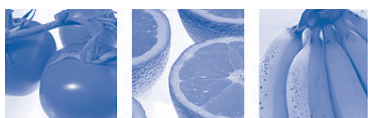


BENNY HINN MINISTRIES PRESENTS

RAINBOW DIET RECIPES



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RAINBOW DIET RECIPES

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INTRODUCTION



Adopt a Rainbow Diet and Become Younger!

Healthy aging happens when we can increase our brain functioning, which controls the health of the rest of the entire body. The most common ailments, including arthritis, osteoporosis, heart disease, high blood pressure, loss of skin tone, and even back pain, are all age-related conditions that are affected by an increasingly aging brain. Added to this list are Alzheimer's disease, dementia, depression, anxiety, addiction and sleep disorders. Other illnesses affect the heart, immune system, male and female sexual organs, the skeletal frame, and the skin.

Yet the brain can be taught to break the aging code and actually resurrect an aging body. By balancing the brain with nutrient supplements, proper diet, natural hormones, medications, and lifestyle changes, I help my patients delay the progression of many of these diseases so that their life can return to a more normal, age-appropriate state. It's a simple remedy: to restore your health, restore your brain chemistry. And the earlier you start, the better your chances of postponing or completely avoiding the ravages of the aging process.

The AgePrint test in my book *Younger You* can help you identify which parts of your body are aging faster than the others. Armed with this information, you can work with your doctor to develop the best antiaging strategy for your particular aging code.

But there's plenty you can do on your own. One of the most effective keys to younger living is to incorporate larger amounts of important vitamins and minerals into your diet, supplementing what your body needs that it may no longer be

producing or getting from a typical diet. While you can take supplements to make sure you are getting these important vitamins, often, the best and most natural way for your body to integrate these additional nutrients is through changes in your diet.

I tell all of my patients that they need to adopt a Rainbow Diet. My diet is easy to remember: by eating meals that reflect the colors of the rainbow, you are guaranteeing that you are getting high doses of vitamin-rich foods. What's more, a diet that is high in colorful fruits and vegetables has been shown to provide many benefits to your overall health.

My Rainbow Diet features high-volume foods that are low in calories. Your doctor may recognize this as a volumetric diet. It is based on eating the right amounts of vitamin-rich, colorful fruits, vegetables, spices, teas, whole grains, and low-fat proteins in any given week. While this is not a typical weight-loss regimen or a fad diet, following the Rainbow Diet will get you back on track to eating healthier. You may even find that eating the right, nutritious foods provides a boost to your metabolism, and before you know it, you can see that you are beginning to shed unwanted pounds. These suggested foods are both good for you and lower in calories than processed junk foods. Best of all, rainbow foods are abundant in vitamins, minerals, antioxidants, and phytochemicals and are rich in fiber to aid in digestion.

I have also identified a wide array of foods that benefit distinct parts of the body. The latest scientific studies and my own patient research shows that certain nutrients are directly correlated to reversing specific diseases. If you already know you are suffering from menopause, heart disease, diabetes, skin disorders, osteoporosis or arthritis, low immunity, fatigue, depression, dementia, or sleep disorders, there are particular additions you can make to the general Rainbow Diet to tailor it for your needs.

By following this type of eating plan, you will learn how to choose the right foods and prepare delicious and healthy meals, while reversing your AgePrint and generally contributing to a younger you.

**The Rainbow Diet
Breaks the Craving Code**

The Rainbow Diet allows you to choose from a wide variety of foods that create long-lasting feelings of satisfaction, well-being, and high energy. While you might have heard of the food pyramid and different food groups, I classify different foods in a few distinct categories: extreme foods, contracting foods, expanding foods, and balanced foods. In general, a diet that is full of balanced

and expanding foods is healthier for you now, and will increase your odds for longevity later.

