

HEALING SOUP

#1 / Onion-Asparagus-Celery-Lemon / Soup (oil & salt)

Add 3-4 quarts of Energized Water to make soup above.

#2 / Grain Base add to #1 Soup

- ⇒ **Wild Rice** 1 cup (Alkaline Silica & B-complex)
- ⇒ **Quinoa** 1/2 cup (Alkaline Complete Protein)
- ⇒ **Millet** 1/2 cup (Alkaline Mineral Iron)

**Soak Grains
Overnight and
Rinse in the
Morning.**

Check your Blood Type Chart for all ingredients

Purée your #1Soup above & freeze.

**Add your favorite Alkaline/Beneficial foods
Season with salt and oil as needed to taste.**

Try Adding:

**Tahineh Butter - Almond Butter - Sumac - Black Vinegar
Molasses: Pomegranate - Molasses Grenadine -
Frozen Garlic /Lemon Cubes**

1. Flax Seed 3tsp (fats)
2. Coriander Seed 1/2tsp (sugar balance)
3. Sweet Basil 1 tsp. (pain)
4. Turmeric 3 tsp. (pain)
5. Red Pepper 1/2 tsp. (circulation)
6. Ginger 1/2 tsp. (digestion)
7. Olive Oil as needed (fats)
8. Happy Salt as needed (minerals)

Seasonings to add to soup