

Karen Hurd Phd's "Bean Protocol" Overview

Even a simple hang nail is more troublesome if you have the flu, isn't it? Anyone who's studied the signs of the times knows that tribulation is part of these final winding up scenes before Christ returns. Wouldn't it be best to be at your best when those tribulations are happening?

First, ask yourself: Am I currently experiencing OPTIMAL HEALTH?

(Signs you aren't: inflammation, allergies, fatigue, stress reactions, breakouts, poor sleep, brain fog, autoimmune diseases, too much or not enough hormone production, cravings for sugar, needing caffeine to stay away or feel clear headed, obesity.)

Second: Do I want an affordable plan to achieve my best, healthiest, cleanest body?

The answer is simple . . . ***it's hiding in the beans in your basement!***

Beans, beans, the magical fruit, the more you eat . . .

- The longer you'll live,
- The lower your cholesterol,
- The better you'll sleep,
- The more balanced your blood sugar level,
- The lower your blood pressure,
- The slimmer your waist,
- The better your digestion,
- And BEST of all: beans, eaten correctly, will clean your body of toxins, chemicals, and excess hormones that cause us to literally "feel crappy"!

It all began when a desperate mom figured out how to save the life of her dying baby girl .

You can go to Annlouise.com and search for: "Top Nutritionists on the Power of Beans to Detox and Heal Your Body on a podcast.) But here's the bottom line:

Karen Hurd, a former biochemist for the US military, saw carpet beetles in her house, and called a pest control company. While the carpet was sprayed, they left. Upon their return Karen began to bleed, and miscarry; and her toddler Ruth had a grand mal SEIZURE! Rushing to the ER, the stupefied doctors had no solutions. Three told her Ruth would not survive a year, as her liver was enlarged, her liver enzymes were catastrophically high, and the toddler was unable now to walk, talk or even eat. Karen left her with her husband and sped to the nearest medical school library to research. Two days later, back at home, she concocted a nutritious puree to feed Ruth every two hours from a syringe. In two weeks, Ruth began walking and talking again; six weeks later Ruth's liver was back to normal! ***This mother had saved her little girl's life.*** Since then, Karen who earned her PhD, teaches at the medical school where she did her research, and in her busy nutritional practice has helped 30,000 + clients ***detoxify their bodies and heal from all kinds of chronic illnesses and conditions, including lupus, MS, cancer, heart disease, and more.***

How Does the Bean Protocol Work?

The Bean Protocol gently detoxifies the liver and puts the body into HEALING MODE. Users testify of overcoming nearly every major chronic lifestyle disease in 3 months to one year, even ailments like joint pain; digestive issues; autoimmune issues; hormonal imbalances; infertility; chronic fatigue; blood sugar imbalances, allergies, skin problems, inflammation, to name a few. (One of our attendees at Manti Community Prep's Tuesday meeting on Tuesday when this was presented said in 3 weeks on the BP, her gray hair began growing back in it's natural color!)

What does the protocol consist of?

1. Eat ½ cup of beans, lentils, and split peas at least 3x a day. Large men or very active folks can eat beans up to 6 x a day. Please, no soybeans, unless fermented into tempeh, as they contain phyto-estrogens, and you are eliminating excess hormones in this protocol.
2. At each bean meal, always enjoy ½ cup of veggies and a palm sized serving of lean protein.
3. Eat ¼ cup of salted nuts raw, soaked, or roasted) once a day and NOT during a bean meal.
4. Drink a gallon of water daily, or half your body weight in ounces, minimum.
5. Eliminate caffeine, sugar, fragrances, and stimulants.
6. Eliminate fatty meats and ultra-processed food; the rest of your daily intake should be lean meat, leafy green vegetables, and vegetables.
7. Get 8 hours of quality sleep a day so you stop releasing excess hormones, ie, cortisol (aka the "stress hormone") to allow your nervous system to go into "Rest & Repair Mode".
8. If you're dining out, on the road, or unable to eat beans with a meal, take 5 cap psyllium husks capsules, and order a lean protein w/a serving of vegetables.
9. Tip: keep salted nuts in my purse or car for that easy salted nut snack.

WHY BEANS? Because they're not only super nutritious, they are the highest source of insoluble fiber! **Without enough fiber, 90 to 95% of us RECIRCULATE the TOXINS** that we are exposed to every day, making: excess hormones, drugs, pollutants and chemicals in food, and environmental chemicals. The magnesium will help you sleep better, the high iron content will build your blood, and best of all, they aren't only God-given lumps of nutrition, they're cheap!

