



Welcome to Feed the Body + Soul
Summer Refreshing Foods
Cooking Class with Aerin + Axel Alexander



Green Warrior's Smoothie



Vegan, gluten-free, soy-free

- 1/2 cup coconut milk (from leftovers)
- 1 cup kale or baby spinach
- 1 large sweet apple
- 1 avocado
- 1 stalk celery
- 1 TB hemp seeds and or 1 TB flax seeds
- 1/3 cup frozen mango or banana (optional)





Chocolate Avocado Pudding

- Delicious!

- 1 ripe avocado)
- 1/4 cup unsweetened cocoa powder
- 1/4 cup pure maple syrup
- 2 TB brown rice syrup
- 2 TB coconut oil, melted
- 2 TB unsweetened almond milk
- 1 TB smooth roasted almond butter
- 1/2 Ts pure vanilla extract
- Pinch of sea salt



For serving: Fresh berries (blueberries, raspberries, strawberries, etc.) Finely chopped almonds or any other nuts or seeds



Coconut Whipped cream

- 1 can full-fat coconut milk refrigerated for 24 hours
- 1/2 teaspoon pure vanilla extract
- A chilled mixing bowl





Brown Rice Bowl with Tofu

- 1 cup Brown Basmati rice (or long grain)
- 1 package extra firm tofu
- 3 TB soy sauce
- High Heat Vegetable oil (coconut, grape seed)
- 1/2 onion
- 3 TB grated lemongrass (white part only)
- 1 ts ginger
- 1 clove garlic, minced
- 2 teaspoons lime juice
- ¼ cup cashews toasted and chopped





Quinoa Salad



- 1 cup quinoa (soaked for 2 hours)
- 1 large zucchini
- 1 large carrot
- 2 salary sticks
- 1/2 cup walnuts, chopped
- 3 radishes (optional-You can also use spinach and chard instead of zucchini and salary)
- Olive oil, pinch of salt



Dressing:

- 2 scallions, minced
- 1 large ripe avocado
- 3 TB fresh lemon juice
- 4 TB water
- 1/4 cup extra virgin olive oil
- Fresh basil, parsley and salt





Nut's Milk

- Vegan, gluten-free, oil-free, soy-free

ALMOND MILK:

1/2 cup raw almonds (soak almonds for 6 – 8 hours outside fridge)

6 cups filtered water

1/4 tsp fine grain sea salt

1/4 tsp ground cinnamon (optional)

1 T honey, maple syrup, 3 dates or other sweetener (optional)



OAT MILK

1 cup steel-cut oats

3 cups filtered water

1 tsp pure vanilla extract

1/4 tsp fine grain sea salt

1/4 tsp ground cinnamon (optional)

