

DIVIANA ALCHEMY PRESENTS

RECIPES FOR LIFE



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DIVIANA VIRTUS PRUDENCE JUSTICE TEMPERANCE FORTITUDE PIETY

DIVIANA ALCHEMY

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EK ONG KAR

SAT GUR PRASAD

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WELCOME AND ALOHA NUI LOA,

WE WILL EXPLORE THE ART OF LIVING FOODS, THROUGH RECIPES, LIFESTYLE, NUTRIENT NEEDS, AND MORE. JOIN IN THE JOURNEY AND ENJOY!

BASIC UNDERSTANDINGS TO NUTRITIONAL AWAKENING:

THE MOST BENEFICIAL ADDITIONS TO A NUTRITIVE DIET: WILD GREENS, TREE MUSHROOMS LIKE REISHI, TURKEY TAIL AND CHAGA (SUPER IMMUNE AND LONGEVITY BOOSTERS), HERBAL REMEDIES, WILD SEASONAL BERRIES, CHLORELLA, SPIRULINA, GRASSES...

EAT WHAT IS GROWING IN YOUR BACKYARD! THESE PLANTS ARE TELLING YOU SOMETHING. IF THERE IS AN ABUNDANCE OF DANDELION OR MALVA, THIS IS PROBABLY A CLUE THAT THERE IS SOMETHING THIS PLANT CAN PROVIDE THAT IS LACKING OTHERWISE.

DON'T EAT TOO MUCH! THIS IS ONE OF THE MOST CHALLENGING ASPECTS OF SHIFTING OUR EATING HABITS TO BE MORE NUTRITENT EFFICIENT. I AM CERTAINLY GUILTY OF THIS MYSELF, AS I KNOW MANY OF US ARE. THERE ARE SIMPLE TECHNIQUES THAT I WILL SHARE LATER ON TO HELP ASSIST A TRANSFORMATION OF THIS COMMON THEME.

HOW TO START CONSUMING THESE FOODS...

WILD GREENS/HERBS/FLOWERS ARE BEST MADE INTO A SALAD OR SAVORY SOUP. PICK THEM FROM YOUR BACKYARD AND MAKE A DRESSING WITH SEA SALT, YOUR FAVORITE FRESH OIL (OLIVE, DHA, HEMP) AND LEMON JUICE FOR THE MOST SIMPLE SALAD.

FRESH FRUITS IN SEASON LIKE BERRIES MAKE FOR A MOST DELICIOUS LIVING MANDALA PIE. COMBINE BERRIES WITH CACAO BUTTER, AVOCADO, OR COCONUT OIL AND A SWEETENER LIKE LOCAL HONEY FOR A CREAMY FILLING. USE SUPERFOODS FOR THE BASE OF YOUR PIE CRUST, LIKE HEMP SEEDS, HONEY, CHIA SEEDS, AND SOME CACAO NIBS FOR A KICK. TOP IT OFF WITH MORE FRESH FRUIT OR BERRIES AND EDIBLE FLOWERS FOR A BEAUTIFUL WORK OF ART.

MINERAL ASSIMILATION:

ORGANIC, IONIC MINERALS, CONTAINED IN LIVING FOOD, ARE EASILY ASSIMILATED BY THE BODY, AS OPPOSED TO INORGANIC, SYNTHETIC VITAMIN AND MINERAL SUPPLEMENTS. THE RECEPTOR SITES FOR MINERALS IN THE BODY CAN BE FILLED WITH IONIC MINERALS FROM LIVING FOODS AND HERBAL MEDICINAL FOODS TO CREATE THE HIGHEST MINERALIZATION POSSIBLE, OPPOSED TO LETTING IN TOXIC ENVIRONMENTAL ELEMENTAL MINERALS LIKE HEAVY METALS. THIS IS ESPECIALLY IMPORTANT WHEN LIVING IN A CITY.

THE PROCESS OF CREATING INTENTIONAL FOOD:

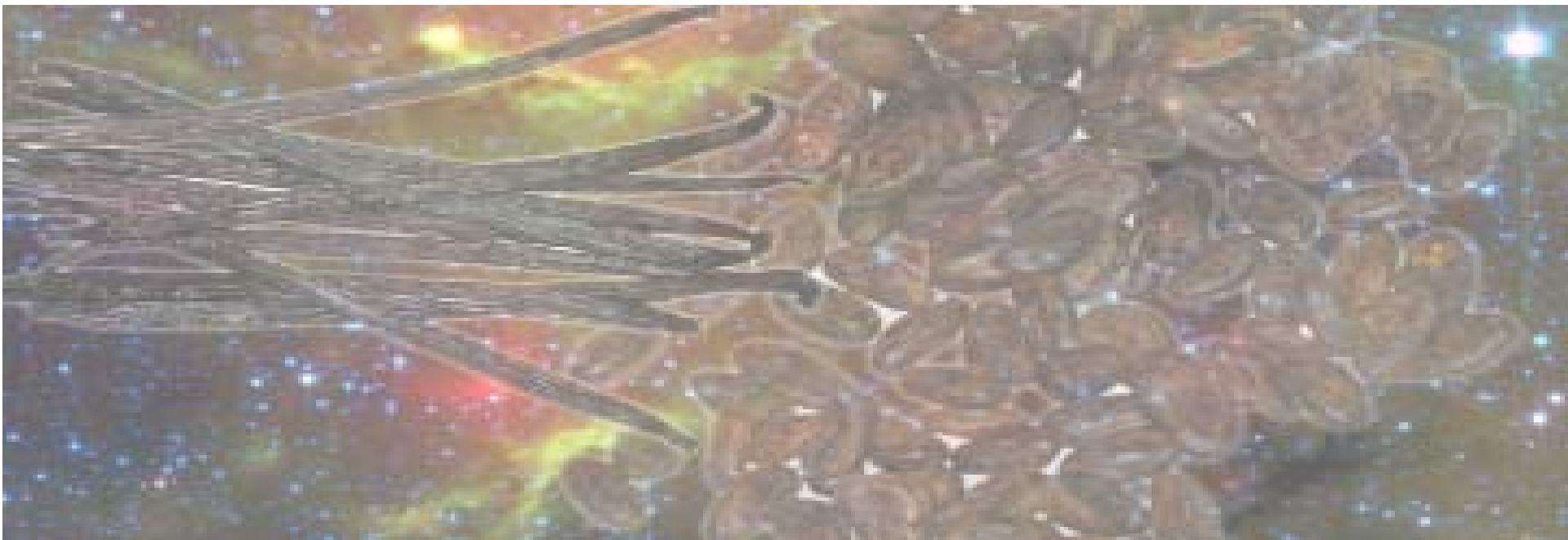
FOOD IS THY MEDICINE, HIPPOCRATES IS OFTEN QUOTED, A MOST TRUE STATEMENT. CREATING AN INTENTIONAL DIET FOR OPTIMUM HEALTH AND LONGEVITY IS AN INTEGRAL PART OF THE CONSCIOUSNESS AWAKENING PROCESS. CLARITY OF MIND, ENERGY AND STAMINA, FOCUS AND DETERMINATION ARE ALL RESULTS OF EATING A HIGHLY MINERALIZED ALKALINE DIET.

FOOD SIMPLICITY: A PART OF RETURNING TO OUR TRUE NATURE IS THROUGH INTEGRATING HIGHLY MEDICINAL PLANTS INTO OUR DAILY ROUTINE. THESE ARE NOW REFERRED TO AS SUPERFOODS. SUPERFOODS HAVE BEEN USED ALL THROUGHOUT ANCIENT MEDICINE. WE ARE NOW COMBINING ALL WE KNOW THROUGH ANCIENT WORLD MEDICINES, AND GAINING ACCESS TO THE MOST POTENT FOODS EVER. THE MOST HIGHLY MINERALIZED FOODS COME FROM UNTOUCHED SOIL AND ANCIENT LANDS. WILD FOODS THAT HAVE THE SAME GENETICS NOW THAT THEY DID MILLENNIA AGO ARE IMMORTAL AND ROBUST IN THEIR CONSTITUTIONS. IF YOU ARE PRIVILEGED TO LIVE IN A PLACE WHERE THE SOIL IS TRULY MINERAL RICH, LIVE OFF THE FOOD THERE, OTHERWISE PLEASE TAKE THE TIME TO COMPLETELY CLEANSE THE BODY AND REMINERALIZE FOR OPTIMUM SPIRITUAL AWAKENING.

SINCE MOST OF US ARE ACCUSTOMED TO SUPER STIMULATING FLAVORS AND LARGE AMOUNTS OF FOOD, A PLACE TO SHIFT YOUR FOCUS COULD BE THROUGH ADDING IN SUPERFOODS TO YOUR DIET. SHILAGIT IS A GREAT ADDITION TO A FRESH FOODS NUTRITIVE WAY OF LIVING, FULL OF HIGHLY ASSIMILABLE ORGANIC MINERALS, FROM THE HIMALAYAS, COMPLETE WITH A HIGH PERCENTAGE OF FULVIC ACID. THIS BINDS WITH RECEPTOR SITES IN THE CELLS FOR IMPROVED IONIC MINERAL ABSORPTION AND BOOSTS METABOLISM. CACAO CAN BE USED TO MAKE A WARM HERBAL DRINK, OR YOU CAN MAKE CHOCOLATE TREATS WITH CACAO PASTE. HIGHLY RECOMMENDED WHEN YOU DESIRE A BOOST OF ENERGY. I LIKE TO CREATE HERBAL ALCHEMY WHEN I MAKE CHOCOLATE, USING SHILAGIT, ADAPTOGEN BLENDS, MEDICINAL MUSHROOMS, VANILLA, AND SPECIAL INGREDIENTS LIKE MUCUNA, LOTUS, BACOPA AND OTHER LONGEVITY HERBS.

