with bread. I am becoming a connoisseur of breads. It is great! I think the salsa's flavors are more apparent on the bread. Try olive bread, spinach bread, sourdough. Great Harvest on Route 14 has an awesome white bread. I slice it very thin then toast it, and use these pieces to scoop up the salsa. I don't use much bread. Mmmmmmm!

Illness shouldn't change this diet but if you experience dizziness, excessive thirst or urination see your doctor. Keep your weight loss reasonable and it will stay off. It is absolutely necessary to add 40 minutes of exercise daily when you find that your body is no longer losing weight. And my happiest end result of being on this diet is that I am now eating healthy fruits and vegetables every day without the pain of chopping salads, without the trauma of seeing the stuff mold in our veggie bin, without eating a pile of just one vegetable at a time. Even if I someday go off the diet, I think I will continue to crave the healthy food that is now my daily fare!

Email any concerns to patmos@sbcglobal.net

Dr. Todd Giese 815 459-2200

THE ARTERY-SPARING SALSA DIET

Your goal should be one pound weight loss a week. Weight yourself every day. Write the weight down on a prominent calendar.

Breakfast

- shredded wheat (the big square kind is the best as there is no mistaking the proper amount- 1 square), Chex or Wheaties or Cheerios or Kix or bran cereals- only $\frac{3}{4}$ cup can be substituted but you MUST use a measuring cup. SKIM MILK should be used in the cereal
- half an orange, peach or grapefruit
- coffee with some skim milk (no cream) and a teaspoon or two of sugar if you like

Lunch

- ✓ english muffin or kaiser roll or bread (no croissants!!!)
- ✓ one slice of ham (thin!)
- ✓ one piece of cheese the size of your palm- also thin
- ✓ 1/2 cup of salsa
- ✓ 6 oz of skim milk
- ✓ 2 ginger snaps or similarly small portion of non- sugary sweet

Dinner

- ❖ 2/3 cup of salsa (measure it)
- ❖ baked chips (low fat)
- ❖ one beer or 6 oz glass of wine

Evening munchies

- ψ ice water— or if famished another $\frac{1}{2}$ cup salsa with a few chips is allowed but wean off eventually



This is a 6 day repetitive diet but you will look forward to the salsa sandwich. On the seventh day you can eat normally. You will be surprised how little you enjoy some of your old snacks. How sluggish the fat makes you feel. How empty you feel after the cookies you were dreaming of.

VERY IMPORTANT is that you make your own salsa. This is a balanced meal and has natural cancer-fighting and artery-sparing agents in it. You will need a bunch of very clean glass jars with lids on them. Use Bell canning jars if you like. You can make a larger or smaller portion but alter the recipe now and then: making the salsa to *your* taste preferences. Doing all the dicing by hand is a great labor of love! Using a food processor makes for a slightly different texture but should taste the same. Buy ingredients just before making, chill everything in the fridge before preparation, chill before, during and after cutting!!!!

- One lb package of black beans (pinto can substitute, kind of meatier taste- or other of your liking) boil per package Canned beans can be used, just be sure they haven't been doctored up or it will alter the taste.
- plum tomatoes or home-grown tomatoes- a big plastic bag full! (typical big round tomatoes at the store don't taste nearly as good) Gently chop in food processor or by hand.
- 1 tablespoon ground coriander seeds-freshly ground in coffee bean grinder, or leave the seeds whole for a unique kick
- 2-3 large yellow onions (even better are shallots though they are hard to find, and if you do: \$\$\$)
- 1 cup cider vinegar- (you can use some balsamic but it does change the taste markedly)
- mangos- 2-3 chopped in $\frac{1}{4}$ " cubes (cut around the big seed with a sharp knife then use a spoon to peel the fruit away from the skin. This gives big pieces which can be diced with a sharp knife- icky texture if you get it stringy).
- black olives-pitted - one canful chopped up (food processor okay for this, but not the mango!)
- corn- frozen or canned (optional) 1 or 2 cups
- jalapeño peppers ~20 peppers- - this is so tricky to make it just to your liking. GLOVES and GLASSES are a MUST!

I cut them open to take out the seeds and chop them in the food processor. <http://www.pepperjoe.com> will give you a guide to different peppers. Absolutely don't take off your glasses (I use a snorkel mask) until your waste is safely in the garbage and your hands are thoroughly scrubbed. Cigar-like habaneras and round golden habaneras are REALLY hot! I use a bunch of them too!

- the juice of 10 fresh limes (squeezing is hard work!) FINALLY season to taste ?cumin, pepper, other??