Want the science geek reason? "The liver works with the gallbladder, pancreas, and intestines to digest, absorb, and process food. It's main job is to filter the blood from the digestive tract before passing it to the rest of the body. It also detoxifies chemicals and metabolizes drugs. As it does so, the liver secretes bile that ends up back in the intestines." (WebMd) Here's the catch: The **ONLY WAY** the liver can adequately remove the toxic bile from the body is through soluble fiber. Soluble fiber attracts and attaches to the bile, where all the excess metals, toxins, and hormones from our bodies are housed. Once bile and soluble fiber are bonded, they can only go to **ONE PLACE: THE TOILET**. Flush; and it leaves, forever, in a bowel movement. (Did you

know that 40% of a BM is your own dead cells?) Those toxins that have been making you “feel crappy” get flushed away, along with the crappy symptoms of an overloaded, toxic body.

<https://youtu.be/J9PWIVgPAUY> to watch Karen describe how this works and why it works!
www.simplegoldlife.com --check out the blogpost on 21 Ways to Eat Beans for Breakfast.

Here are some ideas to get you started on your meal planning using the Bean Protocol:

BREAKFAST:

Consider: A breakfast burrito; cannellini beans with over-easy eggs and sauteed spinach; white beans on toast versus avocado toast; or a simple veggie/bean breakfast hash. You still get eggs! If vegetarian, stir a scoop of collagen protein powder and 1 T of chia seeds into your morning oatmeal or green smoothie, and just eat ½ cup of beans with a spoon. Make lentil wraps ahead and put scrambled eggs and well drained browned sausage inside. Enjoy Chickpea Waffles with pure maple syrup. Freezer Breakfast Burritos can be made ahead and frozen. Wrap your bean/lentil fillings up in Cauliflower Tortillas, and the cauliflower tortilla will count as your vegetable at that meal. Sliced cukes, cherry tomatoes are veggies.

LUNCH & DINNER:

Tons of recipes using beans, lentils and split peas are on the internet. How about pre-making bean burgers, to eat now and freeze for when you don't feel like cooking? www.Sallybakingaddiction.com has “the best” black bean burger recipe for non-mushy bean burgers. (See the Recipes.) The Sweet Potato Black Bean Chili is great with butternut squash subbed, and eaten in a whole wheat, cauliflower, or Siete tortilla, with some spinach or lettuce. Taco salad? Made with meal prepped shredded chicken (a palm sized portion is a serving) and half a cup of beans over: Chopped or shredded romaine lettuce, carrots, cucumber, bell peppers, sliced red onions, and radishes if you like them, and halved cherry toms. Yum!

~If you are vegan, mix two types of beans and eat 1 cup, or add 1 Tablespoon of hemp seeds to your half cup of beans, instead of using animal protein.

Load of delicious soup and chili recipes abound! Just saute your onions in broth instead of oil. Meal Prep on the weekend and then your lunches and dinners become easy.

Be sure to eat ½ cup of veggies with your chili if it doesn't have veggies in it. Remember, if your chili is meatless to eat a FULL cup of more than one type of bean. If you are eating a palm sized portion of lean meat, then ½ cup of beans will suffice.

Most people find that eating beans 3 x a day will keep you regular. Most = MOST OF THE REST OF THE WORLD EATS BEANS DAILY, OFTEN MORE THAN ONCE! (Did you know than in Egypt one cannot order fries at McDonalds? They only serve a side of beans with their burgers!)

~ Keep sugar grams under 5 grams per meal to be on the healing road.

~ Eat ¼ cup of salted nuts, NOT WITH A BEAN MEAL, daily. *The salt opens the calcium/ion channel and the fat in the nuts binds with the bile to move toxins out.*

Tips for making beans a flatulent-free experience:

Watch your food combining. Don't add sweeteners or fruit to bean dishes.

Certain spices counteract the production of intestinal gas. Fortunately, they all taste great in bean dishes. Try fenugreek seeds, marjoram, ginger root, cumin, caraway seeds, turmeric, parsley, and black pepper.

Cook beans thoroughly before adding acidic foods like tomatoes, lemons or vinegar. Don't add salt until the last few minutes.

Eat small portions of beans to build up your body's ability to process them. Your body WILL develop the enzymes to break down beans.

While combining beans with grains is popular in many countries, I find that the combination makes the meal harder to digest. If you're having problems with digestion, try separating beans from grains.

Anything that increases the body's enzymes or friendly bacteria will increase your ability to digest beans, and any other meal. Pay attention to rebuilding your internal friendly flora.

