

¡Bienvenido(a) a Alimenta al Cuerpo + Espíritu!



Alimentos refrescantes de Verano
Clase de Cocina con Aerin + Axel Alexander





Smoothie Verde del Guerrero

Vegano, sin glúten, sin soya

- 1/2 taza de leche de coco (de lo que sobre)
- 1 taza de kale o espinaca bebé
- 1 manzana dulce grande
- 1 aguacate
- 1 tallo de apio
- 1 taza de semillas de cáñamo y/o de semillas de linaza
- 1/3 taza de mango o plátano congelados (opcional)





Pudín de Chocolate y Aguacate

■ ¡Delicioso!

- 1 aguacate maduro
- 1/4 taza de cocoa en polvo sin endulzar
- 1/4 cup jarabe de maple puro
- 2 cucharada de jarabe de arroz integral
- 2 cucharadas de aceite de coco derretido
- 2 cucharadas de leche de almendra sin endulzar
- 1 cucharada de mantequilla de almendra suave tostada
- 1/2 cucharadita de extracto puro de vainilla
- Una pizca de sal de mar



Para servir: moras frescas (arándanos, fresas, grosella, etc.), almendras finamente picadas, o cualquier otra nuez o semilla



Crema Batida de Coco

- 1 lata de leche de coco con grasa, refrigerada por 24 horass
- 1/2 cucharadita de extracto puro de vainilla
- Un recipiente enfriado para mezclar





Tazón de Arroz Integral con Tofu

- 1 taza de Arroz Integral Basmati (o de grano largo)
- 1 paquete de tofu extra firme
- 3 cucharadas de salsa de soya
- Aceite vegetal de alta temperatura (coco, semilla de uva, etc.)
- 1/2 cebolla
- 3 cucharadas de yerba de limón rallada (sólo la parte blanca)
- 1 cucharadita de jengibre
- 1 diente de ajo, triturado
- 2 cucharaditas de jugo de limón
- ¼ taza de nuez de la India tostada y picada





Ensalada de Quinoa

- 1 taza de quinoa (remojada por 2 horas)
- 1 zucchini grande
- 1 zanahoria grande
- 2 tallos de apio
- 1/2 taza de nueces, picadas
- 3 rábanos (opcional – también puedes usar espinaca y acelgas en lugar de zucchini y apio)
- Aceite de oliva, una pizca de sal



Aderezo:

- 2 cebollines, rallados
- 1 aguacate grande maduro
- 3 cucharadas de jugo fresco de limón
- 4 cucharadas de agua
- 1/4 taza de aceite de oliva extra virgen
- Albahaca fresca, perejil y sal





Leche de Nueces

- Vegana, sin glúten, sin aceite, sin soya

- LECHE DE ALMENDRA:

1/2 taza de almendras crudas (remojarlas por 6-8 horas fuera del refrigerador)

6 tazas de agua filtrada

1/4 cucharadita de sal de mar de grano fino

1/4 cucharadita de canela molida (opcional)

1 cucharada de miel, miel de maple, 3 dátiles u otro endulzante (opcional)



LECHE DE AVENA

1 taza de avena cortada al acero

3 tazas de agua filtrada

1 cucharadita de extracto puro de vainilla

1/4 cucharadita de sal de mar de grano fino

1/4 cucharadita de canela molida (opcional)

1 cucharada de miel, miel de maple, 3 dátiles u otro endulzante (opcional)