WATER FOR LIFE:

PLEASE DRINK CLEAN WATER. SPRING WATER, ALKALINE WATER, FILTERED WATER...WHAT-EVER FITS INTO YOUR LIFESTYLE IS HOW TO BEGIN. MY PERSONAL FAVORITE IS SPRING WATER, FULLY FROM NATURE IF YOU CAN FIND A SOURCE. WWW.FINDASPRING.COM. ABOVE ALL, LOVE THE WATER YOU DRINK, NO MATTER WHAT IT IS.



INGREDIENTS

USE THE HIGHEST QUALITY INGREDIENTS YOU CAN FIND. MEANING BUY FROM COMPANIES WITH INTEGRITY, THOSE THAT MAKE CHOICES THAT REFLECT A VISION OF HEALTH AND WELLNESS. SUPPORTING LOCAL FARMERS IS A GREAT WAY TO BUILD COMMUNITY, EDUCATE OTHERS, AND EAT THE FRESHEST FOODS POSSIBLE. WHEN YOU DON'T NEED TO BUY THE FOOD, EVEN BETTER. GROW YOUR OWN FOOD AND FORAGE. WHEN YOU GROW YOUR OWN FOOD YOU HAVE CONTROL OVER THE NUTRIENTS YOU FEED THE SOIL, THE QUALITY OF WATER THAT THE ROOT SYSTEMS ABSORB, AND THE ENVIRONMENT THAT THEY GROW IN. PLANTS ARE THE BASIS OF A NUTRIENT DENSE DIET. SOME GREAT RESOURCES TO CHECK OUT ARE:

[HTTP://GREENPEOPLE.ORG/SEEDS.HTM](http://GREENPEOPLE.ORG/SEEDS.HTM)

WWW.SEEDSOFCHANGE.COM

[HTTP://WWW.COOPDIRECTORY.ORG/DIRECTORY.HTM](http://WWW.COOPDIRECTORY.ORG/DIRECTORY.HTM)

WWW.LOCALHARVEST.ORG

*AS ALWAYS LOOK FOR PEOPLE IN YOUR COMMUNITY THAT PROVIDE LOCAL PRODUCTS, SEEDS, VEGGIES, HONEY, MILK...

I AM PROVIDING WITH YOU A WEALTH OF INFORMATION THAT HAS TAKEN ME YEARS TO SLOWLY BUILD UPON. IN ALL, THESE ARE EXTREMELY HIGH LEVEL FOOD PRACTICES, AND I RECOMMEND SLOWLY INCORPORATING THEM INTO YOUR LIFE, SO YOU KEEP THEM FOR LIFE. FIND THE GEMS FOR YOURSELF, AND BUILD UPON THAT. CONTINUE ON...

WILD FOODS

THIS IS WHERE YOU FIND THE MEDICINAL QUALITY PLANTS, IN THE WILD! WILD PLANTS ARE UNTOUCHED BY HUMAN INTERVENTION, NO HYBRIDIZATION HERE. THE ROOT SYSTEMS OF MANY WILD PLANTS RUN DEEP INTO THE EARTH, ABSORBING THE MOST NUTRIENT RICH INGREDIENTS FROM SOIL THAT IS LIVING WITH BENEFICIAL MICROBES AND LIFE! FIND A REFERENCE FOR YOUR AREA, AND READ UP, OR BETTER YET, FIND SOMEONE WHO CAN TAKE YOU ON A WILD EDIBLES WALK!

DANDELION

MALVA

PLANTAIN

CHICKWEED

YELLOW DOCK

PURSLANE

...THESE ARE COMMON EDIBLES YOU MAY FIND IN YOUR NEIGHBORHOOD.

RESOURCES:

WWW.WILDMANSTEVEBRILL.COM

WWW.WILDERNESSAWARENESS.ORG

EDIBLE FLOWERS

DID YOU KNOW THAT MANY FLOWERS ARE EDIBLE AND CONTAIN MEDICINAL PROPERTIES? BETTER YET, THEY TASTE AMAZING AND HAVE THE COLORS OF THE RAINBOW. COMMON EDIBLES ARE: NASTURSIUMS, CALENDULA, HIBISCUS, BORAGE, ROSES....MY FAVORITE IS THE PASSION FLOWER, SO INCREDIBLY UNIQUE AND DELICIOUS...BUT BE AWARE IT PRODUCES A SEDATIVE STATE.

RESOURCES: THERE REALLY ISN'T A COMPREHENSIVE LIST OF EDIBLE FLOWERS OUT THERE, SO MAKE SURE YOUR RESEARCH IS EXTENSIVE BEFORE CONSUMING.

A BOOK TO CHECK OUT: EDIBLE FLOWER GARDEN BY ROSALIND CREASY

FLOWERS I HAVE CONSUMED:

NASTURSIUMS
CALENDULA
CALIFORNIA POPPY
BORAGE
HIBISCUS
ROSES
APPLE, PEAR, PLUM BLOSSOMS
CITRUS BLOSSOMS
PASSION FLOWER
ROSEMARY AND OTHER HERB FLOWERS
DAY LILY
PANSIES/JOHNNY JUMP-UPS
DANDELION (YOUNG)
IMPATIENS

MEDICINAL HERBS

HERBS ARE CONCENTRATED WITH FLAVOR AND PACK A NUTRITION PUNCH. WHAT WE HAVE LEARNED THROUGH ANCIENT CULTURES IS AT OUR FINGERTIPS TODAY. WE CAN CHOOSE THE MOST INVIGORATING HERBS FROM THIS ENDLESS COLLECTION TO PROVIDE OUR BODIES AND MINDS WITH AWAKENING CLARITY OF BEING. MEDICINAL HERBS CLEAN YOU OUT! THESE ARE WHAT WE CALL SUPERFOODS!

TEA IS THE PERFECT COMPANION TO A CLEANSING DIET, GIVING WARMTH AND NUTRIENTS THAT CAN BE OBTAINED THROUGH NO OTHER MEANS. I SUGGEST ADDING A DAILY BREW OF TEA, IF NOTHING ELSE, TO YOUR INTAKE OF NUTRIENTS AND FEEL THE SOOTHING QUALITIES THAT OVERWHELM YOU IN A GOOD WAY.

FAVORITE TEAS TO FOLLOW....



USEFUL TOOLS

CERAMIC KNIFE: WILL NOT OXIDIZE YOUR FOOD, AND CONTAINS NO METALS

WOODEN UTENSILS: CHOOSE ECO MADE UTENSILS WITH MINIMAL COATING/NO COATINGS, SO AGAIN, NO METAL IS USED. COMES FROM NATURE!

CHOPSTICKS: A FUN WAY TO EAT SALADS!

GLASS BOWLS/JARS: GLASS IS AN IDEAL MATERIAL TO USE SINCE IT DOESN'T LEACH ANY HEAVY METALS INTO YOUR FOOD. TRY TO FIND CORK FOR BOTTLES, GLASS TOPPERS FOR JARS. ALSO EASY TO CLEAN!

VITAMIX BLENDER: A VITAL TOOL FOR BEGINNING YOUR RAW FOOD JOURNEY. BLEND ANYTHING TO A SMOOTH CONSISTANCY, AND BREAKS DOWN CELLULOSE SO GREEN PLANTS ARE MORE EASILY ABSORBED BY COMPROMISED DIGESTIVE SYSTEMS.

WOODEN CUTTING BOARD: NO PLASTIC HERE! WILL LAST YOU A LIFETIME, TAKE CARE BY COATING THE BOARD WITH ESSENTIAL OILS, CITRUS OILS ARE GOOD.

SPICE GRATER: IDEALLY CERAMIC, VERY USEFUL TOOL TO BREAK DOWN WHOLE SPICES. WHOLE SPICES SHOULD BE UTILIZED WHEN POSSIBLE BECAUSE THEY ARE THE MOST FRESH!

CERAMIC POT: GREAT TOOL FOR MAKING TEA, ALSO USEFUL FOR MAKING CHOCOLATE OR ANYTHING THAT REQUIRES MELTING. BEST POT FOR COOKING GRAINS AS WELL.

CLEANSING OPPORTUNITIES AND MORE

EDTA: MAGNESIUM DI-POTASSIUM, A CHELATOR FOR HEAVY METAL DETOXIFICATION

XENOPLEX: GLUTATHIONE AND COFFEE, TOXIC CHEMICAL DETOXIFICATION

GLYTAMINS: KIDNEY, LIVER, GALLBLADDER DETOXIFICATION

CHLORELLA: HEAVY METAL CHELATOR, CHLOROPHYLL RICH

SHILAJIT (FULVIC ACID): SUPER ADAPTOGEN THAT PULLS TOXINS AWAY FROM THE TISSUES AND RECONFIGURES MINERAL PROFILES. POTENTIATOR FOR OTHER HERBS/MINERALS.

MAGNESIUM BICARBONATE PH SOLUTION: ELECTROLYTE BALANCING SOLUTION

PROBIOTICS: NEEDED TO HAVE A HEALTHY DIGESTIVE SYSTEM. IF YOUR BACTERIA IS NOT IN BALANCE (MANY OF US ARE NOT) THEN YOUR SYSTEM IS NOT OPERATING OPTIMALLY. CAN BE OBTAINED THROUGH RAW DAIRY, LIVING FERMENTED FOODS, AND SUPPLEMENTS.