Lentils, chickpeas (garbanzos), and adzuki beans are often easier to digest than other beans. But we all digest differently, so the key will be to find the beans that YOU digest particularly well.

(Compiler's note: Unique Hammond who coaches folks on the Bean Protocol with Karen Hurd's blessing says that black beans are easiest for most folks to digest, and that if you are having trouble with flatulence, start with just one tablespoon of black beans at a meal, and work your way on up to the 1 ½ cups a day of legumes. IF still tummy rumbly, ask yourself:

- Am I eating dairy? That is the biggest source of fermentation in the gut.
- Am I drinking at least an ounce of water per pound I weigh each day?)

Tips for making beans a flatulent-free experience:

Watch your food combining. Don't add sweeteners or fruit to bean dishes.

Certain spices counteract the production of intestinal gas. Fortunately, they all taste great in bean dishes. Try fenugreek seeds, marjoram, ginger root, cumin, caraway seeds, turmeric, parsley, and black pepper.

Cook beans thoroughly before adding acidic foods like tomatoes, lemons or vinegar. Don't add

salt until the last few minutes.

Eat small portions of beans to build up your body's ability to process them. Your body WILL develop the enzymes to break down beans.

While combining beans with grains is popular in many countries, I find that the combination makes the meal harder to digest. If you're having problems with digestion, try separating beans from grains.

Anything that increases the body's enzymes or friendly bacteria will increase your ability to digest beans, and any other meal. Pay attention to rebuilding your internal friendly flora.

Lentils, chickpeas (garbanzos), and adzuki beans are often easier to digest than other beans. But we all digest differently, so the key will be to find the beans that YOU digest particularly well.

(Compiler's note: Unique Hammond who coaches folks on the Bean Protocol with Karen Hurd's blessing says that black beans are easiest for most folks to digest, and that if you are having trouble with flatulence, start with just one tablespoon of black beans at a meal, and work your way on up to the 1 ½ cups a day of legumes.) IF still rumbly, ask yourself:

- Am I eating dairy? That is the biggest source of fermentation in the gut.
- Am I drinking at least an ounce of water per pound I weigh each day?)

But first ask yourself: What is my "WHY?" Pray over it. Post it where you can see it. You can do this, because you love your indispensable liver! Your liver is responsible for over 600 different tasks. But it can't do them all well if it's not well. Did you know that your liver:

- filters and *cleans 2 quarts of blood every minute*
- *produces up to a quart of bile , the body's ultimate fat breakdown juice, each day*
- removes the large majority of your body's waste products like the extra hormones we intake through drinking from plastic containers, smog, drugs, alcohol, skin creams, etc
- stores extra vitamins, minerals, glucose, and even extra blood for times of need
- plays a major role in our energy levels, our emotional levels
- is a key organ to getting rid of allergies

Western medical texts say liver problems mean bad breath, abdominal bloating, poor digestion, headaches, moodiness, sluggish metabolism, a weakened immune system, menstruation problems, sugar cravings, and many others.

Eastern medical texts say liver problems show up as a short temper, easy frustration, trouble falling asleep, inappropriately strong anger and even rage, trouble making decisions, irritability, and bitterness. Clearing out the liver and bile ducts is considered the most powerful thing you can do to improve your health.

RECIPES

“The Best Black Bean Burgers I’ve Ever Had”

4.9 Stars out of 589 Reviews

By Sallysbakingaddiction.com

Yields 6-7 burgers Prep Time 30 minutes Cook time 15 minutes

Ingredients

- 2 (14 oz) can of black beans, rinsed, drained, patted dry
- 1 T extra virgin olive oil
- ¾ c. finely chopped bell pepper, about ½ a Bell Pepper
- 1 c. finely chopped yellow onion, about ½ of a large onion
- 3 garlic cloves, minced
- 1 ½ tsp ground cumin
- ½ tsp garlic powder
- ¼ tsp smoked paprika
- ½ c. bread crumbs or oat flour
- ½ c. feta cheese (skip if vegan)
- 2 large eggs (sub with flax eggs or 1/3 c. mashed sweet potato, if vegan)
- 1 T. Worcestershire sauce
- 1 T. ketchup, mayo, or BBQ sauce (to your taste)
- Pinch of salt and pepper

Preheat oven to 325 degrees.

Spread beans evenly onto a lined baking sheet and bake for 15 minutes until slightly dried out. Saute pepper, onion and garlic over medium heat in water or broth or oil until they are soft, about 5-6 minutes. Gently blot some of the moisture out. Place in a large bowl or food processor with rest of the ingredients and pulse or stir and mash the beans, leaving larger chunks of beans.

