

# Summer Regeneration plus 4 Recipes!

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***Want to get energized, healed and feel fantastic again? Bless yourself and your family with the following recipes!***

Want to get energized, healed and feel fantastic again? I sure do and so do most women I know!

Summertime, when sunshine and spending time outdoors abound, is the absolute perfect time to begin regenerating your body (which in turn helps regenerate mind and spirit). We are talking hydration, detoxification, purification, alkalization, and mineralization.

It starts with drinking water first thing in the morning. You

can add lemon and a sprinkle of grey salt for flavor, minerals, and a cleansing effect.

Then a smoothie with almond milk or coconut water and any fresh summer fruit you love.

Followed later in the day by a salad with lots of greens such as romaine lettuce, spinach, basil, and parsley with tomatoes, olives, purple onion, and sprouts.

*Summertime, when sunshine and spending time outdoors abound, is the absolute perfect time to begin regenerating your body!*

Moving your body outdoors is essential. What do you enjoy doing? Stretching, yoga, hiking, walking, swimming, dancing, rebounding? Go with what you love!

Don't forget to breathe deeply!

Strength training is awesome and highly anti-aging!

Make time to be of service to your family and if you can, to your community.

Educate yourself on healthy food prep.

Pamper yourself with a massage.

**Bless yourself and your family with the following recipes:**

### **My Favorite Smoothie**

4 cups coconut water or plain water

$\frac{1}{2}$  cup almond butter

1 tsp probiotic powder (optional)

2 Bananas

2 Mangoes

1-2 dates

1 TBS coconut oil

Blend on high 60 seconds.

Pure life force energy!



*Remove the obstructions and alkalize yourself with fresh fruit*

### **Easy Kimchi** (Korean sourcroust)

8 cups chopped cabbage

4 cups chopped bok choy or beet greens

2 cups chopped green onions

1/2 cup minced ginger

1 tbs grey or pink sea salt.

Massage for 2-3 minutes, place in mason jars with a tight lid and refrigerate. Good for up to 3 weeks in the fridge.

### **Summer Corn Salad**

8 cups mixed greens

2 cups fresh corn

1 cup chopped red pepper

1 cup chopped cucumbers

1 chopped avocado

1 garlic clove minced

2 tbs olive oil

2 tbs minced basil

2 tsp pink or grey salt

2 tbs lime juice

1/2 tbs cumin powder

1/2 tbs paprika

Mix in a bowl and serve!

### Green Juice

8 stalks celery

1 cucumber

1/2 lemon

1 bunch parsley

6 kale leaves

Run through a Breville juicer, a Green Star juicer or other similar juicers. Or blend in a blender with water and then strain.

At the core of it all, there is only one health issue – the

accumulation and bottleneck of undigested waste in the body, obstructing the flow of energy and acidifying your internal terrain. Remove the obstructions and alkalize yourself with fresh fruit and greens. Begin now, when the sun is saturating you with vitamin D more than at any other time in the year.

Taking pharmaceutical drugs and surgically removing obstructions is not a long term or healthy solution.

Life can be really good, and vibrant health is a huge part of it.

I am really trying to work on my clarity of mind and positive energy. To do this, I know I need to work on opening my heart, giving understanding, being patient, looking deeper within, forgiving, and serving. Wish me luck – LOL!

May we all experience deep, harmonious understanding of Hashem's will in our life today and every day and may our physical regeneration help in this endeavor, Amen.