Hello everyone,

Thank you so much for coming. I am really happy to see such a well-diversified crowd.  ( I hope it will be such crowd )women,  men and kids.

Let me ask you who wants to eat well

Who wants to be healthy?

Who wants to eat healthy meal and be healthy I think everyone.

I need everyone help: what do you think healthy means?  if I say healthy is what if I say good food what do you think of

About 30 years ago I had a persistent health problem and I could not find a cure for this. I went through various doctors and finally homeopathic doctor helped out. It was very first time I heard about detox. Remember this is 30 year ago and no one talk about detox. I was like. I do not use drugs, I do not drink take pills what I am going to detox from. He explained to me that even food can cause problem and create toxins that we need to get rid of or we will be sick.

Long story short he suggested very strict diet. I do not recommend to anyone. I was desperate and I did it. After a week I had no signs of any problem on my skin and after 3 weeks I was pale like a white wall.  I was also told that going back to normal diet will take time and I need to introduce new food in stages. However after this entire ordeal I decided I need to change something so I will not this problem anymore.

I started reading and researching and I found out that food can be fun, healthy even cure.  When I started my experiments I always had a dilemma how to season my food. How to get Indian taste, Chinese or obtain any other flavor of particular cuisine.

Herbs  are key to obtain this particular flavor. Maybe it is simple but usually the simplest thigs are the one discovered last.

How many of you would recognize herbs in the garden, how many of you go to the store and have  aha moment and discover this is this or that. I want to show you some slides to check how familiar you are with herbs.

I was looking for some references but I could not find any. If I found something it was too much to read and the crucial information was buried within the pages or it was recipe two pages long. I usually never follow any recipe. I simply have no time for this. I work like everybody else and when I get back home I want to prepare something within a minutes . I do not have time study the recipe for 30 minutes and usually at the end turns out that I do not have half of the ingredients. Usually reading like this ended with frustration what am I going to do. Is there any store close, do I have time.  And I am standing over this chicken and I had no idea what to do, cook, fry how to season. So I always ended up searching in my kitchen cabinet.  What do I have in my cabinet  but this was not the end  the question was  what herbs and spices I can use and how? can I use with chicken maybe  not how about  fish , rice OMG total drama.  I discovered that I usually need one or two spices or herbs to create a flavor and of course salt and pepper to taste. Over the years I noticed that I do not use as much salt as I used to do it and  I am pretty sure that you will reduce usage of salt too because herbs will provide the flavor you want. Herbs  enhance taste of the food, they  also preserve the food, and you can easily prepare your dinner for two days.  You can marinate your food a day before and when you get back home from work 15 minutes on the grill or in the oven and dinner is ready, almost effortless. Specially now in the summer we have all freshly grow veggies in our gardens. They smell deliciously, they are warm, crisp and fresh.  Such a delight. I always say that summer is in full bloom when my summer squash is ripe and I put it on the grill with garlic and olive oil. This is simplest thing you can do. I will share with you my favorite summer recipe. Sprinkle your chicken or fish with olive oil, lemon, little bit of garlic, rosemary, oregano, basil  pick what you like. put on the grill for 20 minutes.  Take summer squash cut along or across into few slices sprinkle with olive oil and garlic put on the grill for 3 minutes on each side.  By the time you set the table dinner is ready.  Make sure you have extra pieces for lunch next day.

This one takes a little bit longer to prepare but it is excellent choice if you have company over for dinner.

Bake spaghetti squash in the oven 430 F half an hour on each side. So almost an hour.

Have your chicken or fish or both ready. In the half time of baking put the chicken in the oven Fish does not need  a half hour to bake it depends on the size and the amout of meat you are preparing .  In the meantime chopped zucchini celery minced few cloves of garlic depends on your preferences. Add olive oil, oregano, basil salt and pepper to taste.  When your meat, fish and spaghetti squash are almost ready,  sauté zucchini on the high heat for maybe 3 to 4 minutes.  Turn off the heat. Take the spaghetti squash out of the oven make sure you have gloves on.  it is hot. Cut in halves. Scoop the seeds and throw it away and start scraping the walls of the squash thin spaghetti like strings into the bowl. Pour the zucchini over and it looks like stew. Serve with chicken, fish.

