

# 12 Keys to Healthy Cooking

by Laura Brown, Certified Health Counselor

- 1 **Eat more vegetables.** Commercial produce is okay. Canned and frozen are also okay. Organic is much better, local is even better, and fresh is best. Use a microwave if needed. Just get more healthy vegetables into your diet any way you can!
- 2 **When you cook - use a timer.** That allows you to go away and do something else while your food cooks.
- 3 **Keep it simple.** Cook a gourmet meal once in a while, but for everyday meals, stick to dishes with 2 or 3 ingredients - or no more than 4 or 5.
- 4 **Cook once, eat twice,** by cooking more than one meal's worth, and reheating for another meal. Spend less time in the kitchen, more time in your life.
- 5 **Vary cooking styles:** Juice, blend, steam, quick boil, stir fry with oil, water sauté, make soups.
- 6 **Vary flavoring and condiments.** An easy way to keep everyone in your family happy is to put a lazy-susan on the dinner table. Stock it with various condiments and spices and let each person choose their own.
- 7 **Experiment.** Watch what others buy at the grocery store.
- 8 **Mistakes are okay!** First time you cook a recipe - burnt! Second time, better. Third time, just right. Fourth time, delicious!

- 9 **Ask others for help.** Let cooking together create connection and shared time together.
- 10 **Don't eat foods you don't like.** Humans can use their intuition to select food, just like other animals.
- 11 **Understand the ways you enjoy eating:** Alone, in bed, with others, in a peaceful environment, with great plates and cutlery, using chopsticks, at your favorite restaurant, at a certain time of day.
- 12 **Skip the self-criticism.** Avoid pointing out flaws and allow people to thank you. The best food comes with Vitamin H (made at home)!

### ***About Laura Brown***

*Laura Brown is a Certified Health Counselor (CHC) and the founder of Intuitive Wellness. A Certified Health Counselor is a nutrition expert, wellness authority and a supportive coach.*

*Laura is passionate about helping people achieve their highest level of wellness. For over thirty years, Laura has pursued an interest in personal growth and alternative healing and in exploring the mind/body connection.*

*In 2007, Laura took that passion a step further when she earned her (CHC) designation at the Institute for Integrative Nutrition (IIN), studying an approach that enabled her to integrate the many paths to wellness she has traveled in her life into a powerful program for helping others.*

*Laura speaks regularly at health-oriented events, conferences, educational and other organizations, on topics such as Eating for Energy, Brain Health, Longevity and Preventing Illness through diet and lifestyle.*

*To schedule a free one-hour health consultation with Laura, go to [www.intuitive-wellness.com](http://www.intuitive-wellness.com), email Laura at [laura@intuitive-wellness.com](mailto:laura@intuitive-wellness.com), or call 770-953-0534.*