From Dyíng to Thríving Recipe eBook

# Create Option C My Journey to Health

### Disclaimer

# REGULATION

DISCLAIMER: I, Lourdes Colon, am not a medical doctor. I do not offer medical advice or diagnosis. To seek medical advice and diagnosis, you need to see a licensed medical professional. All and any advice or information provided by me, Lourdes Colon, are provided purely for informational and educational purposes. You agree that any information product or services provided by Lourdes Colon are not liable for any misuse, abuse, or loss incurred by the user. The user understands that you are solely responsible for any outcomes experienced by the use of the information, products, or services provided by Lourdes Colon.

#### Just a few of the shared results before we get started



#### 17m Love Reply

#### Lourdes LaVoy

Linda Vega Simon That is awesome! My pleasure. So happy to hear that

2m Like Reply



0

\*ROOT OUTCOME\* 💪 Using the drops after a month and 10 days. Lady had a serious infection on her leg. At first she had liver problems, she was treated with antibiotics and because of that she had destroyed the intestinal flora and a poor immune system.

Due to a poor immune system, she not an infection in the sna that



1 0

#### When you give your body the Natural tools to heal...

<1

After following the ROOT protocol for a month and a half, a couple of days ago while showering, I noticed my nipple was no longer inverted! I used to take time to wash and dry that area, and now my nipple looks 90% normal! In the shower, I was thinking ... how is this possible?! Also my breast used to move together with my chest muscle as they were attached by scar tissue from the cryoablation. Now, my breast no longer moves or is attached to the muscle; it somehow detached from it. Additionally, the size of my breasts now appears the same

I swear I shower daily! Sometimes twice a day, and this change happened overnight. I went from being in the shower, ensuring I cleaned my inverted nipple and swollen breast, to the next day having



ROOT protocol I followed:

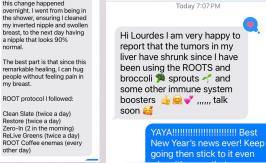
Clean Slate (twice a day)

Zero-In (2 in the morning)

ReLive Greens (twice a day)

ROOT Coffee enemas (every

Restore (twice a day)



Charlie

10h · 🕤

The first photo was taken on the way back from Berlin 35 days ago 🥹 On the right, after 35 days 6.4 kg lighter. I love these capsules 🥶 🗱 Thank you for your continued experience 🙏 😐 Rate this translation

my breast.

other day)



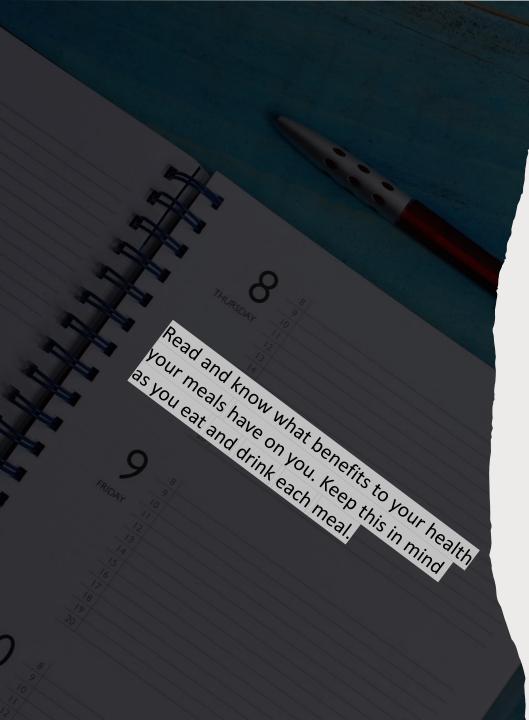


What our bodies are made of. We are putting the puzzle pieces together.

Our bodies are made up of over 100 trillion cells of the microbiome (good bacteria). There are only about 25,000 human genetic genes, so when we get sick with ANY illness (including cancer), we have more bad bacteria than good ones.



Building the good bacteria would destroy and get rid of the bad. We get into a harmful situation if we keep feeding the bad through diet, chemicals, or lifestyle.



# Journal Daily

KEEP A NOTEBOOK ON HAND OR CELL PHONE AND WRITE ON THE TOP OF THE PAGE RED-ORANGE-YELLOW-GREEN-BLUE

WRITE HOW MANY COLORS YOU ATE FROM FRUITS AND VEGETABLES THAT DAY IN EACH COLUMN.