Extreme foods are those foods that have extreme effects on our bodies and cause a seemingly positive short-term effect (an energy boost) while soon creating a nutritional disaster over time. Once we start to eat extreme foods, we find ourselves craving more of them to restore our energy, mood, or feeling of well-being. Simple carbohydrates or “white” foods are all extreme foods because they boost our energy in the short term but often create food cravings, and worse, food addictions.

EXTREME FOODS TO AVOID

Processed foods | Refined sugars
White breads or foods made from white flour
White rice | Pasta | Fried foods | Foods filled with saturated fats

After we eat contracting foods, especially in large quantities, we often feel heavy, sluggish, and slow witted, and we begin to crave expanding foods. Animal proteins are considered to be contracting foods: they provide short-term feelings of strength, as well as increased physical and mental power yet leave us tired as we digest them. Another contracting substance is salt. If you throw salt on a plant, watch it shrivel up. Salt does the same to our body: it causes cells to become dehydrated and blood vessels and organs to contract. The more contracting foods you eat the more powerful cravings will be for the expanding foods.

A diet that is heavy in expanding and contracting foods forms a vicious cycle that will eventually lead to obesity. The expanding foods provide no nutrition and even after excess sugar consumption, our body still yearns for the vitamins and minerals it desperately needs. It then tries to meet this need by overeating more contracting foods. Consequently, we never feel satisfied, and we continue to gain weight.

In contrast, I suggest that you choose foods that fall toward the middle of this spectrum, and not toward the ends. I call these mildly expanding and contracting foods. Our bodies still need carbohydrates and proteins in order to stay healthy. But instead of making bad food choices in these categories, you can choose more balanced options. When you choose balanced foods, you are more likely to make choices that sustain balance.

The best way to stay off the cravings roller coaster is to consume complex carbohydrates, like whole grains and vegetables, with small amounts of animal products. You'll find your energy levels will stay up between meals. For example,

vegetables and fruits are considered to be mildly expanding foods. Whole grains like millet, brown rice, barley, corn, oats, quinoa, and buckwheat are mildly contracting. They are absorbed slowly by the body, thus keep glucose and insulin low and provide long-lasting energy. They provide the unique ability to prevent the steep declines in blood sugar levels that give rise to fatigue, mood swings, and food cravings.

Creating a Rainbow Plate

The Rainbow Diet allows for all foods that are low fat, complex carbohydrates, and lean proteins that occur in any of the colors of the rainbow. Remember, there is no “white” in the rainbow! Each of your three meals, plus one snack, should be at least 80 percent plant based and no more than 20 percent animal based. Your plate should always look like a rainbow: not too much of any one color; and always a variety. All of your food choices should be from natural food sources, and organic whenever possible.

INSTEAD OF WHITE FOODS, CHOOSE MORE COLORFUL VERSIONS

Instead of white rice, choose brown rice.
 Instead of white sugar, try brown sugar or honey.
 Instead of white potatoes, eat sweet potatoes and yams.
 Instead of white flour, choose whole-grain flour.
 Instead of salt, season your meals with spices.

Top 20 Rainbow Fruits and Vegetables

Red: cranberries, raspberries, cherries, red beans, pomegranates

Orange: sweet potatoes, oranges, peppers

Yellow: squash, artichokes, peppers

Green: kale, spinach, broccoli, peppers

Blue: blueberries, grapes

Indigo/Violet: prunes, plums, eggplant

Colors of the Rainbow

Reds: Many of these foods contain antioxidant compounds that protect your body from the damaging effects of free radicals. The pigments that give color to these foods protect your blood vessels, cartilage, tendons, and ligaments from damage. These pigments may reduce the likelihood of cancer by preventing tissue degeneration that sometimes follows chronic irritation. Think tomatoes, strawberries, raspberries, red peppers, watermelon, red cabbage, cranberries, and especially, pomegranates, which have the highest antioxidant value.

