AIR BORNE VIRUS DEFENCE.

You Need a Healthy Gut to Have the Immunity to Fight Viruses like the Corona COVID-19- Here Recipes for you.

These are unprecedented times. COVID-19 (the illness caused by the new coronavirus SARS-CoV-2) has officially been declared a pandemic by the World Health Organization. Many countries have sealed their borders and put the population under voluntary or enforced lockdown.

First and foremost, follow national guidelines for preventing COVID-19: avoid spreading the virus and cut your chances of catching it by regularly washing your hands, avoiding touching your face and reducing social contact. This is particularly important for protecting at-risk groups including people with existing health conditions, the elderly and pregnant women.

First you must cure your Fatty Acid Deficiency. You must stop boiling things in oil and use supplements and foods to get good fatty acids. Omega-3 dietary supplements include flax seed oil, stinging nettles oil, fish oil, krill oil, cod liver oil, and algal oil (a vegetarian source that comes from algae)

Ω-3 Essential Fatty Acids

- Omega-3 fatty acids are most important, as they bring balance to our hormones, reduce inflammation, regulate our blood sugar, prevent blood clotting, keep our cholesterol and triglycerides in balance, relax our blood vessels, and make our cells healthy and resilient.
- The Natural Hormone Makeover by Phyllis Cohen
Scientific Studies Review of Herbal plants and plant preparations for viral diseases including mylabris (blister beetle), wild buckwheat root, ginger, bitter almond, Astragalus extract, Sambuca (Elderberry), Chrysanthemum flower, Taraxacum (dandelion), Saposhnikovia divaricate, Tubercin, Pelargonium sidoides root (African geranium), cimicafuga, Artemisia annua, Sutherlandia and Peppermint.
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Keep viruses in check with cleanliness, social distance and air cleaners

**COVID-19** (the disease caused by the novel coronavirus)

**What you can do**

- Avoid close contact with people who are sick
- Avoid touching your eyes, nose, and mouth
- Stay home when you are sick
- Cover your cough or sneeze with a tissue
- Clean and disinfect frequently touched objects
- Wash your hands often with soap and water for at least 20 seconds

**Tips to stay active at home during #COVID19 outbreak**

1. Walk up and down the stairs
2. Do some stretching exercises
3. Dance to music for a few minutes
4. Seek more ideas & resources online

#BeActive #HealthyAtHome
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China has controlled the virus with these tips

According to Chinese folklore, steam emitted from boiled vinegar is capable of killing all influenza virus EVEN COVID-19. Add a Touch of Garlic, Peppermint and Flax Seed Oil. Inhale for 10 minutes twice a day

A Essential Oil bees wax Candle with peppermint can cleanse virus and bacteria out of a room in 2 hours
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At First Exposure

A large dose of oral vitamin C early after exposure to any virus can help immunity.

Corona-Virus Immunity Boosters
Vitamin C

Tonic water has quinine which is phosphorescent in UV light to show its immune enhancing effect. Mix with Anisette to make a powerful anti-Viral to use in early stages of flu or influenza.

Bone Broth Soup
Rich, healthy & flavorful!

Flu Busting
Echinacea & Elderberry Syrup

Sambucol Black Elderberry
RECOVER TWICE AS FAST
Air Borne Virus Defence.

Secrets Of The Tribe Quinine Capsules 1000 mg
Wildcrafted Quinine (Cinchona officinalis)

EMS 5-8 Days Quinine Cinchona Calisaya
Peruvian Bark Jesuit Kina Bark POWDER

AyurvedicOils.com only covers the possible benefits of Essential Oils when strictly used for Aromatherapy or Topical Use. Never ingest an Essential Oil. Copyright © Essential Depot, Inc.

Black Cumin Oil

‘Seed of blessing’ and ‘the cure for all diseases except death’
simply indicate the sanctified and miraculous uses of Black cumin seeds.

It is an excellent natural remedy for various diseases like asthma, arthritis, auto-immune disorders, jaundice, hypertension, 8 major types of Cancer and more.

Black cumin seeds are effective in the treatment of tumor therapy, without any hazardous side effects of general chemotherapy.

- The Cancer Research Laboratory of Hilton Head Island

Massive Benefits of Black Cumin Seed
Add the Seeds to Salads, Smoothies
Soups, Bread, or Anything You Eat
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Morning Energy Tonic

Black Seed Oil

1 Carrot, freshly juiced
3 drops Black Seed Oil

Drink on an empty stomach first thing in the morning for an energy boosting start to the day!

Ayurveda’s Immunity Boosting Measures for Self Care during COVID 19 Crisis

Simple Ayurvedic Procedures

1
Nasal application - Apply sesame oil / coconut oil or Ghee in both the nostrils (Prattimarth Nasya) in morning and evening

2
Oil pulling therapy - Take 1 tablespoon sesame or coconut oil in mouth. Do not drink, swish in the mouth for 2 to 3 minutes and spit it off followed by warm water rinse. This can be done once or twice a day

During Sore Throat/ Dry Cough

1
Steam inhalation with fresh Pudina (Mint) leaves or Ajwain (Caraway seeds) can be practiced once a day

2
Lavang (Clove) powder mixed with natural sugar / honey can be taken 2-3 times a day (It is best to consult a doctor if symptoms of dry cough and sore throat persist).

