



HOLISTIC RECIPES

Holistic nutrition considers the whole being. Therefore, our diet affects all aspects of our life: Work; Home; Productivity; Personality; Sleep; Daily levels of energy and emotional imbalances; Health/Illness; and our State of Mind in relation to being present in the moment. This is a general suggestion for consumption with the late summer season. Proper assessment of your individual constitution would be needed for anything specific.

I hope you enjoy these recipes!

Pacify Sweet Craving and Immunity Builder Beverage

Concentrated, organic cherry juice diluted to your preference with water. If you prefer a full feeling add a table spoon of fiber to your beverage. This drink pacifies sweet cravings and can be consumed anytime of day without effecting your sleep pattern. It is great for maintaining a youthful complexion, and contains high antioxidants for preventing illness.

Black Bean Stew for Energy and Immunity

- from The Tao of Nutrition

Simmer 1/2 cup black beans with 3 cups of water for 1 hour. Then add 6-8 cups of chicken or vegetable broth and the following herbs and vegetables:

- 1 oz Shan Yao (Chinese yam)
- 1 oz goji berries (Gou Qi Zi)
- 1/2 oz Long Yan Rou (longan fruit)
- 1 fennel root chopped
- 6-7 shiitake mushrooms, soaked and sliced

Simmer the whole dish for 1 hour. Season to taste with sea salt, cumin seeds and brown rice vinegar. This will add protein, tonify Kidney, immunity builder, unblock and regulate energy, strengthen the stomach organ, benefit the eyes, nourish the blood, and stimulates peristalsis.

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