LIVING SOIL ORGANISMS: CURE CANDIDIA!!! THESE LIVING PROBIOTICS ARE LITHOPHILIC (ROCK EATING) AND WILL RESTORE TOTAL HEALTH THROUGH DETOXIFICATION! DAVID JUBB IS THE INNOVATOR, HE CALLS THEM LIFE COLLOIDS, WWW.LIFECOLLOID.COM

CAPPUCCINO ICE CREAM

2T IRISH MOSS

3T MESQUITE

2T MACA

2T LUCUMA

1 TRAY ICE CUBES

1 CUP ALMOND BUTTER

¼ CUP VISCOUS UNFILTERED HONEY

¼ TSP VANILLA POWDER

DASH SALT

1/2 CUP PURE WATER

PLACE ICE CUBES IN A HIGH SPEED BLENDER FIRST, THEN ADD REST OF INGREDIENTS TO THE CONTAINER. BLEND ON LOWER SPEEDS FOR 10 SECONDS OR SO TO GET INGREDIENTS MOVING, THEN INCREASE SPEED TO HIGH, SLOWLY FOR ABOUT 30 SECONDS UNTIL YOU HAVE A THICK CREAM. SERVE IMMEDIATELY.

CACAO BEAN VANILLA SHAKE

1/4 CUP CACAO BEANS

1 TSP VANILLA POWDER OR 1 VANILLA BEAN

1 TSP SHILAJIT

1 T COCONUT OIL

3 T HONEY

FRESH GRATED NUTMEG

PINCH HIMALAYAN SALT

20OZ RAW MILK

BLEND ALL INGREDIENTS IN A HIGH SPEED BLENDER UNTIL FROTHY. IF YOU HAVE ANY FRESH SEASONAL BERRIES, THOSE WOULD BE A GOOD ADDITION TO THE SMOOTHIE!

CHELATION SOUP INSPIRED BY JARED PORT

1 BUNCH CILANTRO

1 AVOCADO

3 T CHLORELLA POWDER

2 T SPIRULINA

1 LEMON

1/2 BUNCH PARSLEY OR WILD GREENS

4 CUPS HERBAL TEA

(HERBAL TEA WITH FRESH GINGER ROOT AND TUMERIC ROOT IS GREAT)

1 TSP TUMERIC POWDER

2 CLOVES GARLIC (OPTIONAL), CENTER STEM REMOVED

1 TSP SEA SALT

SMALL HANDFUL DULSE SEAWEED

1 TSP CAYENNE

BLEND ALL INGREDIENTS IN A HIGH SPEED BLENDER FOR NO LONGER THAN 30 SECONDS. TOP WITH SHREDDED NORI SHEETS, SLICED TOMATO, OLIVES...

SUPERAMAZING HEIRLOOM SALAD

LARGE HEIRLOOM TOMATO

LARGE BUTTERY AVOCADO

1 CUCUMBER

¼ CUP DULSE

1 LIME, JUICED

SPRINKLE CAYENNE PEPPER

1 CLOVE GARLIC

A FEW SHAKES SEA SALT

SLICE AND DICE THE HEIRLOOM TOMATO AND CUCUMBER, PLACE IN A LARGE BOWL. ADD CUBED AVOCADO, DULSE STRIPS, CHOPPED GARLIC, LIME JUICE, CAYENNE PEPPER AND SEA SALT. MIX AND ENJOY!

PERSIMMON PIE

5 FUYU PERSIMMONS, THINLY SLICED
1 3/4 CUPS FRESH WALNUTS
1/2 CUP DARK RAW HONEY
1/4 CUP COCONUT OIL OR BUTTER
1 TSP HIMALAYAN SALT
1 TSP VANILLA POWDER OR 1 BEAN
1/2 CUP COCONUT FLAKES
1/2 CUP BLUEBERRIES
2 T IRISH MOSS GEL

IN A HIGH SPEED BLENDER, GRIND 1 1/2 CUPS WALNUTS AND COCONUT FLAKES UNTIL FINELY CHOPPED. HAND MIX WALNUT/COCONUT MIXTURE IN A GLASS BOWL WITH 1/4 CUP HONEY, 3 T COCONUT OIL, 1/2 TSP SALT, AND 1/2 TSP VANILLA. PRESS INTO PIE PLATE. CHILL 20 MIN.

ARRANGE PERSIMMONS IN PIE CRUST, THEN BLEND BLUEBERRIES, 1/4 CUP HONEY, 3 T COCONUT OIL, 1/2 CUP WALNUTS, 1/2 TSP SALT 1/2 TSP VANILLA AND 2 T IRISH MOSS UNTIL CREAMY. PLACE THIS MIXTURE INTO A PASTRY BAG OR SQUIRT BOTTLE, AND TOP PERSIMMONS WITH BLUE CREAM. CHILL 1 HOUR OR MORE. DECORATE WITH WALNUT HALVES AND EDIBLE FLOWERS.

CHOCOLATE CHERRY FUDGE

1 CUP CACAO POWDER
2 CUPS CHERRIES, PITTED
1/2 CUP COCONUT OIL
1/2 CUP HONEY
1 TSP VANILLA POWDER, OR 1 BEAN
2 T MACA
1/4 TSP HIMALAYAN SALT

PLACE ALL INGREDIENTS IN A HIGH SPEED BLENDER AND BLEND UNTIL CREAMY. YOU MAY NEED TO STOP AND RESTART THE BLENDER TO MIX INGREDIENTS FULLY. POUR MIXTURE INTO A GLASS SQUARE DISH AND CHILL FOR 2 OR MORE HOURS. TOP WITH BEE POLLEN AND EDIBLE FLOWERS.

SEALICIOUS SALAD

2 SHEETS NORI
2 T KELP POWDER
1/4 CUP SOAKED ARAME
1 CUP SPROUTS
2 T SPIRULINA AND/OR CHLORELLA
1 LEMON OR LIME, JUICED
HANDFUL OLIVES
1 AVOCADO
FEW SHAKES SEA SALT
1/4 TSP CAYENNE PEPPER
1-2 CLOVES GARLIC

SLICE AVOCADO INTO CHUNKS, AND MIX IN A LARGE BOWL WITH KELP POWDER, ARAME, SPIRULINA, LEMON, SEA SALT, CAYENNE, AND GARLIC. TOP A BED OF SPROUTS WITH THIS MIXTURE AND TOSS THE OLIVES ON TOP ALONG WITH TORN UP SHEETS OF NORI, OR ROLL THE MIXTURE IN THE NORI.

TOMATO BASIL SOUP

2 MEDIUM SIZE HEIRLOOM TOMATOES

SMALL HANDFUL HOLY BASIL (TULSI)

1 LEMON

2 CLOVES GARLIC

½ INCH GINGER

1 T MISO

½ TSP SEA SALT

1 T COCONUT OIL

½ CUP SEAWEED SOAK WATER

1-2 YOUNG COCONUTS OR 1 CUP CREAM AND 2 CUPS PURE WATER

PLACE ALL INGREDIENTS IN BLENDER, ALONG WITH COCONUT MEAT AND WATER AND BLEND ON HIGH UNTIL SMOOTH. TOP WITH FRESH BASIL STRIPS, CHUNKS OF TOMATO, AND OLIVES.

ALIVE APPLESAUCE

4 OF YOUR FAVORITE HEIRLOOM APPLES

1-2 LEMONS, JUICED

2 TSP CINNAMON

½ TSP SEA SALT

BLEND IN A VITAMIX OR OTHER HIGH SPEED BLENDER UNTIL YOU REACH YOUR DESIRED CONSISTENCY.

GREEN SMOOTHIE

(VISIT GREENSMOOTHIEREVOLUTION.COM FOR MORE INFO)

ANY COMBINATION OF YOUR FAVORITE FRUITS, AND LEAFY GREENS/
HERBS! EXPERIMENT...

2 ORANGES (WITH SEEDS IF POSSIBLE)

1 CUP BERRIES

½ BUNCH KALE OR OTHER DARK LEAFY GREEN

SMALL HANDFUL PARSLEY

½ INCH GINGER

½ LEMON

BLEND ALL INGREDIENTS IN A HIGH SPEED BLENDER, ALONG WITH 2
CUPS OF ALKALINE/SPRING /MINERAL WATER.

SPARKLING GRAPEFRUIT JUICE

3-4 LARGE GRAPEFRUIT

1 CUP YOUNG COCONUT WATER

1 CUP SPARKLING SPRING WATER

3 T HONEY

¼ TSP HABANERO PEPPER POWDER

JUICE GRAPEFRUIT WITH HAND JUICER, ADD ALL INGREDIENTS TO A LARGE GLASS JAR AND MIX WITH A WOODEN SPOON.

THE SUPERHERO SMOOTHIE

1 TSP SHILAJIT
1 T NONI POWDER
2 T BLACK GOLD HONEY
2 CAPSULES REISHI MUSHROOM, BROKEN OPEN
1 TSP ASHWAGANDA POWDER
2 T GOJI BERRIES
1 T MACA POWDER
1 T CORDYCEPS POWDER
1 T CACAO POWDER
1/3 CUP HEMP SEEDS

BLEND ALL INGREDIENTS IN HIGH SPEED BLENDER WITH 2 CUPS ALKALINE WATER.

OPTIONAL, YOU CAN MAKE A TEA OF REISHI, AND OTHER MEDICINAL MUSHROOMS AND ADD THIS TO THE SMOOTHIE INSTEAD OF THE REISHI CAPSULES.

SUPER GREENS SALAD

2 CUPS SPICY GREENS

1/2 BUNCH CILANTRO, CHOPPED

HANDFUL WILD GREENS (DANDELION, PURSLANE...)

EDIBLE FLOWERS

2 T CHLORELLA POWDER

2 T RAW CREAM

2 OZ RAW CHEESE, CRUMBLED

1/2 LEMON, SQUEEZED

1-2 GENEROUS PINCHES OF SEA SALT

PINCH OF TURMERIC

PINCH OF CAYENNE

PINCH OF CUMIN

SMALL HANDFUL OF DULSE SEAWEED

MIX ALL INGREDIENTS BY HAND AND ENJOY!