El Verano y Nuestros Órganos Internos



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

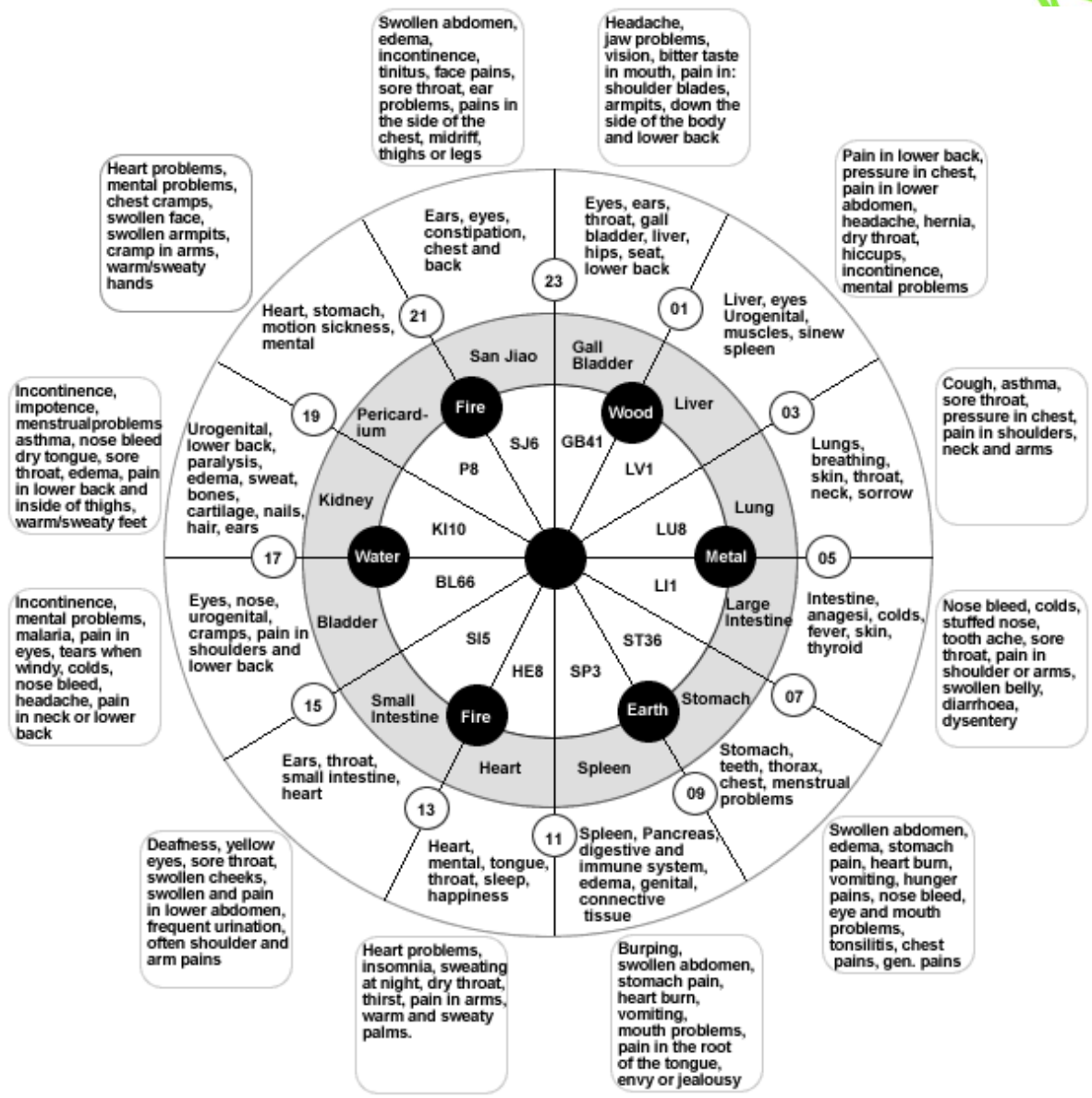
Los Cinco Elementos, las Emociones y las Estaciones



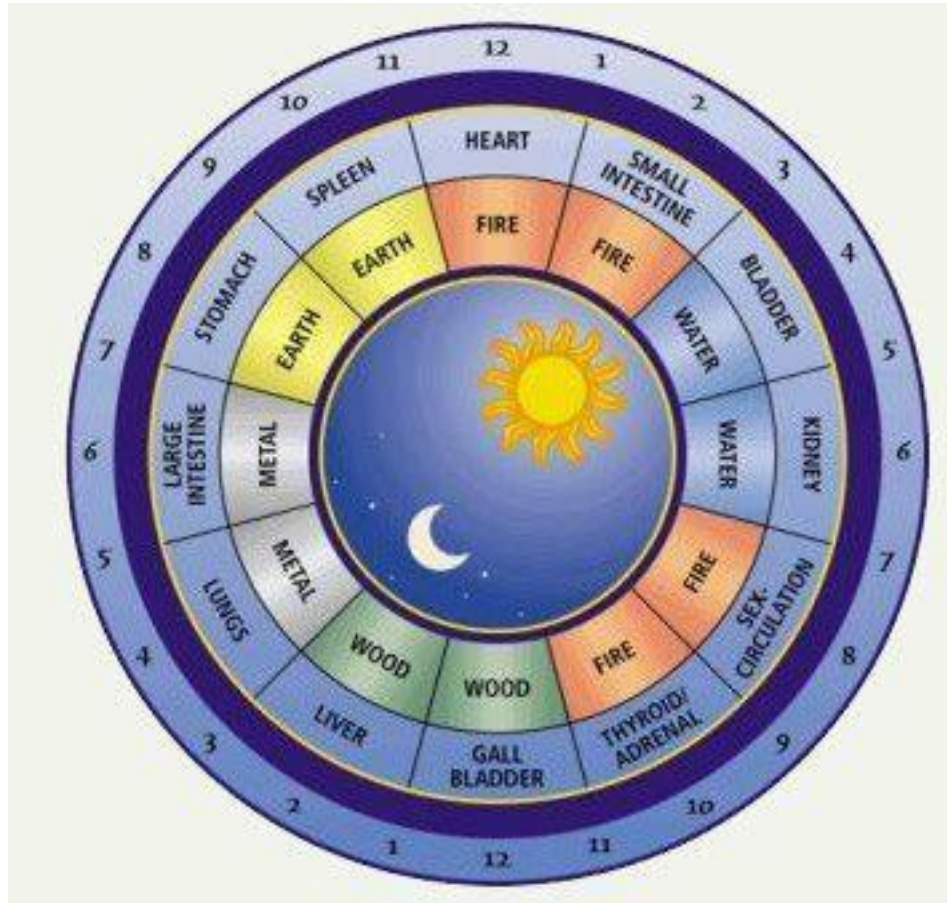
	Fire	Earth	Metal	Water	Wood
Yin Organ	Heart	Spleen	Lungs	Kidneys	Liver
Yang Organ	Small Intestine	Stomach	Large Intestine	Urinary Bladder	Gall Bladder
Sense Organ	Tongue	Mouth	Nose	Ears	Eyes
Tissue	Blood Vessels	Muscles	Skin	Bone	Tendons
Tastes	Bitter	Sweet	Pungent	Salty	Sour
Colors	Red	Yellow	White	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