Orange: Orange fruits and vegetables are high in carotenoids, which have anticancer and antioxidant properties. Carotenoids lead to an increase in the number of white blood cells circulating throughout the bloodstream, having basically the same effects as the well-known immune booster echinacea. Try to eat at least two to three different orange foods daily. Think carrots, oranges, tangerines, peaches, nectarines, apricots, cantaloupe, sweet potatoes, pumpkins, and acorn squash.

Yellow: Yellow fruits and vegetables contain large amounts of phytochemicals including allicin, as well as carotenoids and bioflavonoids (bonus vitamins and minerals found in many foods that naturally reduce inflammation), which have anticancer and antioxidant properties. Try to eat at least two to three different yellow foods daily. Think bananas, corn, nuts, chickpeas, beans, lemons, papaya, sesame seeds, and grapefruit.

Green: Chlorophyll, present in all green plants, has anticancer and detoxifying properties. In addition, green leaves are high in carotenoids, bioflavonoids, vitamins, and organic mineral complexes. Green fruits and vegetables are high in lutein and indoles, which are currently being studied for their antioxidant properties. The more greens you eat, the better. At least one daily serving of green, leafy vegetables is recommended. Think spinach, salad greens, kale, broccoli, limes, avocado, kiwis, asparagus, pears, fennel, celery, and artichokes.

Blue: Many of these foods contain anthocyanins and phenolics, two powerful phytochemicals currently being studied for their antiaging benefits. Blue fruits and vegetables are high in antioxidant compounds that protect your body from the damaging effects of free radicals. The pigments that give color to these foods protect your blood vessels, cartilage, tendons, and ligaments from damage. These pigments also reduce the likelihood of cancer by preventing tissue degeneration that sometimes follows chronic irritation. Choose blueberries, blackberries, dark grapes, black or navy beans, currants, and raisins.

Indigo/Violet: Similar to blue fruits and vegetables, indigo and violet foods also contain an abundance of antioxidant compounds. Dark blue and indigo foods reduce “oxidative stress,” one of the main factors that causes aging. They also contain high levels of resveratrol, believed to reduce the risk of heart disease and cancer. Blue cornmeal is prized for its superior nutritional value, and so are prunes, plums, beets, eggplant, and turnips.

Spice It Up

Every little bit of color counts. For example, herbs and spices are packed with aging code-busting nutrients that can add color, flavor, and vitamins to many of your blandest dishes. Herbs and spices contain antioxidants and antibacterial factors to help maintain health. What’s more, spicy foods boost your

metabolism, so you'll burn calories quicker and more efficiently. Incorporate these herbs and spices to get the healing power of the Rainbow Diet:

- The anti-inflammatory power of rosemary and basil
- The dementia-fighting power of cumin and sage
- The obesity-fighting power of cayenne and cinnamon
- The sugar-regulating powers of coriander and cinnamon
- The calming effects of lemon grass, nutmeg, bay leaves and saffron
- The cancer-fighting power of turmeric
- The fungus-beating power of oregano
- The heart-pumping power of garlic, mustard seed, and chicory
- The skin-saving power of basil and thyme

The Whole Truth About Whole Grains

Fiber is an important tool for weight loss. Fiber is like a scrub brush for your digestion, scouring your system until it is sparkling clean. It cleans out your colon, controls your blood sugar, pulls fat from your arteries, raises your "good" HDL cholesterol, and detoxifies your body. What's more, it's bulky. Fiber fills you up so you eat less, and it's low on the glycemic index, so you can eat lots of it. High fiber foods like oatmeal, brown rice, and broccoli can also absorb excess estrogen compounds, which are produced during menstruation. It can be used as a powerful appetite suppressant for those experiencing PMS cravings.

Check labels for fiber content in baked goods, and choose breads, cereals, and pastas made from whole grains. Leafy greens, root vegetables, beans, and lentils are all good sources. Other recommended fiber-abundant foods include quinoa, millet, bulgur, buckwheat, seeds and nuts.

Seaweed, wild coldwater algae, dark leafy greens, organic produce and properly prepared grains are good sources of trace minerals. The following chart shows some great sources of fiber. The recommended dosage of daily fiber is 40–45 grams every day.