DIVIANA CHOCOLATE

1 CUP CACAO PASTE

1/4 CUP CACAO BUTTER

3 T HONEY

3 T PALM SUGAR, BLENDED TO FINE POWDER

1 PINCH HIMALAYAN SALT

1 TSP VANILLA POWDER, OR 1 WHOLE BEAN, SCRAPED

FRESH GRATED CINNAMON

FRESH GRATED NUTMEG

1 TSP SHILAJIT

1 TSP MUCUNA

1 TSP ASHWAGANDA

1 TSP TRIBULUS

SET UP A DOUBLE BROILER BY PLACING WATER, A THIRD FULL, INTO A CERAMIC POT, THEN PLACE A COMPLETELY DRY GLASS BOWL, THAT FITS WITHOUT MOVING, INTO THE POT. SHAVE THE CACAO PASTE AND BUTTER WITH A STRONG CERAMIC KNIFE, AND PLACE INTO THE GLASS BOWL. MELT OVER THE LOWEST SETTING, AND DON'T LET IT GET HOT TO THE TOUCH, STIR OCCASIONALLY. WHEN COMPLETELY MELTED, ADD IN SUGARS SLOWLY AND LET COMBINE BEFORE ADDING REMAINING INGREDIENTS. TEST THE SWEETNESS OF THE CHOCOLATE BEFORE ADDING OTHER INGREDIENTS SO YOU CAN ADD MORE IF NEEDED. SLOWLY STIR IN REMAINING INGREDIENTS. WHEN COMBINED, POUR INTO MOULDS AND CHILL IN THE REFRIDGERATOR FOR A FEW HOURS.

REAL MILKSHAKE (SHARE PLEASE)

4 CUPS RAW MILK

1/2 CUP RAW CREAM

2 T COCONUT OIL

2 TSP VANILLA POWDER OR 1 WHOLE BEAN

4 T RAW HONEY

2 T PALM SUGAR

1 TSP SHILAJIT

1 T MACA

ADD ANY FLAVORINGS TO THIS BASE THAT YOU PLEASE...

CACAO BEANS

BLUEBERRIES, STRAWBERRIES

BEE POLLEN

GOJI BERRIES

BLEND ALL INGREDIENTS IN A HIGH SPEED BLENDER UNTIL FROTHY
AND SHARE WITH FRIENDS!

NECTAR OF LIFE

1/2 CUP HONEY
3 T COCONUT OIL
1 T RAW BUTTER (OPTIONAL)
1 T SHILAJIT
1 T MESQUITE
1 TSP MUCUNA
1 TSP ASHWAGANDA
1 TSP TRIBULUS
1 TSP CORDYCEPS
1 TSP HO SHU WU
1/2 TSP HIMALAYAN SALT

MIX ALL INGREDIENTS TOGETHER WITH A WOODEN SPOON IN A GLASS BOWL AND EAT SMALL AMOUNTS THROUGHOUT THE DAY. IT'S GREAT BLENDED WITH RAW MILK TOO!

SIMPLICITY SMOOTHIE

THE DAILY SMOOTHIE ROUTINE:

2 CUPS RAW MILK OF CHOICE

2 T RAW HONEY

HERBS OF CHOICE

1 TSP VANILLA POWDER

1 TSP CHLORELLA POWDER

PINCH HIMALAYAN SALT

ADD ICE CUBES FOR A COOLING TREAT, ADD HOT TEA FOR A WARMING ONE.

PLACE IN HIGH SPEED BLENDER ON HIGH UNTIL FROTHY!

THIS IS A BASE RECIPE THAT YOU SHOULD SHIFT DAILY, TO OBTAIN A WIDE VARIETY OF NUTRIENTS AND KEEP IT CREATIVE!

FIGS N CREAM

1 PINT FRESH FIGS
1 CUP FRESH BLACKBERRIES
HANDFUL FRESH MINT LEAVES, TORN
1/4 CUP RAW CREAM
1 T HONEY
PINCH HIMALAYAN SALT

SLICE FIGS INTO QUARTERS, MIX WITH BLACKBERRIES AND TORN MINT LEAVES. HAND MIX CREAM, HONEY AND SALT, POUR OVER FRUIT MIX AND DEVOUR!

ALMOND JOY

2 CUPS ALMONDS, (OPTIONAL: SOAK 8 HOURS AND DRY)
1/4 CUP CACAO BEANS
1/4 CUP COCONUT FLAKES
1/4 CUP HONEY
3 T COCONUT OIL
1 TSP SEA SALT
1 TSP LEMON JUICE
1 TSP VANILLA POWDER
FRESH GRATED NUTMEG
1 T MESQUITE

CHOCOLATE SAUCE

1/2 CUP CACAO PASTE
3 T HONEY
PINCH SEA SALT
PINCH VANILLA POWDER

PULSE THE ALMONDS, COCONUT FLAKES AND CACAO BEANS IN A HIGH SPEED BLENDER UNTIL FINELY CHOPPED. MIX WITH REMAINING INGREDIENTS AND FORM INTO BARS, CHILL. DIP IN CHOCOLATE SAUCE AND CHILL. (MAKE CHOCOLATE SAUCE BY MELTING THE PASTE OVER DOUBLE BOILER, MIX IN HONEY THEN SALT AND VANILLA)

ARTEMIS DRESSING

- 1 BUNCH CILANTRO
- 1 TSP TULSI POWDER
- 1 AVOCADO
- 2 SMALL LEMONS OR LIMES
- 1 TSP BLACK GOLD HONEY
- 1" TUMERIC ROOT
- ½ INCH GINGER, CHOPPED
- 2 T OLIVE OR COCONUT OIL
- 1 T KELP POWDER
- 1-2 TSP HAWAIIAN SEA SALT
- 3 T CHLORELLA POWDER OR TABS
- 1 CLOVE GARLIC, PEELED AND DESTEMMED (OPTIONAL)

BLEND ALL INGREDIENTS IN A HIGH SPEED BLENDER, ADDING PURE WATER AS NEEDED. SERVE OVER FRESH PICKED GREENS, WITH KELP NOODLES, OR ADD 2 CUPS WATER TO MAKE A SOUP. SERVE WITH FRESH CHOPPED TOMATOES, DULSE, SPROUTS, OLIVES.....

MINTY CITRUS DRESSING

1/2 CUP LEMON JUICE
2 T LIME JUICE
2 T GRAPEFRUIT JUICE
1/4 CUP COCONUT OIL
1 TSP SEA SALT
1/2 CUP MINT LEAVES
1 T HONEY

BLEND ALL INGREDIENTS IN A HIGH SPEED BLENDER UNTIL CREAMY.
SERVE OVER SLICED HEIRLOOM TOMATOES AND CUCUMBERS.

A VERSATILE DRESSING YOU CAN USE AS A BASE FOR SOUPS, ON SALAD GREENS OR OVER KELP NOODLES/SEAWEED.

BASIC HONEY SPREAD

1/2 CUP THICK UNFILTERED HONEY

1/4 CUP RAW BUTTER

2 T BEE POLLEN

1 TSP VANILLA POWDER OR 1 BEAN, SCRAPED

PINCH HIMALAYAN SALT

NUTMEG SHAVINGS

CINNAMON SHAVINGS

1 T MESQUITE POWDER

1 T NONI POWDER

MIX ALL INGREDIENTS BY HAND WITH A WOODEN SPOON. USE AS A DIP OR SPREAD. GREAT WITH APPLES! CHILL IF YOU WANT A THICKER CONSISTENCY.

BLACKBERRIES AND CREAM PIE

1 1/2 CUPS RAW ALMONDS

1/2 CUP WALNUTS

2 T HONEY

2 T COCONUT OIL

1/2 TSP SEA SALT

1 TSP VANILLA POWDER

2 CUPS BLACKBERRIES

1/2 CUP CACAO BUTTER, MELTED

1/4 CUP IRISH MOSS

1 CUP RAW CREAM, OR 1/2 CUP COCONUT BUTTER

2 PINCHES SEA SALT

1 TSP VANILLA POWDER

FRESH GRATED CINNAMON

GRIND ALMONDS AND CACAO BEANS IN HIGH SPEED BLENDER UNTIL CRUMBLY. HAND MIX INTO REMAINING CRUST INGREDIENTS. PRESS INTO PIE PLATE BY PINCHING SIDES AND CHILL. BLEND 1 CUP BLACKBERRIES AND REMAINING INGREDIENTS IN HIGH SPEED BLENDER UNTIL SMOOTH. POUR INTO PIE CRUST, TOP WITH REMAINING BLACKBERRIES. TOP WITH A SIMPLE CHOCOLATE SAUCE WHEN SERVING...MELT 1/2 CUP CACAO PASTE, 3 T HONEY AND A PINCH OF SEA SALT.

GOJI BUTTER

1/2 CUP RAW BUTTER

1 CUP GOJI BERRIES

1/4 CUP HONEY

1 TSP VANILLA POWDER

1/2 TSP SEA SALT

SOAK THE GOJI BERRIES IN HONEY OVERNIGHT, BLEND WITH VANILLA AND SALT IN HIGH SPEED BLENDER. HAND MIX IN RAW BUTTER. SPREAD ON FRESH FRUIT SLICES OR CRUNCHY CRACKERS.

GOJI MILK

1 CUP RAW MILK

1/4 CUP GOJI BERRIES

1/2 VANILLA BEAN, SCRAPED

OR 1/2 TSP VANILLA POWDER

BLEND INGREDIENTS IN A HIGH SPEED BLENDER FOR 20-30 SECONDS.
ENJOY THIS FROTHY SUNSET COLORED DRINK AS IS, OR WITH A BOWL OF
SPROUTED BUCKWHEAT, OR EVEN COOKED QUINOA.