Los Ritmos Circadianos y los Órganos



Los Ritmos Circadianos y los Órganos





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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Alimentos Yin y Yang

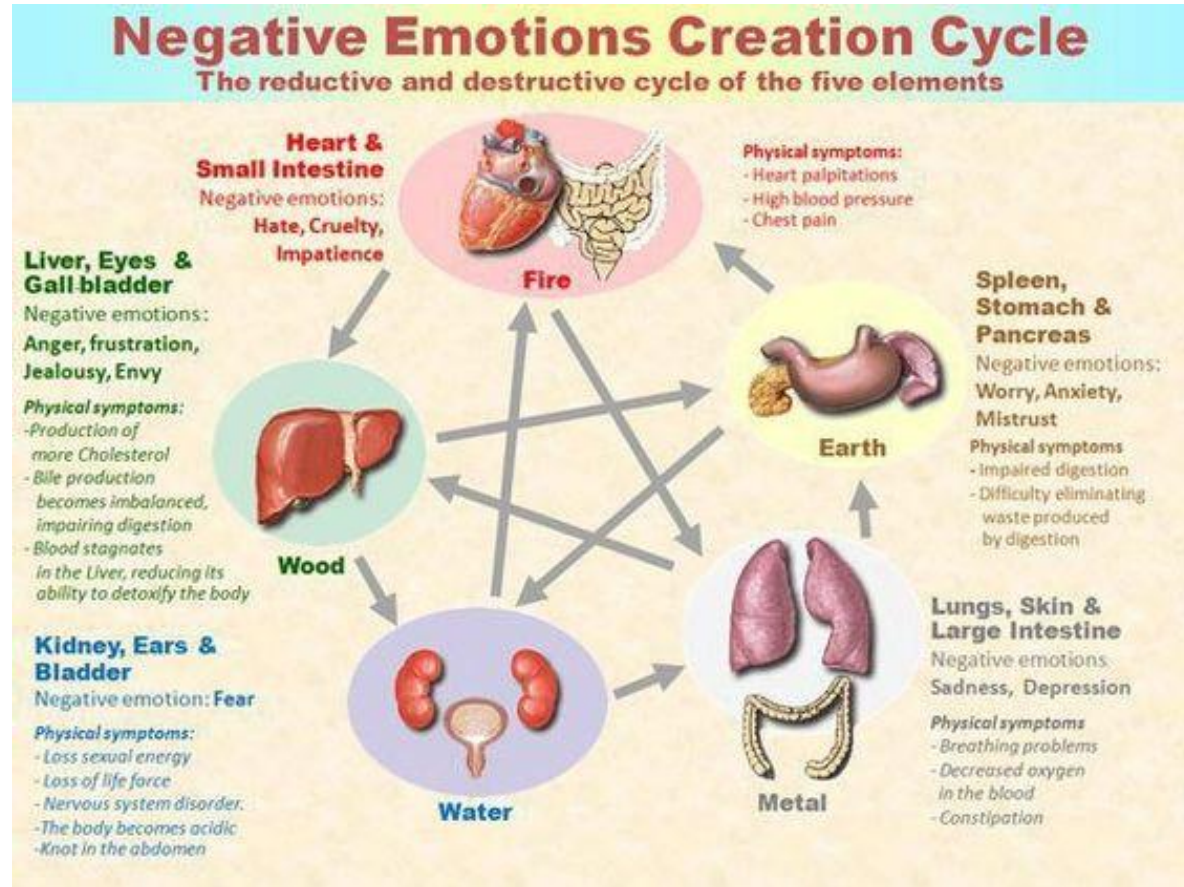


This chart notes the yin and yang temperature elements of foods and is intended to assist in the decisions that we all must make surrounding our food choices.

