

Natural Healing Express Weekly

Column Volume 160 Fall Recipes

This week I will share a few recipes for Fall based on Eastern Medicine. The first is a cinnamon tea.

CINNAMON TEA =Ingredients = 1 stick cinnamon, 1 piece of fresh ginger sliced, 2 cups of water, 3 or 4 pine nuts, Tupelo Honey (optional). Combine the cinnamon stick, ginger and water in a pot and bring to a boil. Lower the heat and simmer for 15 minutes. Strain the ginger and cinnamon. Add pine nuts and honey as desired.

This tea is helpful for folks with diabetes. It is also helpful for those with poor circulation or those that feel cold a lot. It is also a wonderful tea for those wanting to increase pain tolerance.

Here is another very helpful tea. It is called Kudzu.

KUDZU TEA =Ingredients = 6 or 7 pieces of dried Kudzu (available at Natural Healing Express), 2 cups of water.

Combine the kudzu and water in a small pot and bring to a boil. Lower the heat and simmer for 30 minutes. Strain the kudzu. For those familiar with Chinese Medicine, you might already know that Kudzu root releases muscles, clears Heat and generates fluids. This tea is helpful for anyone with a headache and dizziness from high blood pressure. It is also beneficial to anyone who wants to cool down.

VITALITY FISH SOUP =Ingredients = 1 piece fresh ginger, slivered, 2 cloves minced garlic, ¼ cup goji berries, 2 tablespoons white wine, 5 cups water, 1 pound of white fish (flounder, sole, roughy) cut into chunks, ½ pound of bok choy, chopped, 2 green onions chopped, 2 teaspoons soy sauce, 1 teaspoon dark sesame oil.

Combine ginger, garlic, goji berries, wine and water in a large pot. Bring to a boil, then lower the heat and simmer. Add the fish, bok choy and green onions. Stir and simmer for another ten minutes. Add soy sauce, dark sesame oil. Serve immediately.

This soup is especially good for anyone who wants to increase vitality, including older people, and those recovering from an illness. It can be served with rice or vegetables.

Do you have a lot of left over apples? Here's a quick, healthy recipe.

"TAKE A DEEP BREATH" Baked Lime Apple= Ingredients = 1 Medium size apple, lime juice. Preheat the oven to 350 degrees. Pour Lime Juice over the Apple. Bake for 30 to 40 minutes. This is especially good for preserving youthful skin, soothing all types of cough, calming irritability and quenching thirst. For those of you interested in Chinese Medicine, the apple is symbolic of Peace.

Now that we have some good recipes cooking and we are full on into our Fall Season, I find it interesting to check out a few tidbits of wisdom. Here are a couple of quotes from one of my favorite books – "The Best Advice Ever Given" by Steven Price.

“Words that soak into your ears are whispered...not yelled”. Cowboy Wisdom

“A Candle loses nothing by lighting another candle.” Italian Proverb

“Warriors take chances. Like everyone else, they fear failing, but they refuse to let fear control them.”
Samurai proverb.

“If everything is under control, you are going too slow.” Mario Andretti

Enjoy! Hope to see you soon and as always, please contact us via one of the following methods. Natural
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