EACH FRUIT AND VEGETABLE COLOR CARRIES MANY COMPOUNDS THAT HELP WITH YOUR HEALTH. THOUGH ALL DO, MULTIPLE THINGS HERE IS A VERY GENERAL IDEA OF WHAT THEY DO.

<u>Red:</u>

<u>Orange:</u>

Anti-aging

IMMUNE-BOOSTER

Yellow:

GREAT FOR INFLAMMATION

<u>Blue:</u>

BRAIN-BOOSTER

<u>Green:</u> Detoxifying



GIVE YOURSELF 5 MINUTES ON EVERYTHING YOU ARE GRATEFUL FOR FIRST THING EACH MORNING, THEN LOOK INTO THE MIRROR AND SAY, "I LOVE YOU." I.BLUEBERRIES.
2.RASPBERRIES.
3.GOJI BERRIES.
4.STRAWBERRIES.
5.BILBERRIES.
6.AÇAÍ BERRIES.
7.CRANBERRIES.
8.GRAPES.



Berries Keep You Mentally Sharp.	Prevent or Manage Diabetes.	Berries Might Prevent Parkinson's Disease Due to Their Flavonoid Content.	Reduce Inflammation and Prevent Heart Disease.
Help You Maintain or Lose Weight.	Lower Blood Pressure by Boosting Blood Vessel Function With Berries.	Help Fight Cancer by Adding Berries to Your Diet.	Help Fight Urinary Tract Infections.



# Snacks

Protein, good Fats, Carbs, Fiber, Vitamin E, Magnesium, Phosphorus, Copper, Manganese, Selenium.

Research has found that frequently eating nuts lowers levels of inflammation related to heart disease and diabetes. Regularly eating a healthy diet that includes nuts may: Improve artery health. Reduce inflammation related to heart disease. It may aide in weight loss.

### SPRING WATER



### DRINK HALF YOUR BODY'S WEIGHT IN OUNCES DAILY



# Exercise daily by simply walking or whatever you love best.

# Soup for the healing



#### Serves 4

26 garlic cloves (unpeeled)
2 tablespoons olive oil
2 tablespoons (1/4 stick) organic butter (grass fed though I used Vegan non-GMO Organic butter)
1/2 teaspoon cayenne powder
1/2 cup fresh ginger
2 1/4 cups sliced onions
1 1/2 teaspoons chopped fresh thyme
26 garlic cloves, peeled
1/2 cup coconut milk
3 1/2 cups organic vegetable broth
4 lemon wedges

Preheat oven to 350F. Place 26 garlic cloves in small glass baking dish. Add 2 tablespoons olive oil and sprinkle with sea salt and toss to coat. Cover baking dish tightly with foil and bake until garlic is golden brown and tender, about 20 minutes. Cool. Squeeze garlic between fingertips to release cloves. Transfer cloves to small bowl. Melt butter in heavy large saucepan over medium-high heat. Add onions, thyme, ginger and cayenne powder and cook until onions are translucent, about six minutes. Add roasted garlic and 26 raw garlic cloves and cook three minutes. Add vegetable broth; cover and simmer until garlic is very tender, about 20 minutes. Working in batches, puree soup in blender until smooth. Return soup to saucepan; add coconut milk and bring to simmer, season with sea salt, and pepper for flavor. Squeeze juice of 1 lemon into soup and serve.

### Salad for the soul

#### Ingredients:

In a bowl, add half a bag of mixed leafy greens, one medium tomato, 1/2 a cucumber, a handful of alfalfa sprouts, 1 sliced radish, and 1/2 an avocado.

#### Dressing:

- <sup>1</sup>/<sub>2</sub> cup of olive oil
- Two tbsp of apple cider vinegar
- Two tbsp of fresh lemon juice
- Two tbsp agave
- One garlic clove
- One tbsp of hemp seed
- One pinch of salt
- Fresh basil and oregano
- Half Avocado

**Prep:** Blend all dressing ingredients in blender until smooth. Pour over veggies.





#### Ingredients:

- Two cups of uncooked pinto beans
- Water
- 1 tsp Sea salt
- 1 tsp oregano
- <sup>1</sup>/<sub>2</sub> can of tomato sauce or homemade
- 1 tbsp organic olive oil
- 2 medium spoons of organic seasoned vegetable-based bouillon
- ½ tsp of achiote (annatto seeds) Warm seeds in olive oil and stir until oil is yellow to orange. Remove seeds, then pour oil into cooked beans.
- 1 peeled and cubed white potato

