

Glow 15 COURSE

TRANSCRIPT

Module 2: Day 6

You're on day six of Glow15, and today we're going to talk about different ways of cooking to activate your youth and your autophagy right in the kitchen. Let's get going. I'm going to start with what I call the cream of the crop. These are the ways you can cook to activate your youth that supports your overall health. They're simple and you probably use them all the time. I'm going to start with steaming, then poaching, sautéing, and of course baking. These are my cream of the crop ways of cooking.

When you steam food, you put it into a pot, add a little bit of water on the bottom, and take the vegetable or whatever it is that you're steaming and put it into that steaming dish with a lid on it. The lid helps keep all the nutrients in so you're really getting the benefit from steaming the food. When you steam vegetables they stay light and bright, and you know that you're getting so much more of the nutrient density from them. Once they start to go brown, you're not getting as much, so keep your eyes on those vegetables to make sure you're keeping the nutrients in there.

Number two is poaching. I don't know if you ever poach eggs or if you like to poach any of your fish. Poaching is a very gentle and easy way to keep, again, the nutrients within the food, and getting incredible and tremendous delicious flavor right out of it.

Sautéing is another really great way to feed your body and activate your autophagy. You can take any of your favorite autophagy-activating foods and put them into a cast iron pan. Then you'll use different oils to sauté them. We'll get into some of the different oils that I absolutely love, but anything from tea seed oil, to coconut oil if you want that flavor, to avocado oil. Again, you want to sauté these vegetables in a cast iron pan to get the full benefits from your autophagy-activating foods.

Another way that I love to prepare my food to activate my autophagy is by baking. What's so nice about baking is you're using dry heat. Here is an example of a quick recipe that tastes delicious and takes just 20 minutes to bake in the oven. You preheat your oven to about 350F. You can put a piece of parchment paper on a pan and a piece of wild caught Alaskan salmon. Then you will add and drizzle a little bit of tea seed oil right on top of it, as well as some coarsely grated sea salt. Put it in there and 20 minutes later you're ready to go.

Now I'm going to share what I consider to be the bottom of the barrel. There are three techniques that I like to avoid or just completely eliminate. That is grilling, charring or blackening, and/or

deep frying. When you grill, I know that it's a summertime favorite and we love to grill, but unfortunately when the temperature gets too high, it produces carcinogens. You're grilling some of the most amazing foods but you're absorbing these carcinogens. I like to avoid these bottom of the barrel techniques: grilling, blackening and charring or even deep frying.

That's it for different cooking techniques to activate your autophagy. We've got the cream of the crop but we've also got the bottom of the barrel and what to avoid. To your health, let's keep glowing.