1 T honey, maple syrup, 2 dates or other sweetener



Summer Time and our Internal Organs



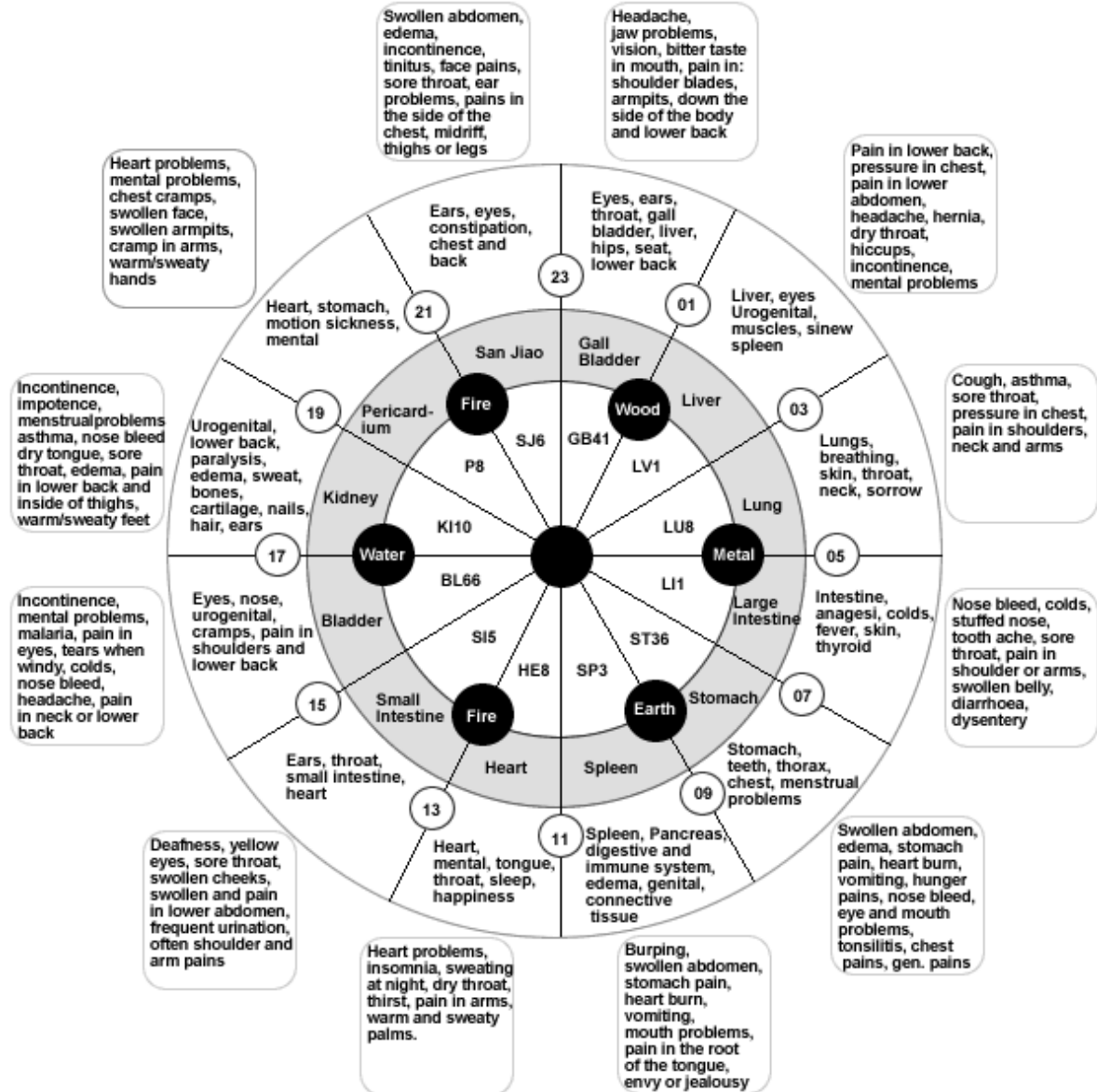
Element	Yin Organ	Yang Organ	Season
Fire	Heart	Small Intestine	Summer
Earth	Spleen	Stomach	Late Summer
Metal	Lungs	Large Intestine	Autumn
Water	Kidneys	Bladder	Winter
Wood	Liver	Gallbladder	Spring