You can mix zucchini with multi grain pasta and you have another delicious meal.

Almost every herb in my book can be used in that simple way. Just sprinkle over you meat, fish, sea food pasta . This book gives you ideas how to season your food it is exactly what title says it is a reference guide. Hopefully your cooking will be easier more efficient quick. I highly encourage spend this extra time on yourself. Read exercise, meditate.

So I started taking notes when I cooked and after so many years I exercised the idea to write about it and finally this book is the result. It is a story of my life it sounds like a song  but this is true and I will tell you all about it. Another song jingles in my mind.

So First section describes 8 most popular cuisines. List them…

The second section is the largest part of the book. It is a list of most popular herbs I choose 45 herbs. Each page includes a beautiful picture of the herb,  short info about the herb and how to use it in various cuisines. For example basil used in …. Show picture of the entire page.

The third section is a list of various types of food and herbs used in preparation of this food. This is opposite way for example chillie : and the list of herbs to prepare chillie.

Finally the fourth section is about my 6 principle to healthy and happy life. This book is the result of my journey through health and sickness, hard work and fun to obtain a balance.   I am a firm believer    that eating healthy does not mean restriction. We all have annual resolutions around January 1st and on January second we do not remember or try to forget about it. Our resolutions usually fail because they are about restrictions and we do not want to give up on our favorite meals.  My 6 principle outline how should we cook, shop for food , eat, …

I create a slogan TAQ

Time, Amount and Quality.

This is all you need to remember to obtain a balance.

Timing and consistency are extremely important. That speeds up metabolism and your body stops generating food for later in the form of extra fat and ultimately body weight.  What happened later? We are getting in this vicious circle. We become unhappy, aggravated, depressed, frustrated  and everything else. I was exactly same way.  I had 35 pounds more which on my petite frame was huge and tried to loose it. Always unsuccessful even though I exercise. Maybe not on very regular basis but obviously I was much younger  and I was very active I love sports and I thought it should work out  but it did not.  Until I started  eating regularly. It is very difficult to maintain this routine but it is achievable. I tell you more It is most difficult element .  But it is only your willingness to do it. The most difficult period is about first 3 months. When you put your body on the schedule you do not need a clock.  Your stomach will remind you what time is.

I started eating breakfast, than healthy snack.  , lunch, and again the fourth meal is very small and light; such a soup or salad or fruit

Breakfast is most important. It is the engine for the first part of the day. It gives us energy. Our body is in full speed metabolism is high and all we eat will be digested well. Nothing will be saved for later. Obviously it works differently on different people but it works. Who watches the biggest loser.  Time, amount, quality and exercise.  I can hear what you are saying silently this is all they care about it during the program. That is true but they have to get back to normal life and most of them keep what they achieved.  Preparation is the key. Plan it like a vacation. We spend hours in the front of the computer to get the best deal, to book best trips, to purchase best car, eyeglasses, cloths everything. We do consumer research, ask friends, coworkers, everyone but we neglect what we eat and how.

We should eat everything but at the right time, in the appropriate amount and food should be the highest quality. We shop for the best beer, wine or we simply spend 20, 30 bucks at the bar, restaurants or some junk food  but in the grocery store we look for the cheapest food. It does not make sense. Organic food, natural food without food coloring this is the way to go. All artificial food ,  gmo food is not digested. This is the reason we gain weight. One time I went to Jewel, it happened several years ago and I noticed, on my favorite salmon, a disclosure with a tiny print that this salmon is enhanced with food coloring to appeal to consumer. I could not believe my eyes. I asked person behind the counter to confirm it. I do not buy any seafood at Jewel. They do not pay me but I have to mention this store in our neighborhood just across the parking lot. Chaplains. They always have fresh wild caught fish. For almost 14 years I buy my fish here at this store and never not once I had a bad experience.

organic food growers  get huge governmental subsidy and this is  too much risk to cheat.  I believe, that even is not 100% but it is significantly less chemicals than in the conventional food.