Food	Total Grams of Fiber
1/2 cup pinto beans	11
1 cup peas	9
1/2 cup kidney beans	8
1/2 cup garbanzo beans	4
1/2 cup shredded wheat	5

Food	Total Grams of Fiber (continued)
1 apple, with skin	5
5 prunes	4
1 pear	4
1 cup blueberries	4
1 sweet potato	4
1/4 cup almonds	4
1/2 cup Brussels sprouts	4
1/2 cup corn	4
1/2 cup lentils	4
1/4 cup sesame seeds	4
1 cup oatmeal	4
1 orange	3
1 cup strawberries	3

Last but Not Least: Keep Drinking Water

A large percentage of your body makeup is water, and we need to keep supplying it with more in order to stay healthy and young. Water continuously flushes your digestive system, moving food particles along at a rapid rate, leading to weight loss. And, if you're busy drinking your eight glasses of water all day, you won't have time or desire to add the higher calorie beverages like sodas or juices.

You can obviously get water from your tap, but just by following the Rainbow Diet, you will be increasing your water intake. Fresh fruits and veggies are mostly comprised of water. Drinking teas count equally, especially those with deep colors for a greater nutritional punch.

Keep the Color Alive with Tea

Second only to water, tea is the most consumed beverage around the world. Our ancestors must have had some clue about tea's benefits; archaeological evidence credits the first use of tea over five hundred thousand years ago, even though science has only started empirically proving tea's numerous health benefits over the last twenty years.

The three main types of tea—black, green, and oolong—all come from the same plant. The differences in color and taste result from the degree of fermentation the tea leaves undergo after harvesting. The fermentation, in turn, determines the type and amounts of flavonoids that are present in the final product. There are four thousand bioflavonoids found in different types of herbal and caffeinated teas. Tea is thought to be beneficial because the flavonoids in it have been shown to have powerful antioxidant properties.

Tea is also packed with polyphenols. The darker teas have much higher

concentrations, which offer higher antioxidant values. Tea can stimulate digestion, cleanse the body, and give you lots of energy. These are all necessary treatments for every aging part of your body.

Drinking tea with chi-chi names like “Kiwi Nirvana” aren’t all they appear to be. Bottled tea’s antioxidant levels are ten to one hundred times lower than those in brewed tea. Findings at Oregon State University show that “healthy drinks” are little more than diluted sugar water with tea and fruit extracts added for flavor. Instead, I often combine two or three teas to get the most color and, therefore, the most benefit. For example, I brew a combination of red roibose, blueberry, and green tea.

A Rainbow of Teas

- Red:** cranberry
- Orange:** ginger, orange spice, orange pekoe
- Yellow:** chamomile, lemon
- Green:** green
- Blue:** blueberry
- Indigo:** holiday spice
- Violet:** raspberry

Rules for the Rainbow Diet

Avoid canned foods.
Avoid pickled and smoked foods.
Avoid saturated fats.
Choose lean meats and trim fat whenever possible.
Don't skip meals. Eat three evenly spaced meals a day, plus one late-morning or late-afternoon snack.
Finish dinner in time to have three full hours to digest before going to bed.
Drink eight glasses of water each day.
Drink a variety of colored teas every day.
Eat yogurt daily.
Increase your fiber intake.
Read labels carefully. Some “fat-free” foods are high in sugar and salt.

Eating Forever for a Younger You

By following these simple rules, you are well on your way to adopting the basics of the Rainbow Diet. The following chapters have specific recommendations and recipes that were created to improve many different disease processes. Even if you are not suffering from these illnesses yet, these recipes provide great ideas for nutrient-rich meals that anyone can enjoy.

BEAUTIFUL SKIN



A Rainbow Diet for Beautiful Skin

My friend and best-selling author, Dr. Nicholas Perricone, has developed an outstanding food regimen to promote and protect the skin. His diet is high in salmon, a nutrient-rich, antioxidant food. Luckily, he loves fish! He supports this diet so much that he promotes eating fish for breakfast, lunch, and dinner every day.