BLACK MISO DRESSING

1/2 CUP SOAKED BLACK SESAME SEEDS
1/2 CUP PURE WATER
2 T CHICKPEA MISO
1 INCH GINGER ROOT, PEELED AND CHOPPED
1/4 CUP DHA OIL, (FLORA HAS A GOOD ONE)
2 T KELP POWDER
2 CLOVES GARLIC, OPTIONAL
2 LEMONS, JUICED
1 TSP HONEY
1" BURDOCK ROOT, FRESH
1 TSP SEA SALT
1/4 CUP CHOPPED CHIVES

BLEND ALL INGREDIENTS, EXCEPT CHIVES, IN A HIGH SPEED BLENDER UNTIL CREAMY. HAND MIX IN CHIVES. SERVE OVER A WILD GREEN SALAD, KELP NOODLES, SOAKED ARAME AND SEA PALM SEaweeds, SLICED CUCUMBERS...

DILL CREAM

1/2 CUP DILL

1 CUP RAW CREAM (OR 1/2 CUP HEMP SEEDS PLUS 1/2 CUP PURE WATER)

1/2 TSP SEA SALT

1/2 LEMON, JUICED

1 TSP KELP POWDER

1 CLOVE GARLIC (OPTIONAL)

MIX IN HIGH SPEED BLENDER UNTIL CREAMY, DON'T LET IT TURN TO BUTTER THOUGH! SERVE WITH CUCUMBER CHIPS, OVER SALAD OR AS A DIP FOR NORI ROLLS.

ELECTROLYTE LEMONDADE (INSPIRED BY THE JUBBS)

2 LEMONS

1/2 LIME

3 T COCONUT BUTTER OR RAW BUTTER

3-4 CUPS PURE WATER

1 TSP SEA SALT OR HIMALAYAN SALT

4 T UNFILTERED HONEY

1/4 CUP GOJI BERRIES

SLICE OFF THE SKIN OF THE LEMONS AND LIME, BUT LEAVE PART OF THE PITH. CHOP IN HALF AND PLACE INTO HIGH SPEED BLENDER ALONG WITH THE REST OF THE INGREDIENTS. BLEND FOR 30 SECONDS, UNTIL FROTHY.

CILANTRO AND SEED PESTO

1 BUNCH CILANTRO
1/2 CUP PUMPKIN SEEDS
1/4 CUP OLIVE OR DHA OIL
1/2 LEMON, JUICED
1 TSP DULSE OR KELP FLAKES
1/2 TSP SEA SALT
PINCH CAYENNE OR CHIPOTLE POWDER
PINCH TURMERIC POWDER

CHOP CILANTRO ROUGHLY, PLACE INTO FOOD PROCESSOR WITH ALL OTHER INGREDIENTS AND PULSE UNTIL CHUNKY OR SMOOTH, HOWEVER YOU PREFER. ADD ANOTHER HALF OF A LEMON IF YOU WANT A MORE INTENSE FLAVOR!

I WOULD SERVE THIS WITH KELP NOODLES (CLEAR NOODLE MADE OF KELP ALGINATE) OR OVER A WILD GREEN SALAD. ALSO A GREAT ACCOMPANIMENT TO FRESH SALSA AND GUAC INSIDE A LARGE GREEN LEAF.

YUM COOKIE DOUGH

1/2 CUP HAZELNUTS
1 CUP BUCKWHEATIES (SOAKED, SPROUTED, AND DRIED)
1/4 CUP UNFILTERED HONEY
3 T RAW BUTTER
2-3 LARGE PINCHES HIMALAYAN SALT
1/4 TSP CINNAMON/NUTMEG SHAVINGS
VANILLA BEAN OR EXTRACT TO TASTE

BUCKWHEATIES ARE EASY TO MAKE, CRUNCHY AND DELICIOUS. A GREAT FOOD IF YOU FEEL TOO LIGHT. SOAK THE BUCKWHEAT FOR 20 MINUTES OR SO (LONGER CAN START TO FERMENT THE BUCKWHEAT), THEN LEAVE TO SPROUT OVERNIGHT. DEHYDRATE FOR A FEW HOURS AND THEY ARE READY FOR THE RECIPE.

IF YOU HAVE A DRY BLENDER FOR YOUR VITAMIX NOW IS THE TIME TO USE IT, OTHERWISE A HIGH SPEED BLENDER SHOULD DO THE TRICK WITH SLIGHTLY MORE OF A CHALLENGE. PLACE THE BUCKWHEATIES IN THE BLENDER FIRST AND MIX UNTIL YOU HAVE A FLOUR. NOW DO THE SAME WITH THE HAZELNUTS, THESE ARE A BIT MOIST SO CAN STICK, MAKE SURE YOU GET ALL THE THE PIECES BLENDED UNTIL YOU HAVE HAZELNUT FLOUR.

NOW ALL INGREDIENTS GO INTO A FOOD PROCESSOR (POSSIBLE TO DO BY HAND TOO FOR LESS APPLIANCE CONTACT) PULSE EVERYTHING FOR A BIT UNTIL IT STARTS TO CLUMP, YOU MAY NEED TO SCRAPE THE SIDES. NOW YOU ARE READY TO FORM THEM INTO BALLS, OR JUST EAT. ALSO MAKES THE BEST PIE CRUST EVER!!!

SIMPLE MEALS, NO RECIPE NEEDED

MUCH OF THE BEST FOOD THAT I EAT IS SIMPLE AND QUICK. EXPERIMENT WITH NEW EXOTICS TO FIND YOUR FAVORITES.

:BEE POLLEN WITH HONEY (EQUAL PARTS), CHLORELLA, AND SEA SALT

:HEIRLOOM APPLE WITH ALMOND BUTTER

:2 OZ RAW CHEESE WITH 1 PINT BERRIES OR FIGS

:2 OZ RAW CHEESE WITH 1 HEIRLOOM TOMATO SLICED, FRESH BASIL AND CHUNKY SEA SALT

:8OZ RAW MILK WITH 1 T HONEY AND 1 TSP SHILAJIT, STIRRED.

:HANDFUL OF GOJI BERRIES WITH HANDFUL OF CACAO BEANS, IN A MIXTURE OF RAW BUTTER AND HONEY.

:SEEDED WATERMELON SLICES WITH SEA SALT

:AVOCADO SLICES MIXED WITH CHOPPED FRESH HERBS AND SALT

:COOKED QUINOA WITH SEA SALT, RAW BUTTER, TUMERIC POWDER AND CHLORELLA, PARSLEY OR CILANTRO LEAF ARE GOOD ADDITIONS AS WELL TO DIGEST MORE QUICKLY AND A PERFECT HEIRLOOM TOMATO SLICED UP.

LISTEN TO YOUR BODY NEEDS. WHAT LOOKS ATTRACTIVE TO YOU, AND WHAT TASTES GOOD. IF IT IS UNPROCESSED, THEN GO AHEAD AND EAT, AND DON'T BE TOO STRICT ON YOURSELF. BE DICLIPLINED, BUT NOT DOGMATIC! ENJOY YOUR FOOD AND SHARE THE LOVE!

FLUIDS FOR HYDRATION

:FLOWER ESSENCE WATER IS EASILY MADE WITH PURE SPRING WATER, GARDENIA FLOWERS, HIBISCUS FLOWERS, OR JASMINE FLOWERS AND A SLICE OF LEMON OR LIME. JUST SOAK (IN THE SUN IS GREAT), CHILL IF DESIRED AND SERVE .

:PH BALANCED MAGNESIUM BICARBONATE FORMULA

:KOMBUCHA, A FERMENTED TEA THAT CONTAINS BILLIONS OF BENEFICIAL LIVING MICROORGANISMS. THE ORIGINAL OR GINGER FLAVOR IS EXCELLENT MIXED WITH FRESH LEMON JUICE OR GRAPEFRUIT JUICE.

:FRESH SPRING WATER
WWW.FINDASPRING.COM

:REVERSE OSMOSIS WATER WITH CARBON FILTERING

DO WHAT YOU CAN TO OBTAIN CLEAN WATER, THIS TRANSITIONING PROCESS WILL LEAD YOU TO NEW LEVELS OF HEALTH. WATER IS LIFE. WE ARE MADE MOSTLY OF WATER, SO HYDRATE PROPERLY!

A WORD ON TERRAIN

IN ORDER TO BENEFIT FROM ANY NUTRIENTS THAT WE TAKE INTO OUR BODIES, WE MUST BE AWARE THAT THE TERRAIN OF OUR DIGESTIVE SYSTEM PLAYS A CRUCIAL ROLE IN THE ASSIMILATION OF WHAT WE INTAKE. IF WE WANT THE FOODS WE EAT TO BE ABSORBED CORRECTLY, WE MUST FIRST REPAIR OUR INTESTINAL TRACT WITH BENEFICIAL BACTERIA.

A COMMON CHALLENGE THAT HUMANS IN OUR CURRENT SOCIETY FACE IS THE PROPER FUNCTIONING OF OUR SYSTEM, BASED ON TOXIC ENVIRONMENT, DEVITALIZED FOODS, AND NON-NATURAL LIVING...THIS CAN BE SHIFTED IF WE TAKE THE TIME AND CARE TO REPAIR. A WIDESPREAD DIFFICULTY THAT MANY FACE IS THE OVERGROWTH OF CANDIDA ALBICANS, A BACTERIA THAT WE ALL POSSESS, ONLY DETRIMENTAL WHEN THERE IS TOO MUCH. THIS BACTERIA FEEDS ON SUGAR, AND OVERRUNS THE BENEFICIAL BACTERIA WHEN WE BECOME WIPED OUT BY TAKING ANTIBIOTICS, BIRTH CONTROL, OR OTHER INVASIVE MEDICATIONS.