Form into patties, using about 1/3 cup of mixture per patty.

Place patties on a parchment lined baking sheet and bake at 375 degrees for 10 minutes per side. To grill, plate patties on greased aluminum foil and grill 8 minutes per side. Generally grill on medium high heat at about 350.

Serve with favorite toppings. Store leftovers in fridge for up to 5 days. Freeze—either cooked or uncooked patties freeze wonderfully well for up to 3 months. Stack between parchment paper in a freezer container or zip-top bag. Thaw in the fridge and reheat to your liking or cook if you froze them raw.

The Best Lentil Soup Recipe

By Cookie & Kate

Makes 4 servings

Options: This soup is great made with cubed sweet potato, or butternut squash added, zucchini dices, fresh chopped parsley, chopped celery with the leaves, and fresh spinach or kale added the last 5 minutes. Lentils cook faster than beans so are great when you didn't plan ahead.

- In large pot warm ¼ c. olive oil and saute:
 - 1 medium onion, chopped
 - 2 peeled chopped carrots
 - 4 minced garlic cloves
 - 2 tsp. ground cumin
 - 1 tsp. curry powder
 - ½ tsp dried thyme
- Put in a soup pot and cook 25 minutes with:
 - 1 large (28 Oz) can of diced tomatoes
 - 1. Cup brown or green lentils, rinsed
 - 4 cups vegetable broth
 - 2 cups water
 - 1 tsp. salt (or more to taste)
 - Pinch of red pepper flakes
- Take out 2 cups of the soup and blend to a puree, then add back in. Now add greens
 - 1 cup fresh collard greens or kale, tough ribs removed,
 - 1-2 T. fresh lemon juice

Serve hot. Leftovers keep 4 days in fridge or frozen for several months.

Hearty White Bean and Kale Soup

By Elizabeth Rider. Prep time 20 minutes. Total time 1.5 hours. Yield: 4-6 servings

This soup is good with lean Italian sausage you've browned and drained well for non-vegs.

Ingredients:

- 2 T EVO extra virgin olive oil
- 1 (15 oz) cans Cannellini beans, drained and rinsed well, or other white beans
- 6-8 large kale leaves, ribs removed, leaves torn into 2" pieces
- 1 qt. vegetable stock
- 2 cups water or more stock
- 1 medium yellow onion, finely chopped
- 2 large celery stocks plus leaves, finely chopped
- 2-3 cloves garlic, pressed or grated
- 4 small Yukon gold potatoes, skin on, chopped in 1/2" cubes
- 1 bay leaf
- 2 tsp finely chopped fresh rosemary
- 1 tsp dried oregano

- 1 T. red wine vinegar (any vinegar will do)
- ½ tsp crushed red pepper flakes
- 1-2 T sea salt
- 1 tsp. coarse black pepper
- optional: ½ pint grape tomatoes, halved

Instructions:

Heat olive oil, or heat broth if on the BP, and saute onions and celery 5 minutes

Add spices, saute another 3 minutes until very fragrant

Add stock, water, 1 T salt, beans, and potatoes, boil for 10 minutes to cook potatoes, then turn to low.

Remove bay leaf and pure 1/3 of the soup with a blender to give soup a creamy texture.

Put the bay leave BACK in, add kale, vinegar, and tomatoes if using. Simmer on low for at least an hour before serving.

Store in the fridge in an airtight glass container up to 2 days. Freezes well.

Slow Cooker Three Bean Chili

From Aberdeen's Kitchen, 5 stars from 26 reviews

Prep time 10 minutes, cook time 4 hours. Yield: 4-6 servings

Ingredients:

- 30 oz can kidney beans, drained
- 15 oz can black beans, drained
- 15 oz. can pinto beans, drained
- 15 oz can diced tomatoes
- 2 large green bell peppers, diced
- 1/ ½ cups corn kernels
- ½ white onion, diced
- 2 ½ cups vegetable stock
- 1 cup mild to medium red salsa
- 2 tsp chili powder
- 2 tsp cumin
- 1 tsp cayenne pepper
- Salt and pepper to taste

Slower cooking instructions:

Turn a 5 qt. slow cooker on high, add onion, garlic, beans, tomato, bell pepper, corn. Pour in stock, salsa, cumin, and cayenne, stir gently to combine. Cook in slow cooker 3-4 hours on high, 7 on low. Add salt to taste. Ladle into bowls. Top with slices of green onion, and if not dairy sensitive, a dollop of sour cream, or Greek yogurt, and avocado slices.

