

Natural Healing Express Weekly

Column Volume 91 Longevity, Part Seven –Some Healthy “Longevity Recipes”

Thank you so much for all the feedback regarding our Longevity series. We will conclude next week with our final interview. Many of you have asked about recipes from our longevity candidates. So far none of them have written a cookbook, but don't count them out! Throughout this series, I have heard many times that “eating my own cooking” is a contributing factor to their health and longevity. And, of course, I highly recommend this action provided it is done with nutrient dense, healthy and good food. Since there was a lot of discussion about this facet in the last seven days, I decided to include a couple of easy recipes from Ultra-Metabolism from Mark Hyman. They are simple to make and very good for you, so get in the habit that appears to work for all of our candidates – Eat Your Own Cooking!

Grilled Ginger Herbed Chicken Breasts

4 Boneless, Skinless Chicken Breasts

¼ cup of fresh lime juice

¼ cup of extra virgin olive oil

1 tablespoon minced fresh ginger

1 tablespoon minced oregano

2 teaspoons minced rosemary

2 medium cloves, garlic- finely minced

½ teaspoon sea salt

½ teaspoon red pepper flakes

½ teaspoon freshly ground black pepper

Lime Wedges

Place the chicken breasts in a shallow baking dish. Whisk together lime juice, olive oil and all spices. Pour over the chicken. Cover and refrigerate for 1 hour. DO NOT let this sit for more than 2 hours – It will affect the chicken texture. Preheat grill or grill pan that is brushed with olive oil, to medium high. Grill chicken for 4 to 5 minutes on each side or until juices run clear. Serve with lime wedges.

Here's a great side dish:

Sautéed Spinach with Garlic and Lemon

3 tablespoons extra virgin olive oil

4 medium cloves garlic, chopped

2 bunches of fresh spinach

½ teaspoon sea salt

½ teaspoon freshly ground pepper

Zest of Lemon

Heat the olive oil in a large skillet over medium heat. Add garlic and cook until golden. Add spinach, salt and pepper. Cook, turning the spinach until wilted. Remove from heat and stir in lemon zest.

For the olive oil, I suggest stopping by Natural Healing Express and picking up some world famous Olevano Olive Oil imported from Italy – it's simply the best.

Enjoy! Hope to see you soon and as always, please contact us via one of the following methods. Natural Healing Express: Phone 815 990 8732, email: skscham@aol.com 204 W Main St, Lena, IL 61048.

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