WHAT I HAVE FOUND THROUGH PERSONAL EXPERIENCE, IS THAT FINDING A HARMONIOUS BALANCE WITHIN THE BODY TAKES TIME AND CONSIDERATION FOR YOUR INDIVIDUAL CONSTITUTION. MY OWN PATH HAS LED ME TO RAW DAIRY PRODUCTS AND THE BENEFITS HAVE BEEN ASTOUNDING! I TRULY FEEL MY BODY AWAKENED WITH ENDLESS ENERGY, THE WAY IT SHOULD BE WHEN EATING THE WAY I DO. I'VE NOTICED A COMPLETE ANIHILATION OF A DRY SKIN PROBLEM I WAS HAVING ON MY FACE, AND I ATTRIBUTE THIS TO CONSUMING RAW DAIRY MILK. THIS IS ONLY PERSONAL EXPERIENCE, AND I RECOMMEND RESEARCHING A BIT MORE ON THE TERRAIN ISSUE.

I WANT TO INSPIRE YOU TO BE ACTIVE ON THIS PURSUIT, IT CAN ONLY BRING YOU TO HIGHER LEVELS OF BEING. ALSO VERY PROMISING IS THE LIFE COLLOID SOIL BASED ORGANISM THAT DR. DAVID JUBB IS PROMOTING, WORTH A LOOK FOR THOSE THAT WISH TO KEEP DAIRY PRODUCTS OUT OF THEIR DIET.

RAW DAIRY:

RAW COW'S MILK
RAW GOAT'S MILK
RAW COW CHEESE
RAW GOAT CHEESE
RAW BUTTER
RAW CREAM
RAW YOGURT
RAW KEIFER
RAW COLOSTRUM

FIND A LOCAL FARM NEAR YOU, IF YOU DECIDE TO EXPLORE THIS AVENUE. CREATE A RELATIONSHIP WITH THE FARMER AND THE ANIMALS, KNOW THE FOOD THEY ARE CONSUMING (GRASSES ARE GREAT), KNOW THE PRACTICES INVOLVED WITH THE EXTRACTION OF MILK. I WOULD RECOMMEND EVEN MILKING ONE YOURSELF TO TRULY CONNECT WITH THIS NOURISHMENT.

WWW.REALMILK.COM

AMAZING NOURISHMENT, THAT NOT ONLY SYNERGIZES YOUR DIGESTION WITH BENEFICIAL LACTIC ACID BACTERIA, BUT PROVIDES THE BODY WITH KEY NUTRITIONAL ELEMENTS, LIKE PROTEINS, FATS AND CARBOHYDRATES. AS WITH ANY RAW FOOD, THE INTEGRITY OF THE NUTRIENTS ARE UPHOLD AND ASSIMILATED BY THE BODY WHEN UNHEATED AND UNCORRUPTED, LIKE AMINO ACIDS IN THEIR UNBROKEN STATE ARE EASILY ABSORBED AND DO NOT CORRUPT THE STRUCTURE OF THE CELLS (UNLIKE WHAT HAPPENS WHEN MILK IS PASTEURIZED).

SUPER ALKALIZING FOODS

FRESH GREEN FOODS

CHLORELLA

SPIRULINA

FIGS

ALMONDS

HAZELNUTS

.....

YOUR ELECTROLYTE BALANCE WITHIN THE BODY PLAYS A LARGE ROLE ON WHETHER YOUR BODY PH IS ALKALINE OR NOT. PAY ATTENTION TO YOUR WATER SOURCE. DO YOU GET ENOUGH MAGNESIUM? EATING ALKALIZING FOODS ALONE DOESN'T GUARENTEE AN ALKALINE BODY. YOUR LIFESTYLE MUST BE ALKALINE TOO. THE ENVIRONMENT IN WHICH YOU LIVE, HOW YOU ARE EXPOSED TO CHEMICALS, YOUR STRESS LEVELS, THE LIST GOES ON. DON'T GET STUCK IN A BOX. WITNESS THE WHOLE, AND SHIFT ACCORDINGLY.

GREAT PH BALANCER: PARSLEY, LEMON, GINGER JUICE, TAKE IN SHOTS OR DRINK LIBERALLY IF YOU DARE...;)

ANCIENT MEDICINE

:SHILAJIT (MAIN ACTIVE COMPONENT IS CALLED FULVIC ACID) AMPLIFIES THE BENEFITS OF OTHER HERBS (ADAPTOGEN) BY ENHANCING THEIR BIO-AVAILABILITY. IT HELPS TRANSPORT NUTRIENTS DEEP INTO THE TISSUE AND REMOVES DEEP-SEATED TOXINS. SHILAJIT IMPROVES MEMORY AND THE ABILITY TO HANDLE STRESS. SHILAJIT REDUCES RECOVERY TIME IN MUSCLE, BONE AND NERVE INJURIES. SHILAJIT STIMULATES THE IMMUNE SYSTEM AND REDUCES CHRONIC FATIGUE.

:HONEY HAS AMAZING HEALING PROPERTIES, IT IS ANTI-BACTERIAL, ANTI-FUNGAL, FULLY ENZYMIC AND COMPLETE WITH PROTEINS AND ESSENTIAL NUTRIENTS.

:BEE POLLEN IS A PROTEIN PACKED FOOD FILLED WITH ESSENTIAL NUTRIENTS. A POWERFUL STRENGTH ENHANCING SOURCE OF NOURISHMENT.

:NONI IS IN THE MULBERRY FAMILY AND GROWS PROLIFICALLY IN HAWAII. AN ANCIENT CURATIVE MEDICINE FOR COMBATTING BACTERIA AND PARASITES. A GREAT CLEANSING FOOD!

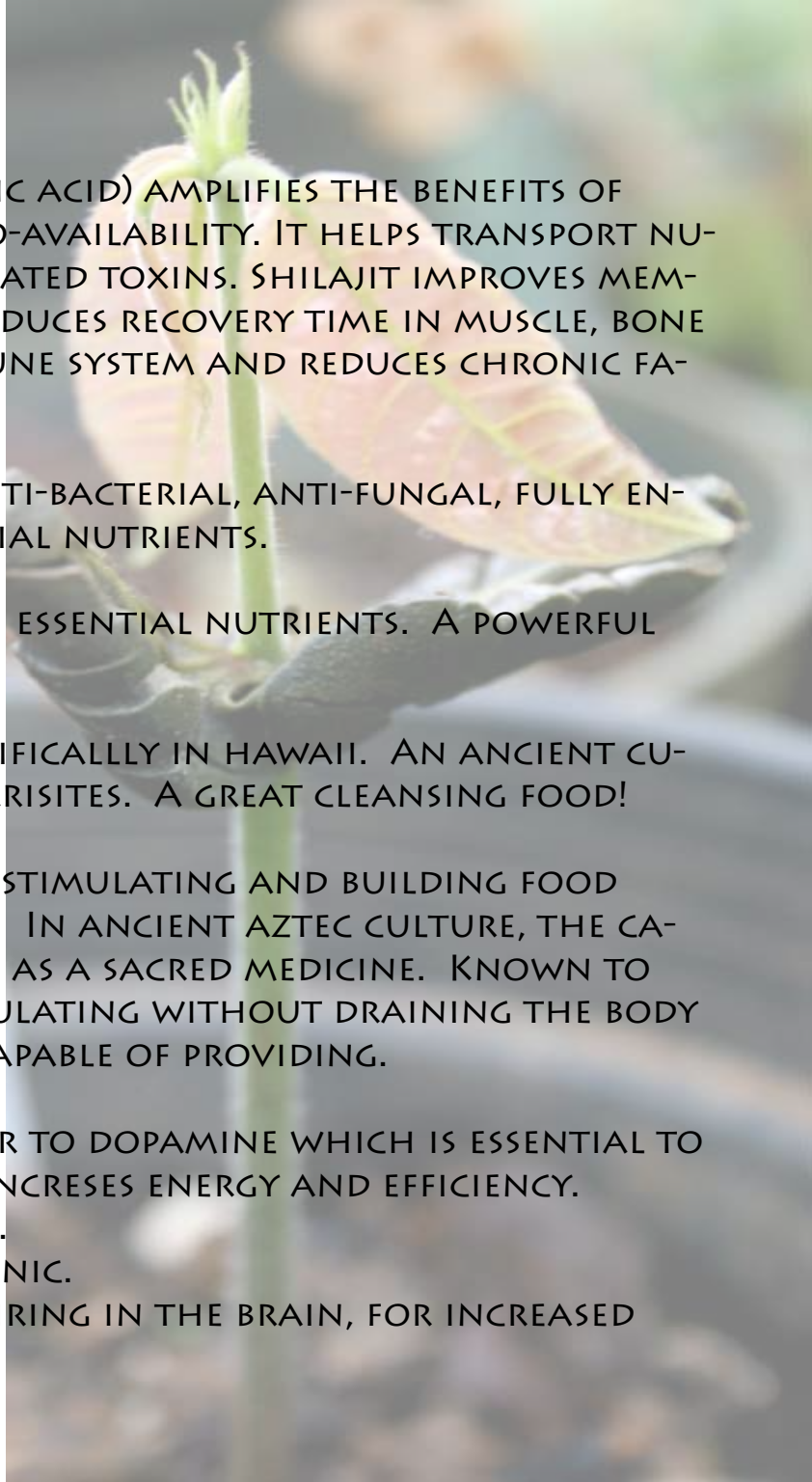
:THEOBROMA CACAO, AKA, 'FOOD OF THE GODS' IS A STIMULATING AND BUILDING FOOD THAT WE ALL KNOW AND LOVE AS CHOCOLATE TODAY. IN ANCIENT AZTEC CULTURE, THE CACAO SEED WAS ACTUALLY MADE INTO A BITTER DRINK, AS A SACRED MEDICINE. KNOWN TO PRODUCE BLISS CHEMICALS IN THE SYSTEM, AND STIMULATING WITHOUT DRAINING THE BODY ARE ONLY THE TIP OF WHAT THIS MAGICAL FOOD IS CAPABLE OF PROVIDING.