Three Bean Salad

2 cups cooked white beans, rinsed and drained
2 cups cooked kidney beans, rinsed and drained
2 cups cooked garbanzo beans, rinsed and drained
2 cups cooked green bean (not French cut), rinsed and drained.
 $\frac{3}{4}$ cup red onion, finely chopped
1 cups celery, finely chopped
1 cup loosely packed fresh flat-leaf parsley, finely chopped
1 tsp finely chopped fresh rosemary

Dressing

$\frac{1}{3}$ cup apple cider vinegar
 $\frac{1}{4}$ cup sugar or stevia to taste if on the Bean Protocol
3 T extra virgin olive oil
1 $\frac{1}{2}$ tsp salt
 $\frac{1}{4}$ tsp black pepper

1. Soak the red onion in water for 10-15 minutes. Drain off water and combine with beans and other vegetables.
2. In a small bowl, whisk together dressing ingredients. Add extra seasonings if desired.
3. Pour dressing over beans and vegetables and gently stir to mix well. Place salad in fridge for at least two hours to marry the flavors. Remove from fridge and let come to room temperature before serving.

Chickpea Waffles

"So delicious I prefer it to traditional waffles made from white flour & sugar" – Connie Boucher

1 cup uncooked chickpeas (aka garbanzo beans) buzzed in VitaMix until flour
1 $\frac{1}{2}$ cup oats
1 $\frac{1}{2}$ cups water or more – add enough at the end to get the consistency of batter
 $\frac{1}{4}$ tsp salt
Dash olive oil if desired
If eating eggs, you may add an egg
 $\frac{1}{2}$ tsp of baking powder (optional)
If making to eat later for a quick "beans on the go" meal add:
2 T maple syrup
 $\frac{1}{4}$ c. arrowroot which helps the waffle hold together
Add a T of hemp seeds if this is going to be your grab & go lunch, or eat it w/eggs.

Blend chickpeas in high powered blender like a Vita-mix until powdered (or buy garbanzo bean flour.) Add oats, buzz, into flour. Add water, salt, and arrowroot. We like ours with half of the rolled oats unpulverized and stirred before cooking.

Cook in a deep Belgian waffle iron until the waffles are crispy and the center is done, until you the steam subsides. Or make dollar sized pancakes on a griddle if you don't have a waffle iron. Serve with pure maple syrup.

White Bean Pancakes: A Blender Recipe

By Connie Boucher

"It's hard to tell there are beans in these yummy pancakes!"

Buzz up:

- 1 ¾ cups cooked white beans, rinsed and drained first
- 1 ½ cups all purpose flour. We like to use 100% white wheat, ground to flour
- 1 cup whole milk
- 2 large eggs
- 1 ½ tsp baking powder
- 1 tsp vanilla extract
- ½ tsp salt

Cook on a hot griddle in some melting coconut oil, serve with butter and maple syrup.

Breakfast Beans

From "Hell's Backbone Grill" in Capitol Reef, their cookbook "This Immeasurable Place"

- 2 cups pinto beans cooked in 6 cups water. Keep the water
- ½ onion, diced
- 2-3 garlic cloves, minced
- 1 ½ tsp salt
- 1 tsp cumin
- 1 tsp coriander
- 1 ½ tsp chili powder, New Mexico Molido is best
- 1 ½ tsp whole Mexican oregano, crushed in your hand
- 3 shakes hot pepper flakes

This is a delicious, authentic, simple way to do your pinto beans. Add all ingredients to the bean water and stir. Cook down to the thickness you desire. Serve with scrambled eggs, and eat a cucumber for your ½ cup of vegetable or a green smoothie to be BP compliant. ;)

Maple Refried Beans

Heat 1 T oil in a skillet, and saute 1 medium onion, diced, until soft, about 5 minutes. Add in 2 cups cooked navy beans, ½ tsp Redmond salt, freshly ground black pepper, 1 tsp dry mustard, and ½ cup pure maple syrup. Cook for 5-8 minutes over medium low heat.

Curried Chickpeas

Heat oil or broth in large skillet and add 1 large onion chopped fine and 2 cloves garlic, minced. Cook 5-10 minutes until onions are golden. Add 2 tsp cumin and 1 ½ tsp curry powder, stirring for 1 minutes. Add 4 cups kale or fresh spinach, 1 ½ cups water, and 1 tsp salt and simmer until greens are cooked through, about 7 minutes. Stir in cooked chickpeas and heat through.