#### **Preparation:**

- Soak uncooked pinto beans in water the night before.
- The next day, pour out water from the beans, rinse well, place beans in a pot with salt and water, boil for about 1 to 2 hours, and check the beans periodically to add water as needed. Check beans after one hour to see if beans are soft and edible. Once the beans are cooked, pour out the water, rinse them, and place them back in a pot filled with water about 2 inches above them. Add all seasons above into a pot with beans, including cubed potatoes. Cook until the cubed potatoes are soft.





### Quinoa salad

• In a mixed bowl, add half a bag of mixed leafy greens, a handful of olives, one medium tomato, 1/2 a cucumber, ½ cup of cooked quinoa, and 1/2 an avocado with some cooked mushrooms. Next, pour 1/4 cup olive oil and add sea salt to your liking.

• For meat eaters you can add chicken.



4 cups of chopped tomatoes.1 small onion.1 cup of spring water.2 clove garlic.

#### INGREDIENTS:

1 tbsp of olive oil. ½ bunch of basil. 1 tsp paprika.

1/2 cup fresh lemon juice.

¼ tsp cayenne pepper1 tsp sea salt.½ tsp black pepper.

Prep:

Place above ingredients in a blender and blend until smooth. Add chopped avocado, chopped summer squash, and marinated mushrooms.



### Yuca & green Banana salad

 In a mixed bowl, boil in salt water in a pot one small peeled and cut yuca, two peeled green bananas, and one potato. Once tender cut up, place in a bowl and add 1/2 an avocado with grilled onions. Next, pour 1/4 cup olive oil and add sea salt to your liking.



#### JICAMA ROOT

Packed With Nutrients.
High in Antioxidants.
May Boost Heart Health.
Promotes Digestion.
Good for Your Gut Bacteria.
May Reduce the Risk of Cancer.
May Aid Weight Loss.

#### INGREDIENTS:

- 1 head of cauliflower, shredded
- 1 jicama root, shredded
- 2 tomatoes, diced
- 1/2 bunch scallions, slivered
- 2 tbsp olive oil
  2 tbsp fresh lemon juice
  2 tsp chili powder
  1 tsp of garlic powder
  1 tsp of sea salt

#### PREP: Combine ingredients and mix well.

### Squash salad

In a mixed bowl, add cooked squash, bell peppers, asparagus, grilled onions, and mushrooms; once tender cut up, place in a bowl and add 1/2 an avocado. Next, pour 1/4 cup olive oil and add sea salt to your liking.





## MIXED VEGETABLE SALAD

- 1 cup of cooked quinoa with sea salt.
- 1 avocado.
- Cooked mixed vegetables.

#### Quinoa

- •May lower the risk of chronic disease.
- •May help you lose weight.
- •May help balance blood sugar.
- •Suitable for those with coeliac disease and gluten intolerance.
- •May improve gut health.

# MIXED LEAFY GREENS SALAD

INGREDIENTS:

- Mixed Leafy greens.
- 1 Cucumber, sliced.
- <sup>1</sup>/<sub>2</sub> cup of Garbanzo beans.
- 1 avocado chopped.
- 1 tomato, chopped.
- ¼ cup of Olive oil.
- Sea salt to taste

Prep

Mix all ingredients in bowl and enjoy.

#### GARBANZO BEANS:

- •They help with digestion.
- •They can help lower cholesterol.
- •Soluble fiber is good for more than gut health.
- •They may lower your cancer risk.
- •They give you stronger bones.
- •They could boost your mental health.



# Veggie Chow mein

#### Ingredients:

2 cups of shredded cabbage

1 cup of chopped carrots

1/2 tsp of sea salt

1 cup of chopped broccoli

1 cup of chopped cauliflower

Six ounces of chow mein noodles

Follow instructions on noodles

In skillet add butter and cook veggies for about 10 minutes then add the cabbage and cook for another 5 minutes. Add 2 tbs of sesame oil

Mix all ingredients and serve



## Sauteed Mushroom

MUSHROOMS not only provide you with B vitamins such as niacin and riboflavin, but are also excellent sources of three essential antioxidants, glutathione, ergothioneine, and selenium. Additionally, they are an excellent source of vitamin D and potassium.

