

Selenium-Rich Recipes to Protect Your Cells From EMFs



Earlier this week, we shared the growing body of research suggesting that electromagnetic fields (EMFs) from modern technology [may be one of the factors](#) associated with rising rates of cancer and other health issues.

If you're worried about your exposure to EMFs, your diet can help! In fact, a [recent study](#) found that eating a diet rich in selenium may help protect your body from EMFs on a cellular level. Not only that, but this nutrient is also linked with [reducing your risks of heart disease](#), [strengthening your immune system](#), and so much more!

If you want to add more selenium to your diet, these three recipes will help you to do exactly that.

1. BREAKFAST: 'Nuts For Chocolate' Smoothie

A single Brazil nut nets you 174% of your daily requirements of selenium, which has profound implications. For instance, researchers have found that eating [just one Brazil nut each day](#) helped improve brain health and cognition.

This vegan milkshake is the perfect way to start your day. The Brazil nuts give it a nutty flavor, while the raw cacao powder add a decadent chocolate flavor.

And don't worry — while it tastes sinfully delicious, it's completely vegan, has no added sugar (the touch of sweetness comes from antioxidant-rich pitted dates) and is full of fiber and protein!

- 2 cups ice cubes
- 2/3 cup raw Brazil nuts
- 3 tbsp raw cacao powder
- 2 pitted dates
- 1 tsp ground cinnamon
- 2 frozen bananas
- 1 scoop of chocolate protein powder

Add all the ingredients to a blender and blend until creamy. Enjoy!

2. LUNCH: Mediterranean Toast With Sardine Garnish

Just four tiny sardines nets you nearly half a day's worth of selenium. Plus, they're rich in omega-3 fatty acids (important for immune function, fighting inflammation, and improving brain health) and protein.

This Mediterranean-inspired lunch takes only a few minutes to whip together, but it's got everything to tickle your tastebuds.

The crispness of the toast pairs well with the natural richness of sardines, while flavorful aromatics add a touch of the sun-kissed coasts of Italy and Greece.

It's also easy to make ahead and pack with you, so you can bring it to work, take it on a spring picnic, or enjoy while doing errands.

- 2 slices of hearty bread, such as rye bread
- 1 tbsp extra-virgin olive oil
- 1 garlic clove, crushed
- 1 4-oz. can of sardines packed in olive oil
- 2 tsp diced green onion

1 tbsp lemon juice
2 tsp lemon zest

Preheat your oven to 375 degrees Fahrenheit.

While your oven is heating up, place the slices of bread on a baking sheet and brush with oil.

Then, garnish the bread with the crushed garlic.

Roast in your oven for 10 minutes or until the bread is toasted and the garlic is golden-brown and fragrant.

Place a couple pieces of sardines on each piece of bread, then garnish with lemon juice, lemon zest, and the diced green onions. Enjoy!

3. DINNER: Easy Baked Salmon Casserole

A single serving of wild salmon contains approximately 60% of your daily needs of selenium, to say nothing about salmon's healthy fats. It truly is a nutritional powerhouse and in this easy recipe, we pair it with antioxidant-rich veggies and pasture-raised eggs. Eggs are also a great source of selenium, giving you 56% of your daily needs in two eggs.

This casserole is the perfect dish to make ahead for busy weeknights where you don't want to cook. Simply prepare it ahead of time and pop it in the oven for an instant classic that will please the whole family!

1 cup chopped zucchini
1 cup chopped leek
1 cup cooked sweet potatoes
1/2 cup corn kernels
2 tbsp fresh chopped chives
2 tbsp fresh dill
1 tsp grainy Dijon mustard
8 oz of wild salmon, skin still on
6 pastured-raised eggs, ideally local and organic
2 tbsp grass-fed butter

Preheat your oven to 350 degrees Fahrenheit.

Melt the butter in a pan on low to medium heat. Add in the zucchini and leek and gently sauté for about 5 minutes.

While these are cooking, crack your eggs into a bowl and whisk with sea salt, black pepper and mustard.

Prepare a deep casserole dish by rubbing some grass-fed butter around the bottom and edges.

Add in the sautéed vegetables, sweet potatoes, sweetcorn, flaked cooked salmon and feta cheese. Sprinkle each herb separately and give it a gentle stir.

Pour in the egg mixture and give another gentle stir to allow the egg to combine with the other ingredients.

Place in an oven for about 30 minutes or until the top of the casserole is sizzling and golden brown, then enjoy!

More Ways to Support Your Health

Your diet is just one piece in your immune system's wellness puzzle. **Thymic proteins** are another piece. It is the job of these thymic proteins to train the body's immune system to effectively seek and identify diseased cells. Unfortunately, your levels of thymic proteins fall as you get older. **BioPro-Plus 500** offers a full dose of thymic proteins to help restore your body's natural levels. Maximize your health by combining the above meals with healthy supplements.



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