Five Elements, Emotions and Seasons

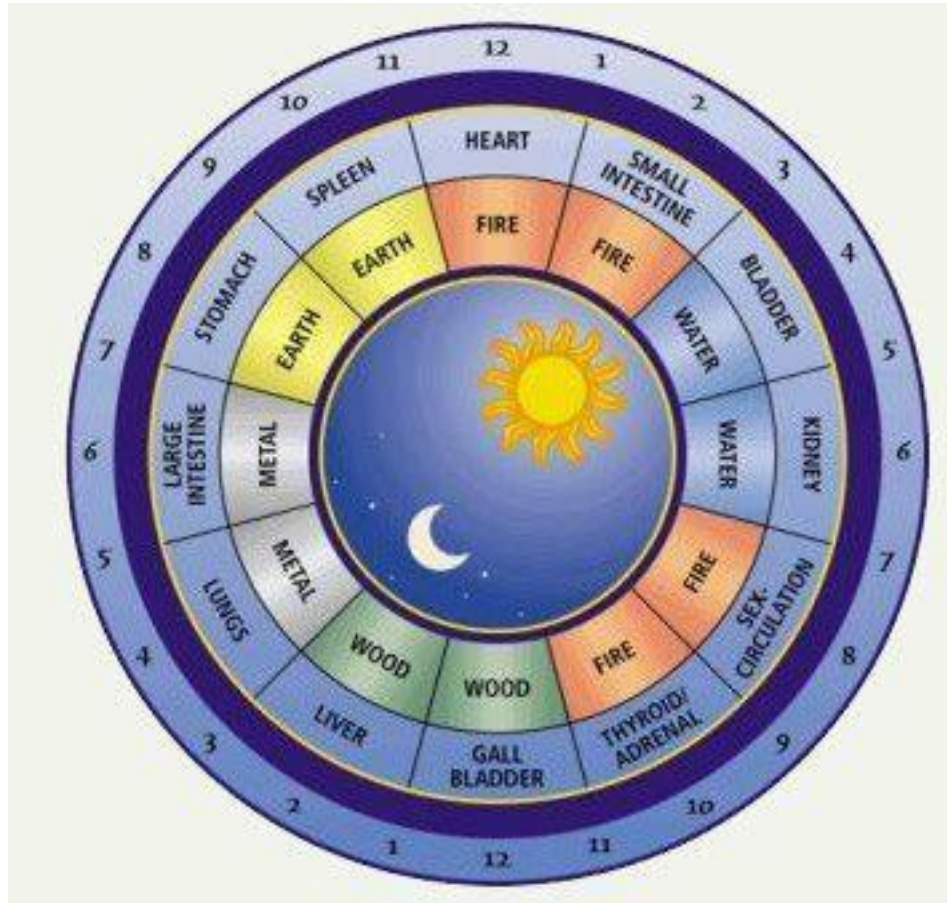


	Fire	Earth	Metal	Water	Wood
Yin Organ	Heart	Spleen	Lungs	Kidneys	Liver
Yang Organ	Small Intestine	Stomach	Large Intestine	Urinary Bladder	Gall Bladder
Sense Organ	Tongue	Mouth	Nose	Ears	Eyes
Tissue	Blood Vessels	Muscles	Skin	Bone	Tendons
Tastes	Bitter	Sweet	Pungent	Salty	Sour
Colors	Red	Yellow	White	Blue	Green
Sounds	Laughing	Singing	Crying	Groaning	Shouting
Odor	scorched	fragrant	rotten	putrid	rancid
Emotion	Joy	Worry	Grief	Fear	Anger
Season	Summer	Late Summer	Autumn	Winter	Spring
Environment	Heat	Dampness	Dryness	Cold	Wind
Developmental Stage	Growth	Transformation	Harvest	Storage	Birth
Direction	South	Center	West	North	East

Circadian Rhythms and Organs



Circadian Rhythms and Organs





Foods that support the

Heart

in Chinese Medicine

bright / red / spicy

- Basil
- Black Pepper
- Brown Rice
- Catnip
- Cayenne
- Chamomile
- Chia Seed
- Chrysanthemum
- Dill
- Fruit
- Fresh Ginger
- Lemon
- Lettuce
- Mint
- Mulberry
- Mushrooms (all types)
- Oatstraw Tea
- Quality Dairy Products
- Red and Hot Peppers
- Scullycap
- Valerian Root
- Whole Wheat