They may also mitigate the risk of developing serious health conditions, such as Alzheimer's, heart disease, cancer, and diabetes. Sautéed mushrooms with green onions and red bell pepper.

# BEETS SALAD

#### INGREDIENTS:

- 2 Beets, sliced
- Quinoa
- 1 Sliced cucumber
- Leafy greens
- Cauliflower, chopped
- Pinch of sea salt and black pepper
- ¼ cups of olive oil
- 2 tbsp of apple cider vinegar PREP
- Quinoa, cook according to direction.
- Beets boiled in spring water until soft.

• Place all ingredients in a bowl, add Apple cider vinegar, olive oil, salt, and pepper, and mix well.

# Green juice

In a masticating juicer take one green apple, ½ cucumber, and 4 celery ribs and juice twice a day.

- Green apples
- Prevents Alzheimer's
- Prevents Asthma
- Prevents Diabetes
- Rich in vitamins A, B, and C



THE L&C SHOW



# OLIVE AND AVOCADO SALAD

INGREDIENTS: ½ cup Green olives 1 avocado, diced Lettuce, chopped Red onion, thinly sliced ¼ cup of olive oil Mixed seasoning to taste

PREP Mix all in a salad bowl



### BANANA, STRAWBERRY SMOOTHIE

#### INGREDIENTS:

- 1 cup of juiced apple
- 1 banana
- 1 cup of frozen strawberries

Prep:

Place ingredients into blender and blend until smooth.

### WILD RICE

#### INGREDIENTS:

- 1 batch of asparagus
- 1 cup of mushrooms
- 1 cup of cooked wild rice
- <sup>1</sup>/<sub>2</sub> tsp of sea salt
- <sup>1</sup>/<sub>2</sub> cup of olive oil

#### Prep:

Grill asparagus and mushrooms on the stove in olive oil or organic butter. Add ½ tsp of sea salt.

Cook wild rice to your liking, place it on a plate, and lay veggies on the rice.



### HEARTY JUICE

#### INGREDIENTS:

- 2-3 carrots
- 2 ribs of celery
- 1 bunch of parsley
- 1 lemon
- 1-inch ginger root

#### Prep:

• Juice all in a masticating juicer





### SAUTEED PORTOBELLO MUSHROOM

#### INGREDIENTS:

- 1/2 avocado, thinly sliced
- 1/2 a Purple onion, chopped
- 1/2 cucumber chopped
- 1 tomato chopped
- 1 cup of alfalfa sprouts
- Pinch of sea salt and black pepper
- ¼ cups of olive oil
- 1 sauteed cut portobello mushroom
- 1 chopped garlic cube

#### Prep

Grill garlic and portobello mushroom in oil on medium heat until done (about 15 minutes). Place each ingredient in the salad bowl and pour oil, sea salt, and pepper over the salad.





# ROASTED PUMPKIN SOUP

#### INGREDIENTS:

- 2 cups of roasted Pumpkin
- 1 tbsp of cold pressed coconut oil
- 1/3 cup of yellow onion chopped
- ½ apple
- 1 clove garlic
- 1 tsp curry powder
- 1/4 tsp of nutmeg
- 1 cup of vegetable broth
- 1 cup of coconut milk
- Salt and pepper to taste

#### Prep

• Cut pumpkin into significant chunks, place in a Ziplock bag, and pour oil and salt into the bag. Shake well, remove from bag and place on a baking sheet, and bake at 400 degrees for 30 to 40 minutes or until tender.

• Cool off, then place all ingredients into a blender and blend until smooth.



# CACAO ALMOND SMOOTIE

#### INGREDIENTS:

- 1 cup of almond milk (Hemp milk, oat milk, or cashew's milk can be substituted)
- 2 tbsp of nut butter (peanut, cashews, or almond)
- 2 tbsp of raw organic honey
- 1 tsp of cacao powder
- 1 banana
- 1 cup of ice

#### Prep

• Blend all ingredients in a blender until smooth.