MUCUNA: CONTAINS AMINO ACID L-DOPA, PRECURSOR TO DOPAMINE WHICH IS ESSENTIAL TO BRAIN FUNCTIONING AND OVERALL BODY VITALITY. INCREASES ENERGY AND EFFICIENCY.

TRIBULUS: INCREASES VITALITY, VIGOR, SEXUAL TONIC.

ASHWAGANDA: REJUVINATES THE SYSTEM, ADAPTOGENIC.

BACOPA 'BRAHMI': ENHANCES NEUROTRANSMITTER FIRING IN THE BRAIN, FOR INCREASED



EATING TO LIVE, NOT LIVING TO EAT...

IF OUR BODIES ARE MINERAL DEFICIENT, WE MAY FIND OURSELVES CONSTANTLY LOOKING TO THE PANTRY FOR MORE. THIS DOES NOT NEED TO BE THE CASE. ALONG WITH THE CLEANSING PROTOCOLS DISCUSSED EARLIER, I WOULD RECOMMEND FOLLOWING A FEW GUIDING WORDS.

DISSOLVE THE CONSTANT URGE TO CONSUME WITH THESE SIMPLE STEPS:

- ATTUNE TO FEELINGS OF TRUE HUNGER

:DRINK WATER AT THE FIRST URGE TO EAT. IF YOU ARE STILL HUNGRY 15 MINUTES OR SO LATER, THEN DO EAT.

:PLAY WITH PORTION SIZES, WHAT IS RIGHT FOR YOUR BODY REQUIREMENTS? WE ARE ALL DIFFERENT IN ACTIVITY LEVELS, SO EXPERIMENT WITH SMALL PORTIONS THAT LEAVE YOU FEELING A BIT HUNGRY, YET SATISFIED TO CONTINUE ON WITH DAILY ACTIVITIES.

:IF YOU CONTINUE TO FEEL CHALLENGED WITH THESE STEPS, MAKE A POT OF TEA AND DRINK THAT UNTIL YOU FEEL NO NEED TO EAT. SOMETIMES WE ARE ONLY LOOKING FOR THE COMFORT OF SOMETHING REPETATIVE AND SOOTHING.

- RECOGNIZE THE FOODS THAT TRIGGER HUNGER, AND THOSE THAT SATISFY IT

:TAKE THE TIME TO FIGURE OUT THE FOODS THAT MAKE YOU MORE HUNGRY, OFTEN THESE ARE SWEET FOODS. I WOULD SUGGEST IF YOU NEED A SNACK, EATING SOMETHING THAT IS SAVORY AND NOT OVERLY FLAVORFUL OR STIMULATING.

:EXPERIMENT WITH DIFFERENT TYPES OF FRUIT, SAY AN APPLE, OR BERRIES, AND LISTEN TO YOUR BODY'S HUNGER SIGNALS AFTERWARDS. IF IT STIMULATES YOUR DESIRE FOR FOOD, RECOGNIZE THAT AND CONTINUE. IF WE BECOME AWARE OF THESE SIGNALS WE ARE MORE LIKELY TO KNOW WHEN TO STOP. THIS DOESN'T MEAN YOU NEED TO STOP EATING THESE FOODS, JUST MAKE A NOTE OF WHAT YOU FEEL.

ONCE THESE PATTERNS ARE ESTABLISHED, YOU CAN MOVE ON TO REPLACING EATING WITH DIFFERENT ACTIVITIES:

- GO ON A WALK
- PLAY MUSIC
- DANCE
- LAY OUTSIDE UNDER THE SUN
- GO WILD FORAGING!
- READ A BOOK
- WRITE



CHOOSE ACTIVITIES THAT CONSUME YOUR BEING WITH A STIMULATING FORCE THAT INSPIRES YOU AND GIVES YOU ENERGY TO BE PROACTIVE WITH YOUR THOUGHTS. WE WANT TO STIMULATE THOUGHT, NOT SILENCE IT WITH HABITUAL, NONSENSICAL ACTS. LIVING FOODS CAN BE COMPLETELY NOURISHING AND BENEFICIAL, BUT OUR HABITS CAN CARRY OVER FROM PREVIOUS THOUGHT PATTERNS IF WE AREN'T ABLE TO RECONIZE THEM AND SHIFT THEM ALONG WITH OUR NEW FOUND PRINCIPLES.

SO CONTINUE WITH YOUR AWARENESS, AND WRITE DOWN WHAT INSPIRES YOU, HOW YOU CAN ACHIEVE THE GOALS YOU SET OUT FOR YOURSELF, AND KEEP THEM POSTED IN A PLACE WHERE YOU CAN CONTINUALLY ENVISION THEM AND TRANSFORM THEM INTO EXPERIENCE. I AM A HUGE FAN OF CREATING THIS VISION WITH VISUAL SYMBOLS, SO YOU NOT ONLY READ THE WORDS, BUT YOU CAN ENVISION THE ACTUALIZATION OF WHAT IS TO COME THROUGH THE GOALS YOU SET OUT TO ACHIEVE.

LIFESTYLE CHOICES

BODY MOVEMENT:

YOU WILL HAVE MORE ENERGY WHEN YOU MOVE YOUR PHYSICAL BODY! AS LONG AS YOU ARE BALANCING YOUR BODY FUNCTIONS WITH A NUTRITIONAL LIFESTYLE, MOVING YOUR BODY WILL BE A JOY. CHOOSE ACTIVITIES THAT YOU CAN INCORPORATE EASILY INTO YOUR LIFESTYLE.

1. BE DISCIPLINED. MAKE THE COMMITMENT TO YOUR HEALTH, SO YOU CAN CREATE THE MOST OPTIMAL FUNCTIONING MIND/BODY POSSIBLE.
2. DO WHAT YOU LOVE. YOU CAN'T GO WRONG WHEN YOU CHOOSE TO ACTIVATE YOURSELF IN THE MOST POSITIVE LIGHT.
3. MOTIVATE OTHERS TO MOTIVATE YOURSELF. WHEN YOU COMMIT TO AN ACTIVITY WITH A PARTNER, YOU HOLD MORE ACCOUNTABILITY BECAUSE YOU KNOW IT'S NOT ONLY FOR YOURSELF, BUT FOR THE BENEFIT OF ANOTHER.
4. MEDITATE. USE THE ACTIVITIES IN YOUR MIND TO MANIFEST A SOLID STATE OF BEING. SLOW DOWN THE THOUGHT PROCESSES AND FOCUS ON LEARNING FROM YOUR TRUE SELF. YOUR SOUL.
5. BALANCE. CREATE A STRONG BALANCE IN YOUR ACTIVE LIFE. LISTEN CLOSELY TO YOUR INNER SELF, THE CLUES THAT SHOW YOU THE BIGGER PICTURE, THIS IS AWARENESS.

SO HOW CAN YOU IMPLEMENT THESE FACTORS INTO YOUR LIFESTYLE???

ESTABLISH A FIRM PRACTICE WITH YOUR SELF, FIRST. IF YOU HAVE A STRUCTURED LIFESTYLE, CONTINUE THAT MODEL WITH A SET TIME DURING THE DAY THAT YOU WILL ACTIVATE. MORNINGS OR EVENINGS ARE GOOD, CHOOSE WHAT TIME WORKS INTO YOUR SCHEDULE AND CAN BE COMMITTED TO ON A DAILY LEVEL. EVERY DAY. I WOULD NOT RECOMMEND STARTING OUT WITH THE SAME ACTIVITY EVERY DAY, BUT THIS CAN BE DONE IF YOU GIVE YOURSELF EASY DAYS AND HARDER DAYS OF EXERCISE. I LIKE RUNNING, SO DEPENDING ON MY SETTING, I RUN IN THE EARLY MORNING OR MID-AFTERNOON

I HAVE BEEN ACTIVE ALMOST DAILY FOR OVER TEN YEARS, SO MY PRACTICE IS ESTABLISHED AND I AM ABLE TO FLUCTUATE ON THE TIME I ACTIVATE MYSELF. FOR OTHERS, THIS MAY NOT BE THE BEST IDEA, SO I WOULD REALLY CONSIDER SETTING ASIDE A TIME FOR THIS.

GO ON A WALK
RIDE A BIKE
PRACTICE SOME YOGA
PLAY A TEAM SPORT
DANCE AROUND

I'M SURE YOU CAN THINK OF MANY OTHERS. DON'T SIT IN FRONT OF THE TV OR COMPUTER ALL DAY, EVEN IF YOUR DAY IS MAINLY ACTIVE. THIS ACTIVATION IS TIME FOR YOUR PERSONAL MEDITATION. I CONSIDER IT A FORM OF MEDITATION TO COMPLETELY RELEASE ALL THE STRESSES OF THE DAY, AND FOCUS ON CERTAIN CHALLENGES I KNOW I CAN IMPROVE UPON. THIS IS MY SPACE TO RELAX, EVEN THROUGH A HIGH LEVEL OF EXERSION.
FIND WHAT IT IS THAT MAKES YOU RELAXED, A WALK MAY JUST DO THE TRICK!

ASK YOURSELF THESE QUESTIONS AND **BEGIN TODAY!!!**

1. DECIDE ON A TIME
2. WHAT ACTIVITY WILL YOU PARTAKE IN?
3. WHERE WILL YOU GO?
4. DO YOU PARTICIPATE WITH OTHERS? DO YOU NEED TO MAKE THOSE CONNECTIONS?
5. IS THIS A SUSTAINABLE ACTIVITY (DOES IT COST ANYTHING TO MAINTAIN? CAN YOU MAINTAIN IT?)
6. CONTINUE WITH YOUR NOURISHING MEAL PLANS TO REPLENISH YOURSELF FOR THE NEXT DAYS ACTIVITIES. WHAT WILL YOU CONSUME BEFORE AND AFTER ACTIVITY?