While I agree with Nick that antioxidants are important not only for your skin but for your overall health, my Rainbow Diet allows for a bit more diversification. To keep your skin healthy and young, you also need to control inflammation. For this reason, stick with foods that have a high inflammation fighting (IF) rating. And eat lots of salmon, too.

High IF Rainbow Super Foods for Your Skin

Almonds	Cranberries	Red pepper
Avocados	Flax seeds	Salmon
Beef liver	Hazelnuts	Spinach
Blackberries	Kale	Strawberries
Blueberries	Lean beef	Sweet potatoes
Bran	Mackerel	Tomatoes
Broccoli	Olive oil	Tuna
Carrots	Raspberries	Winter squash

Herbs and Spices That Help the Skin

Basil
Bay leaves
Chamomile

Garlic
Ginger
Hyssop
Juniper

Lavender
Rosemary
Saw palmetto
extract

Thyme
Turmeric

Keys to Success: Eating for Better Skin

Generally, beautiful skin comes from being well hydrated, so it's very important to drink lots of water throughout the day. Liver contains iron and copper that can help to improve the glow of your skin and hair. Vitamin A, found in many vegetables, keeps skin clear and beautiful. Citrus fruits that are filled with vitamin C will increase your skin's collagen, making it feel and appear plumper. If you are suffering from any of the following skin disorders, try these targeted suggestions:

Acne: Stay away from hot beverages and soups, alcohol, and caffeine. All of these will aggravate your condition.

Hives: Avoid nuts, shellfish, chocolate, fruit, citrus, or food additives. Your hives might be a sign of a food allergy, where avoidance is the only way to prevent the hives from recurring.

Ichthyosis: This is a condition in which your skin produces less sweat and oil. Increase vegetable consumption, particularly with fruits and veggies high in vitamin A and use safflower oil for cooking and salad dressings.

Sample Meals for Younger Skin**Breakfast:**

Fruit salad with yogurt; use brightly colored fruits
Oatmeal topped with fresh strawberries and cinnamon
2 poached eggs over smoked salmon

Lunch:

Grilled vegetables with ginger and balsamic safflower vinaigrette dressing
Spinach salad with grilled salmon
Veggie burger on a whole grain bun

Dinner:

Basil beef curry with toasted almonds and brown rice
Grilled tuna steak served with gingered mashed sweet potato
Broiled liver served with 1/2 acorn squash and almond slivers

RAINBOW RECIPES | for Beautiful Skin

**A SUPER SALAD**

Serves: 2

Ingredients:

1 cup spinach, torn into bite-size pieces
1 cup chopped romaine lettuce
1/4 cup shredded red cabbage
1/2 cup diced red bell pepper
1/2 tomato, chopped
1/2 cup grated carrot
1/4 cup dried cranberries
1/4 avocado, peeled and cubed
3 tablespoons olive oil
1 tablespoon balsamic vinegar
2 (8-ounce) tuna steaks
1/4 teaspoon rosemary
1/4 teaspoon thyme

Preparation:

Combine spinach, romaine, cabbage, red pepper, tomato, carrot, cranberries, and avocado in a large bowl.

Whisk together 2 tablespoons of the olive oil and the vinegar. Set aside.

Heat the remaining tablespoon of olive oil in a nonstick frying pan. Sprinkle tuna steaks with rosemary and thyme. Place the tuna in the frying pan and sear, cooking each side for 4 minutes or more, depending on the thickness of the steak. The tuna will be done when the outside is gray but the inside remains pink.

Toss the dressing with the salad, and place tuna steaks on top to serve.

WHOLE WHEAT NO-CHEESE VEGGIE PIZZA

Serves: 2

If you can find premade whole wheat pizza dough, you've saved yourself at least an hour. If not, this is a great recipe that requires some planning, because you have to wait for the dough to rise.

