

Relationship with the food

What is your relationship with the food? Do you know how the food you consume affects everything, yes EVERYTHING in your life, your mental health, your physical health?

“Eat and drink, but not excessively”(7:31) The Quran Below is a recipe and a remedy. You will soon be able to download a booklet with more recipes, remedies and tips and information on Conscious Living and Conscious Parenting. So stay updated. You will receive the information about upcoming podcasts, ebooks, PDFs, retreats and workshops in your email. If you are interested to learn and receive emails from me, please sign up and let us communicate. Enjoy the recipe and daily remedy recipe, let me know if you like it or have any questions regarding it.

Fresh Beet Vegetable Salad (Served warm or cold)

Ingredients:

1. Raw Beets - 2 to 4 - Boil them to your liking of softness & cut up
2. Potato - 2 medium red or white - Boiled and cut up
3. Green peas Fresh or frozen 3/4 a cup - Boil them separately
4. Carrots - 4 to 6 (depending on the size) - Boil them to your liking of softness and cut up
5. Fresh mint - 1/4 cup leaves, separated from the stems and washed and chopped (if available)
6. Tomatoes - 2 medium firm - OPTIONAL - chopped
7. Fresh Lemon or Lime - 1 whole - separate the seeds and squeeze the juice
8. Salt & black pepper to taste
9. Fresh Green chili - 1 to 2 OPTIONAL - Chopped
10. Fresh White onion whole - Chopped - OPTIONAL - Chopped

Method

Mix all the ingredients together well. Serve chilled or at room temperature. Serve with main entrees or as a side dish.

Remedy

Two Spice Magic

For any cold or cough that is about to begin. Or when you feel some itching in the throat or nose. Good to have this every month for a week to two to strengthen the immunity and the probability of a less severe cold and/or cough. No guarantees. Because it depends what you have been eating and how your lifestyle is. However, follow the recipe and the method of consumption should give higher effective results.

Ingredients:

- Cinnamon powder - 1 tsp
- Basil dried 1/2 tsp or fresh (2 to 3 leaves)
- Organic Honey - 1 1/2 tsp

Method:

Mix both the ingredients properly. Put it on your tongue and swallow. Do not drink any cold water or any other drink. If the taste is for some reason unbearable, take some sips of warm water. Can take up to 3 to 4 leveled teaspoons per day for 5 to 7 days preferably.