# RICE AND BEANS

INGREDIENTS:

- 1 avocado, sliced
- <sup>1</sup>/<sub>2</sub> purple onion, chopped
- <sup>1</sup>/<sub>2</sub> cup of cherry tomato, chopped
- 1 cup of mixed vegetables
- 1 cup cooked Wild rice
- ¼ cup of cooked beans

#### PREP

- Cook wild rice following the directions on package.
- Cook mixed vegetables on medium heat in ½ cup of water stirring every 2 minutes. Remove from heat after 10 minutes.
- Place rice, beans, onion, tomatoes, mixed vegetables, and avocado on a dinner plate and enjoy.



### **BERRY JUICE**

INGREDIENTS:

- 1 pint of blueberries
- ½ of a lemon
- thumb size ginger root
- 3 green apples

Prep

- Place all ingredients in juicer.
- Can double ingredients for more juice.

# COCONUT SMOOTHIE



#### INGREDIENTS:

- 1 cup coconut milk
- 2 handful of spinach
- 2 cups fresh berries
   (blueberries, blackberries, strawberries, or
- raspberries)
- 6 ice cubes

Prep:

- Place all ingredients in blender.
- Blend until smooth or slushy.

# HOMEMADE HOT CHOCOLATE

#### INGREDIENTS:

- 1 teaspoon of Cacao
- ½ teaspoon of Cinnamon
- 1 cup of Homemade almond milk
- ¼ teaspoon of Nutmeg
- 1 tablespoon of Coconut Mana

•Place ingredients in a pot except for the coconut mana and cook on medium heat until hot. Place coconut mana in the cup. Pour hot ingredients into cup.

•Stir well and then add raw honey to taste.



### Homemade Almond Milk

• Soak a cup of raw organic almonds in water the night before.
 •Next day, remove the skin from almonds and place almonds in a blender with plenty of spring water. After well-blended, use a cheesecloth to drain the milk into a container.

Studies suggest that almond milk helps reduce blood cholesterol levels. Therefore, it reduces the risk of heart disease. It also contains healthy fats such as omega-3, which is heart-healthy. Almond milk contains calcium, potassium, and magnesium, essential for maintaining blood pressure. If I was dealing with cancer, this is what I would add to my protocol.

Clean Slate, Restore, Relive Greens, and Immune Defense Shield. <u>Click here</u> to order now.

Make sure to use CreateOptionC as your referred-by code. This will ensure you are in our community for help and assistance when needed and get your free ebook from us. Oh, the power of combining premium supplements with a dash of faith and a sprinkle of positivity! in I can personally attest to how this trio is the ultimate cocktail for nurturing your body's own healing symphony. Cheers to wellness that resonates within every cell!



# Eyesight

MANY FOLKS, INCLUDING MYSELF, HAVE NOTICED IMPROVED EYESIGHT AFTER TAKING CLEAN SLATE AND RESTORE. I NOW USE MY OLD GLASSES WITH FEWER PRESCRIPTIONS AS THE NEW ONES ARE TOO STRONG.

https://therootbrands.com/product/duopack/LourdesAndChris

Supplements I personally take daily. This is one I recommend everyone be on. Start off with 3 drops under tongue twice a day and slowly get to 10 drops a day by adding 1 additional drop every three days.

### Clean Slate

- Assists in eradicating environmental contaminants and pollutants from your body
- Assists in the reduction of negative inflammation
- Passive and Systemic
- Created using patent-approved technology
- Communicates, recognizes, and naturally disassembles the destructive elements in your body

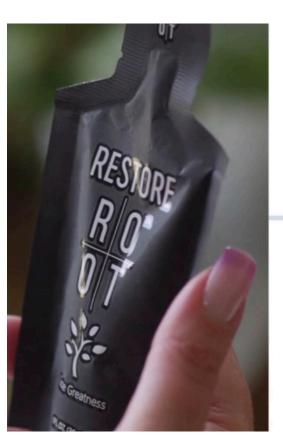
Formulated with patent-approved proprietary techniques that ignite the utility processes, Clean Slate was created by combining powerful Bioavailable Silica sourced from nature, trace minerals, and Vitamin C. The result is a revolutionary silica, with ingredients that in combination work towards a higher standard of bioavailability, safety, and efficacy to support systemic passive cleansing of the body while simultaneously enhancing pathways to heal and regenerate.



#### https://therootbrands.com/product/clean-slate/LourdesAndChris

SUPPLEMENTS I TAKE DAILY. DIVIDE ONE SACHET OF RESTORE TO TAKE 3 TIMES A DAY. ALSO HELPS RESTORE DAMAGE DNA.