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
Seaweed	Strawberries	Garlic	Foods
Tofu	Cheese	Cooked Tomato	
	Cherries	Spinach	
	Mushrooms	Black Tea	
	Miso	Nectarines	
		Milk	



El Verano y nuestros Órganos Internos



Relaciones entre Dientes y Órganos

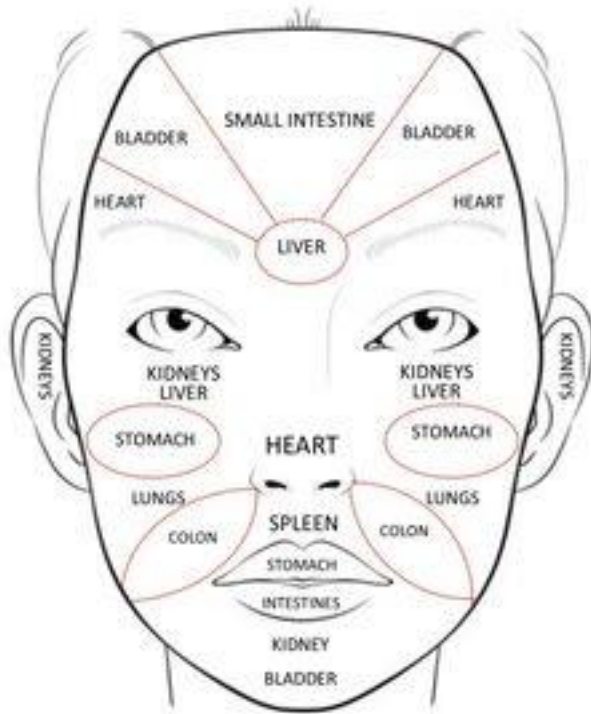


Traditional Chinese Meridian Organs															
Heart, Small Int., Circulation/Sex, Triple Warmer	Stomach Pancreas		Lung Large Intestine	Liver Gallbladder	Kidney Bladder		Kidney Bladder	Liver Gallbladder	Lung Large Intestine	Stomach Spleen		Heart, Small Int., Circulation/Sex, Triple Warmer			
Associated 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			
Associated Western Medicine Joints, Organs and Glands															
Right: Shoulder, elbow, hand (ulnar) Sacroiliac, foot, toes, Middle Ear. Right heart, Rt. Duodenum, terminal ileum. CNS.	Right: Shoulder, elbow, hand (radial), foot, big toe. Sinus: Paranasal and Ethmoid. Bronchus, Nose. Right lung. Right side of Large Intestine		Right: TMJ, anterior hip/knee, medial ankle. Sinus: Maxillary, Oropharynx, Larynx, esophagus, Rt. Side of Stomach. #28: Ovaries, Testes Right Breast	Right: Post. knee, hip, lateral ankle Sinus: Sphenoid Palat. Tonsil. Eye Ovaries Testes Rt. Liver, gallbladder.	Right: Post. knee, Sacroiliac joint. Post. ankle. Sinus: Frontal Pharyngeal Tonsil. Adrenal. Right kidney, bladder, ovary, uterus, prostate, testicle, rectum		Left: Post. knee, Sacroiliac joint. Post. ankle. Sinus: Frontal Pharyngeal Tonsil. Adrenal. Left kidney, bladder, ovary, uterus, prostate, testicle, rectum	Left: Post. knee, hip, lateral ankle. Sinus: Sphenoid. Palat. Tonsil. Eye. Ovaries, testes. Left Liver, biliary ducts.	Left: TMJ, anterior hip/knee, medial ankle. Sinus: Maxillary, Oropharynx, Larynx, esophagus, Left Side of Stomach. #21: Ovaries, Testes Left Breast	Left: Shoulder, elbow, hand (radial), foot, big toe. Sinus: Paranasal and Ethmoid. Bronchus, Nose. Left lung. Left side Large Intestine		Left: Shoulder, elbow, hand (ulnar) Sacroiliac, foot, toes, Middle Ear. Left heart, Jejunum, Ileum. CNS. Ant pituitary			

Acumeridian Tooth-Organ Relationships from various sources including Gleditsch and Klinghardt (www.NeuralTherapy.com). Compiled by Dr. Ralph Wilson



Relaciones entre Órganos y Rostro



WHAT DOES YOUR FACE SAY ABOUT YOU?

Tónico Detox del Nagual – Verano



- Purifica el hígado, siente calor interior, energízate
- Bébelo en la mañana tras despertar



jugo de 1/2 limón fresco exprimido

2 tazas de agua a temperatura ambiente

1 rodaja de jengibre fresco

Deja que absorba por 5 minutos