Ingredients:

1 individual package active dry yeast (2 1/4 teaspoons)

- 2 1/2 cups high gluten, whole wheat flour plus additional for kneading and dredging
- 1 cup warm water
- 1 teaspoon salt
- 1 cup tomato sauce
- 1 red onion, sliced
- 1/2 cup cherry tomatoes, halved
- 1 orange bell pepper, diced
- 3 tablespoons fresh basil leaves, sliced into strips
- 1 tablespoon dried oregano

Preparation:

To make the dough:

Whisk together yeast, 1 tablespoon flour, and 1/4 cup warm water in a measuring cup and let stand until mixture develops a creamy foam, about 10 minutes.

Stir salt and 1 1/2 cups flour in a large bowl. Add yeast mixture and remaining warm water and stir until smooth, then stir in another 1/2 cup flour. If dough sticks to your fingers, stir in a little more flour at a time to make dough pull away from side of bowl.

Knead dough on a lightly floured surface with floured hands until dough is soft and elastic, about 10 minutes. Divide dough in half and form into two balls, then generously dust balls with flour and put each in a bowl. Cover bowls with plastic wrap and let dough rise in a warm, draft-free place until doubled in bulk, approximately 1 hour, or refrigerated for up to 1 day. Bring to room temperature before using.

To make the pizzas:

Preheat the oven to 500 degrees.

Roll out pizza dough into 2 (10-inch) circles, and place each on a cookie sheet. Generously spoon tomato sauce onto the dough. Arrange remaining ingredients over the sauce.

Bake in hot oven for 10 minutes or until edges become crispy. Remove and slice; serve immediately.

SAUTEED LIVER WITH CARAMELIZED ONIONS

Serves: 2

Ingredients:

- 3 tablespoons olive oil
- 1 large red onion, thinly sliced
- 1/4 teaspoon ground cloves
- 1/2 pound beef liver; thinly sliced
- 1/4 cup white balsamic vinegar

- 1 cup green beans, trimmed
- 1 red bell pepper, sliced into strips

Preparation:

Steam green beans and bell pepper strips for 5 minutes or until beans become dark and crisp. Drain water and blanch vegetables quickly under cold water; (no more than 30 seconds) to stop them from cooking, and set aside.

Heat 1 1/2 tablespoons oil in a skillet over medium heat. Add onions and sauté until golden brown, about 10 minutes.

Add half of cloves and sauté 1 minute longer. Season with pepper. Transfer the cooked onions into a small bowl.

Heat remaining olive oil in the same skillet over medium-high heat. Sprinkle liver with remaining cloves and a dash more of pepper. Add liver to skillet and sauté until brown on outside but still pink in center; about 2 minutes per side. Transfer liver to serving plate.

Place onions back into the skillet and add balsamic vinegar over low heat and stir 1 minute. Spoon onion mixture on top of the liver and serve with green beans and peppers.

BAKED SALMON WITH GINGER BASIL SAUCE

Serves: 2

Ingredients:

- 2 (7-ounce) salmon fillets
- Ground white pepper to season
- 3 tablespoons olive oil
- 1 tablespoon shallots, chopped
- 1 teaspoon garlic, minced
- 1 1/2 teaspoons fresh ginger, minced
- 2 cups basil leaves
- 1/2 cup dry white wine
- 1/2 cup skim milk

Preparation:

Season the salmon fillets with pepper. Heat the oil in a sauté pan over a medium-high flame until hot. Cook the salmon fillets on each side for about 3 minutes. Reduce the heat to medium and cook salmon for 3 to 5 minutes or until done. Transfer the salmon to a platter.

Add the shallots, ginger, and garlic to the pan. Cook over medium heat for a minute. Do not brown. Add in the basil leaves and wine. Simmer until the basil starts to wilt. Stir the milk into the sauce. Simmer to reduce sauce to half.

Place salmon back into the pan with the sauce and heat 1–2 minutes more over a low flame.

Serve immediately with brown rice.