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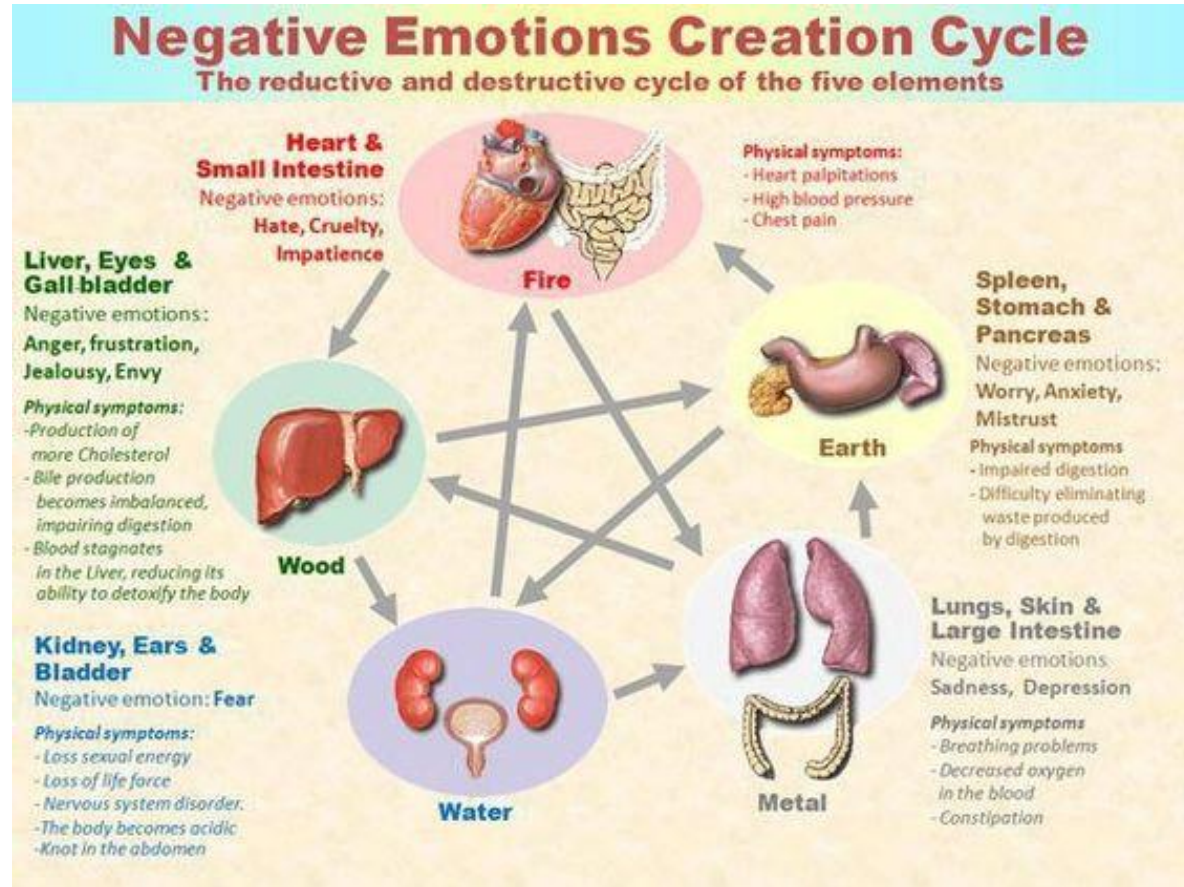
Ying and Yang Foods

This chart notes the yin and yang temperature elements of foods and is intended to assist in the decisions that we all must make surrounding our food choices.

YIN			YANG	
COLD	COOL		WARM	HOT
Banana	Pear	Rice	Nuts	
Watermelon	Peppermint	Noodles	Grilled Foods	
Bok Choi	Green Tea	Bread	Avocado	
Turnip	Oolong Tea	Pork	Lichee	
Celery	Bitter Gourd	Chicken	Turtle	
Cauliflower	Cooked Lettuce	Turkey	Chocolate	
Crab	Green Apple	Broccoli	Cocoa	
Bean Sprouts	Snow Pea	Green Pepper	Raw Onions	
Asparagus	White Corn	Green Beans	Coffee	
Eggplant	Oranges	Egg Whites	Lamb	
Cucumber	Cabbage	Yellow Corn	Duck	
Grapefruit	Soybean	Egg Yolk	Eggplant	
Pineapple	Sprouts	Fish	Red Pepper	
Tangerine	Apples	Pepper	Venison	
Zucchini	Cooked Onion	Ginger	Deep Fried Foods	
Seaweed	Strawberries	Garlic		
Tofu	Cheese	Cooked Tomato		
	Cherries	Spinach		
	Mushrooms	Black Tea		
	Miso	Nectarines		
		Milk		