Restore uses the best of nature to restore your energy. We chose the best ingredients and enhanced their benefits to create a complete product with everything your body needs to run full of energy all day long. Restore is perfect support if you're trying to lose weight, are on a vegan diet, or simply want to give your body all the vitamins, nutrients, antioxidants, and amino acids it needs for a healthy, active life.



### Restore

- Natural Ingredients
- Created with Quantum Nano Emulsion Technology (QNET)
- Cellular Communication
- Supports your body by releasing your toxic load of:

Viruses
 Fungus
 Bacteria

4) Parasites

https://therootbrands.com/product/restore/LourdesAndChris

Supplements I take daily. Take Zero-In once a day first thing in the morning to start your day.

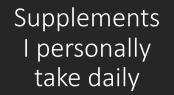
Zero-in will help get you away from brain fog and into lasersharp mental focus. It's a natural alternative to synthetic stimulants. Get all of your cylinders firing at full force. Made with turmeric, pine bark, velvet bean seed, and vitamin D. Your brain runs your body. Let's keep it healthy.



### Zero-In

- All-natural nootropic
- Blend of five adaptogens
- Two catalysts
- Allows the gut to produce the neurotransmitters dopamine and serotonin
- Improves mood, focus, and concentration
- Provides mental clarity and relaxation

https://therootbrands.com/product/zero-in/LourdesAndChris





<u> https://therootbrands.com/product/trinity-pack/LourdesAndChris</u>



Aimed to bring back your youth, ROOT formulated a proprietary blend of collagen & colostrum to reverse the aging processes by strengthening the skin, lung, and gut barriers, rebuilding your microbiome, and activating cellular health to revive whole-body immune health.

Benefits include:

- Fortify Gut Health
- Strengthen Immunity
- Promote Digestive System
- Enhance Skin Radiance
- Boost Energy
- Support Sleep
- Optimize Performance
- Improve Mood & Focus

#### https://therootbrands.com/product/gmbmy/LourdesAndChris



Natural Barrier Support was created using groundbreaking patent-pending technology and the proprietary blend is derived from trade secrets and a multi-patent pending formula. The ingredients in Natural Barrier Support are essential to protecting the body's immune system against infection and inflammation and support overall wellness.

#### **INGREDIENTS**

#### VITAMIN C

An essential nutrient found mainly in fruits and vegetables. The body requires vitamin C to form and maintain bones, blood vessels, and skin. It is an antioxidant that helps prevent cell damage caused by free radicals. The vitamin also helps in stimulating the immune system.

#### VITAMIN D3

Vitamin D is a nutrient your body needs for building and maintaining healthy bones. Vitamin D also regulates many other cellular functions in your body. Its anti-inflammatory, antioxidant and neuroprotective properties support immune health, muscle function and brain cell activity.

#### ZINC SULFATE

Zinc is important for growth and for the development and health of body tissues. Zinc sulfate boosts your body's zinc levels and prevents or treats deficiency. You need zinc for a robust immune system, because it makes up a component of enzymes that help trigger an immune response as well as a hormones needed for immune cell function.

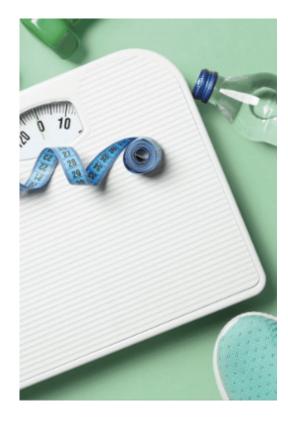
#### https://therootbrands.com/product/natural-barrier-support/LourdesAndChris

# sculpt

ROOT Sculpt was designed to assist the body in supporting healthy weight loss by targeting the reduction of excess glucose caloric absorption, appetite suppression, and increased fat burning. This proprietary blend, which includes multifaceted patented technology, is focused on assisting in the reduction of calories in the body by targeting the regulation and control of glucose levels in the body and increasing fatty acid breakdown.

- Benefits
- Assists in Healthy Weight Loss
- Reduces Excess Glucose Caloric
   Absorption
- Helps to suppress appetite and reduce calories
- Increased Fat Burning
- Aids to Regulate Glucose Levels
- Fatty Acid Breakdown





#### https://therootbrands.com/product/sculpt/LourdesAndChris