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## Get Methylating Soup (E)

*Lentils are not only super budget friendly, tasty, slimming, and easy to make... best of all, they help those of us who need assistance with our methylation systems. That's actually most of us!*

*Methylation is crucial for health as it ensures our bodies are detoxing properly. Close to half the population has some form of MTHFR mutation. This mutation makes it harder for methylation to occur which can limit your body's ability to properly convert homocysteine into methionine. Higher homocysteine levels in your body are something you do not want. They are an indication of inflammation. Some people are not born with an MTHFR mutation but their methylation system can still get dirty and compromised through an unhealthy lifestyle. Pregnant women also have greater methylating needs. Basically... we all need help!*

*How do we get the help we need to methylate properly? Through folate.*

*The best and safest way to increase folate is through food. Taking folic acid (which is a synthetic form of folate) has shown beneficial effects in reducing the rate of birth defects however there is much concern with taking it long term. Excess synthetic folic acid can be toxic and studies point to it increasing risk for allergies, diabetes, cancer and insulin resistance. Methylated B vitamins can provide the right sort of folate but there are issues with taking those sorts of formulas too. Long term use of methylated B vitamins is also raising red flags in the alternative medical community.*

*The best and safest way to get your folate levels up is to eat foods high in folate and lentil soup is an absolute folate power house! It has a whopping 358 mcg of folate per cup making it the second highest folate rich food in the world just behind liver! Just one meal of lentils provides you with more than 90% of your daily folate needs. Combine spinach or kale (two other high folate foods in that meal and you're busting past your folate requirements in just one easy meal! Rather than taking a methylated B complex formula, enjoy the "Nakey Version" of Get Methylating Soup by enjoying the soup as written. See the Recipe Notes for the "Loaded Version", which can be enjoyed as a Crossover.*

(Continued... Recipe Ingredients, Instructions, and Notes)

(Get Methylating Soup, Continued...)

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Serving Size: Multiple-serve

### INGREDIENTS:

- 1 pound dried lentils (2 & 1/2 cups)
- 2 & 1/2 quarts water
- 2 teaspoons Mineral Salt (or, any Himalayan or Celtic sea salt)
- 1 teaspoon onion powder
- 1/4 teaspoon black pepper
- Cayenne pepper (to taste)
- Bragg's liquid aminos (to taste, use a few squirts)
- Fresh spinach or kale (optional, any amount you would like)
- Seasoning Blend: onion, celery, green pepper (optional)
- Sour cream (optional, for the "Loaded Version")
- Cheddar cheese (optional, for the "Loaded Version")

### INSTRUCTIONS:

1. **Crockpot:** Place the lentils into a crock pot, add the water and all other ingredients. Stir to combine. Cover and cook in your crock pot on low all day. Time will vary. Cook until lentils are lovely and soft.
2. **Stove Top:** Place the lentils into a soup pot, add the water and all other ingredients. Stir to combine. Bring to a boil and then top with a lid and simmer. Cook until lentils are lovely and soft.

### RECIPE NOTES:

- ◆ For the *Nakey Version* (E)... Serve the soup as is for a delicious, weight-loss promoting meal. (Sliced cucumbers make a nice crunchy side to this soup)
- ◆ For the *Loaded Version* (XO)... Add some sour cream and shredded cheddar cheese for an occasional Crossover meal.

The [Get Methylating Soup](#) recipe and other delicious THM recipes can be found at [www.TrimHealthyMembership.com](http://www.TrimHealthyMembership.com)