ONCE YOU ESTABLISH A PLAN, IN WRITING IS GREAT, THEN GO FOR IT AND HAVE FUN!

GETTING CREATIVE

FIRST RULE: THERE ARE NO RULES, JUST DON'T LISTEN TO EVERYTHING I HAVE TO SAY WITHOUT QUESTIONING YOUR MOTIVES. I ONLY MOTIVATE TO INSPIRE YOU TO HAVE A FOUNDATION SO YOU CAN BUILD UPON AND START CREATING THE FLAVORS THAT YOU ENJOY MOST, THEN YOU WILL CONTINUE THE PATH AND UNCOVER WHAT IT IS THAT YOUR INDIVIDUAL BODY/MIND NEEDS.

USE COLOR LIBERALLY, EXCITE ALL YOUR SENSES! TASTE THE WONDERS OF LOCAL FOOD. USE INSPIRATION OF THE MAGIC AROUND YOU TO HAVE FUN AND MOVE YOUR ENERGY IN A POSITIVE DIRECTION.

USE CREATIVE PROCESSES TO WORK THROUGH CHALLENGES YOU FACE ON THIS JOURNEY. WHEN YOU DON'T KNOW WHAT TO DO, CREATE! IN WHAT EVER FORM IT IS THAT EXCITES YOU. CREATE MOVEMENT, CREATE VISION, CREATE SOUND, CREATE A NURTURING ENVIRONMENT FOR YOURSELF AND THOSE THAT YOU SURROUND YOURSELF WITH. THIS WAY YOU ARE MOVING FORWARD AND BEING PRESENT WITH WHAT LIFE HAS TO OFFER YOU RIGHT NOW, AND BRINGING OTHERS WITH YOU.

THIS IS HOW I STARTED CREATING PIES, BY REALIZING MY CREATIVE POTENTIAL AND DESIRING TO SHARE WITH OTHERS THE JOY OF MAKING EDIBLE ART. USING INGREDIENTS THAT MAKE ME FEEL GOOD, AND BEING MINDFUL OF THOSE THAT I SERVE IT TO. PEOPLE LOVED MY PIE FROM THE FIRST CREATION AND I KNEW SHARING THIS HAD THE POTENTIAL TO TRULY CHANGE THE WAY PEOPLE THINK ABOUT WHAT THEY FEED THEIR BEING. I ALSO REALIZED I HAD A FANTASTIC EXPERIENCE MAKING THEM, AND GOT INTO MY ARTIST MODE EVERY TIME. WEAVING THIS ACTIVITY INTO MY LIFE HAS BEEN A JOY EVER SINCE.



TEA INGREDIENTS AND USES

TEA HAS BEEN USED SINCE ANCIENT TIMES FOR GOOD REASON, IT IS LONGEVITY ENHANCING AND CAN HELP WITH AILMENTS IN THE CORRECT COMBINATIONS. WARMING AND ESSENTIAL TO ANY RAW FOOD PROTOCOL...

GYNOSTEMMA: REDUCES INFLAMMATION, ADAPTOGENIC

HO SHU WU (FO-TI): ANTI-AGING, LONGEVITY

CHAGA: MUSHROOM THAT GROWS ON BIRCH TREES, AMAZING IMMUNE BOOSTER, LONGEVITY

REISHI: IMMUNE POTENTIATOR, IMMORTALITY TONIC

AGARICUS (BETA GLUCANS): IMMUNITY REGULATOR (GREAT SOUP BASE)

GOJI BERRIES: ANTIOXIDANT POWERHOUSE, IMMUNITY BOOSTER

NETTLES: ANTI-INFLAMMATORY

HORSETAIL: HIGH IN SILICA, REPAIRS TISSUE

GINGER: ANTI-INFLAMMATORY

TUMERIC: NEUROLOGICAL FUNCIONING, ANTI-INFLAMMATORY

SHIZANDRA BERRIES: BRAIN TONIC, YOUTH PRESERVING, LIVER DETOXIFIER

PAU D ARCO: ANTI-BACTERIAL

CHANCA PIEDRA: "BREAK STONE," KIDNEY PURIFIER, LIVER CLEANSER

PASSION FLOWER: CALMING

KAVA KAVA: RELAXING

RHEMMANIA: LIVER DETOXIFIER

RHODIOLA: RESTORATIVE, ADAPTOGENIC, ENHANCE NEUROTRANSMITTERS.

DANDELION ROOT: LIVER DETOXIFIER

LICORICE ROOT: HIGH IN MAGNESIUM, DIGESTIVE TONIC

MULLEIN: REPAIRS THE LUNGS

BURDOCK ROOT: THIS IS GREAT FRESH OR IN A TEA, USE FOR A SOUP BASE, OR IN AN EARTHY TEA BLEND. EXCELLENT DETOXIFIER.

ASHITABA: ANTIOXIDANT RICH DETOXIFIER, TONIFY DIGESTION, IMMUNITY

TEA BLENDS

START OFF WITH SOME OF THESE SIMPLE BLENDS, THAT TASTE GREAT WITH UNFILTERED HONEY!

NETTLES, HORSETAIL, GOJI BERRIES, GINGER AND VANILLA BEAN

MINT LEAVES, GINGER, VANILLA BEAN

GINGER, TUMERIC, PASSION FLOWER

REISHI, PAU D ARCO, GYNOSTEMMA, VANILLA BEAN

KAVA KAVA, GINGER

RHEMMANIA, GINGER, TUMERIC, NETTLES, DANDELION ROOT

SASPARILLA, STAR ANISE, LICORICE ROOT, DANDELION ROOT, VANILLA BEAN

WHEN I USE VANILLA BEAN, IT IS THE SKIN OF THE BEAN. THE SEEDS ARE SCRAPED OUT FOR USE IN THE RECIPES, LIKE DESSERTS OR SMOOTHIES!

I GENERALLY USE FRESH GINGER AND TUMERIC, AND SLICE THEM INTO SMALL CHUNKS, WITH THE SKIN IF IT IS FRESH LOOKING. I USE FRESH MINT IF AVAILABLE, AND ALL OTHER INGREDIENTS ARE DRIED AND CAN BE OBTAINED AT YOUR LOCAL CO-OP OR HERBAL DISPENSARY, AND CAN BE ORDERED ONLINE (MOUNTAIN ROSE HERBS) IF YOU CAN'T FIND THEM WHERE YOU LIVE.

INGREDIENT RESOURCES

ULTIMATE SUPERFOODS: THE HIGHEST QUALITY SUPERFOODS AVAILABLE FOR WHOLESALE!
WWW.ULTIMATESUPERFOODS.COM

MOUNTAIN ROSE HERBS: OREGON BASED HERB DISPENSARY, AMAZING SELECTION OF QUALITY HERBS. WWW.MOUNTAINROSEHERBS.COM

DRAGON HERBS: CHINESE MEDICINAL HERB FORMULAS WITH DETAILED DESCRIPTIONS OF ACTIONS TO PROPEL YOU TO THE NEXT LEVEL AND USEFUL INFORMATION ON CHINESE MEDICINE.
WWW.DRAGONHERBS.COM

WWW.LOCALHARVEST.ORG: LIST OF FARMS ALL AROUND THE COUNTRY THAT WANT TO PROVIDE SERVICES TO THEIR LOCAL COMMUNITY.

WWW.ORGANICCONSUMERS.ORG/PURELINK.HTML: LIST RESOURCE OF FARMS AND FOOD MANUFACTURERS AROUND THE COUNTRY.

FAVORITE INFORMATION RESOURCES

WWW.REALITYSANDWICH.COM: NEWS ON CONSCIOUSNESS

WWW.EVOLVER.NET: CONSCIOUS COMMUNITY ACTIVATION CENTER

WWW.EARTHSHIFTPROJECT.COM: ULTIMATE SUPERFOODS EDUCATIONAL CENTER

WWW.BIRTHINTOBEING.COM: NATURAL BIRTHING MOVEMENT

WWW.IAMSHAMAN.COM: SACRED MEDICINAL PLANT RESOURCE

WWW.COFFEEWITHPIERRE.COM: PLATONIC PHILOSOPHY WITH PIERRE GRIMES

WWW.WILDFERMENTATION.COM: SANDOR KATZ, AUTHOR OF WILD FERMENTATION, HOW TO MAKE SAUERKRAUT AND FERMENTED FOODS.

USEFUL RESOURCES FOR DAILY LIVING AND MORE

WWW.MORROCCOMETHOD.COM/
NATURAL INGREDIENT HAIR/BODY PRODUCTS

WWW.LIVINGLIBATIONS.COM
THE BEST ESSENTIAL OILS, A DIVERSE AND WONDERFUL COLLECTION

SUCCESSULTRANOW.COM: NICK GOOD SUPERHERO PROGRAM

THESUNKITCHEN.COM: BRUCE HOROWITZ, LIVING CHEF AND PERMACULTURE INSTRUCTOR



CLARITY OF BEING

BIRTHING ANEW

CULTIVATE YOUR SELF!

WHAT ARE YOUR GOALS?

WHAT ARE YOUR DEEPEST DESIRES? WHERE DO THEY COME FROM?

ARE YOU LIVING THE LIFE YOU DREAM ABOUT?

CAN THIS DREAM BECOME PHYSICAL REALITY, IS IT TRULY WHAT YOUR SELF WANTS?

ASKING QUESTIONS WITH CLEAR INTENTION IS ESSENTIAL TO BEING. SO BE, DO,
AND YOU ARE.

EK ONG KAR SAT GUR PRASAD SAT GUR PRASAD EK ONG KAR