Summer Time and our Internal Organs



Teeth and Organs relationship

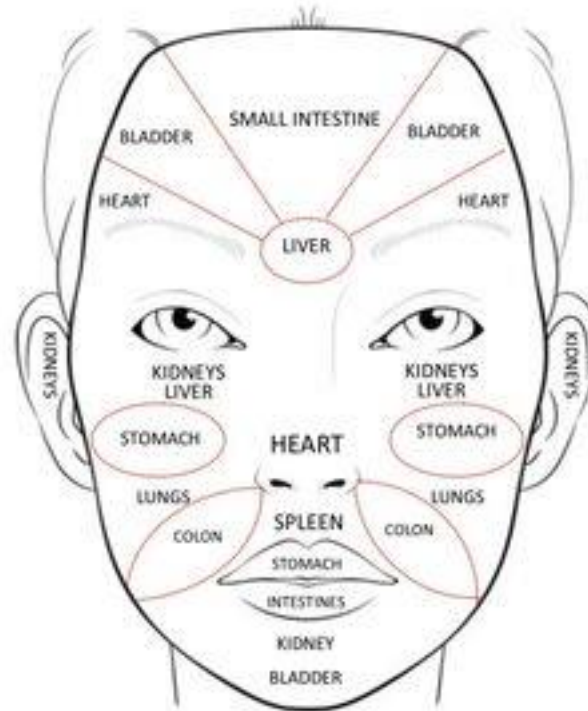


Traditional Chinese Meridian Organs															
Heart, Small Int., Circulation/Sex, Triple Warmer	Stomach Pancreas		Lung Large Intestine	Liver Gallbladder	Kidney Bladder		Kidney Bladder	Liver Gallbladder	Lung Large Intestine	Stomach Spleen		Heart, Small Int., Circulation/Sex, Triple Warmer			
Associated Western Medicine Joints, Organs and Glands															
Right: Shoulder, elbow, hand (ulnar) Sacroiliac, foot, toes, Middle Ear. Right heart, Rt. Duodenum, terminal ileum. CNS. Ant pituitary	Right: TMJ, anterior hip/knee, medial ankle. Sinus: Maxillary, Oropharynx, Larynx, esophagus, Rt. Side of Stomach. #2Parathyroid; #3Thyroid Right Breast		Right: Shoulder, elbow, hand (radial), foot, big toe. Sinus: Paranasal and Ethmoid. Bronchus, Nose. Right lung. Right side of Large Intestine #4 Right Breast	Right: Post. knee, hip, lateral ankle. Sinus: Sphenoid. Palatine Tonsil. Eye. Hypothal. Rt. Liver, gallbladder.	Right: Post. knee, Sacroiliac joint. Post. ankle. Sinus: Frontal Pharyngeal Tonsil. Pineal. Right kidney, bladder, ovary, uterus, prostate, testicle, rectum		Left: Post. knee, Sacroiliac joint. Post. ankle. Sinus: Frontal Pharyngeal Tonsil. Pineal. Left kidney, bladder, ovary, uterus, prostate, testicle, rectum	Left: Post. knee, hip, lateral ankle. Sinus: Sphenoid. Palatine Tonsil. Eye. Hypothal. Left Liver, biliary ducts.	Left: Shoulder, elbow, hand (radial), foot, big toe. Sinus: Paranasal and Ethmoid. Bronchus, Nose. Left lung. Left side Large Intestine #13 Left Breast	Left: TMJ, anterior hip/knee, medial ankle. Sinus: Maxillary, Oropharynx, Larynx, esophagus, Left Side of Stomach. #14: Thyroid #15: Parathyroid Left Breast		Left: Shoulder, elbow, hand (ulnar) Sacroiliac, foot, toes, Middle Ear. Left heart, Jejunum, Ileum. CNS. Ant pituitary			
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
32	31	30	29	28	27	26	25	24	23	22	21	20	19	18	17
Traditional Chinese Meridian Organs															
Heart, Small Int., Circulation/Sex, Triple Warmer	Lung Large Intestine		Stomach Pancreas	Liver Gallbladder	Kidney Bladder		Kidney Bladder	Liver Gallbladder	Spleen Stomach	Lung Large Intestine		Heart, Small Int., Circulation/Sex, Triple Warmer			
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Acumeridian Tooth-Organ Relationships from various sources including Gleditsch and Klinghardt (www.NeuralTherapy.com). Compiled by Dr. Ralph Wilson



Face-Internal Organs Relationship



WHAT DOES YOUR FACE SAY ABOUT YOU?

Nagual's Detox Tonic – Summer Time



- Cleanse the liver, warm up inside, feel energized
- Drink it in the morning after waking up



1/2 squeezed fresh lemon juice
2 cups room temperature water
1 slice of fresh ginger
Soak time 5 minutes