Note: Ayurveda is the science of life and it propagates the gifts of nature in maintaining healthy and happy living

Graphic: 4/4

Ministry of Ayush
Remdesivir most promising COVID-19 drug

A review of potential COVID-19 therapeutics revealed that the most effective are likely to be those directly targeting SARS-CoV-2, such as remdesivir and tilarone. This drug has it’s natural roots in the Proanthocyanidin found in nature, rich in apple and apricot seeds.

As well as protecting yourself from the virus on the outside, you can also build up your defenses from the inside by strengthening your immune system. Many people, especially the young, develop only very mild disease. The immune system is complex and highly responsive to the world around us, so it’s not
surprising that many factors affect its function. What’s important to know is that most of these factors are not hard-coded in our genes but are influenced by lifestyle and the world around us.

One thing that you can control immediately is the health of the trillions of microbes living in your gut, collectively known as the microbiome. Recent research has shown that the gut microbiome plays an essential role in the body’s immune response to infection and in maintaining overall health. As well as mounting a response to infectious pathogens like coronavirus, a healthy gut microbiome also helps to prevent potentially dangerous immune over-reactions that damage the lungs and other vital organs. These excessive immune responses can cause respiratory failure and death. (This is also why we should talk about “supporting” rather than “boosting” the immune system, as an overactive immune response can be as risky as an underactive one.)

A HEALTHY MICROBIOME, HEALTHY GUT, HEALTHY BODY

Rather than taking supplements that claim to “boost your immune system” with no good supporting evidence, the food you eat has a big impact on the range and type of microbes in the gut. A diverse microbiome is a healthy microbiome, containing many different species that each play their part in immunity and health. Microbiome diversity declines as you get older, which may help to explain some of the age-related changes we see in immune responses, so it’s even more necessary to maintain a healthy microbiome throughout life.

The fine details of the interactions between the gut microbiome and the immune system are not fully understood. But there seems to be a link between the makeup of the microbiome and inflammation – one of the hallmarks of the immune response. Gut bacteria produce many beneficial chemicals and also activate vitamin A in food, which helps to regulate the immune system.
EAT TO FEED YOUR MICROBIOME

The best way to increase microbiome diversity is by:

1. **Eating a wide range of whole plant-based foods** - the main fiber is in the *plant cell walls*, which are high in fiber, and limiting *ultra-processed* foods including junk food. But plant products with the cell wall removed like pulp less juice, flour, pasta, sugar are all minus the main need of fiber.

2. **Eat a Whole Plant Food Diet with meat as a side dish** - has also been shown to *improve gut microbiome diversity and reduce inflammation*: eating plenty of fruit, vegetables, nuts, seeds and whole grains; healthy fats like high-quality extra virgin olive oil; and lean meat or fish. Avoid alcohol, salt, sweets and sugary drinks, and artificial sweeteners or other additives.

3. If you are concerned about getting hold of fresh produce while self-isolating or quarantined, **frozen fruit, berries and vegetables** are *just as healthy as their fresh counterparts* and will last much longer than the currently recommended two-week isolation period. Canned fruit, beans and pulses are another long-lasting options.

4. You can also support your microbiome by **regularly eating natural yogurt and artisan cheeses**, which contain live microbes *(probiotics)*. Another source of natural probiotics are bacteria and yeast-rich drinks like kefir (fermented milk) or kombucha (fermented tea). Fermented vegetable-based foods, such as Korean kimchi (and German sauerkraut) are another good option.
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The Drug Companies Have Sought to Use **SIN-**thetic Completely UnNatural Patent Medicines to Alter the Brain Hormones By Blocking, Substituting, Inhibiting, Augmenting, Suppress, Repress, Obstruct, Interfere, and Impede Brain Hormones and Function Rather Than Balance the Gut

They Sought to Profit From the Mentally ILL 

*The Side Effects Alone make Vast Profit*

What is the Best Diet for Weight Loss CardioVascular Repair and Complete Health
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Behold, I have given you every plant yielding seed that is on the surface of all the earth, and every tree which has fruit yielding seed.

It Shall Be Food For You

Genesis 1:29

Ask and it will be revealed

French fries kill more people than guns and sharks,

We Must Stop Boiling Foods in Oil
Did you know sweet potato has twice the fiber, twice the calcium & over 1,300 times more Vitamin A than white potato? They are also anti-inflammatory. AND THEY FIGHT CANCER. Time to make a switch.

**EAT THIS**
100% Sprouted Whole Grain Bread

- Sprouted grains kill phytic acid allowing more mineral and nutrient absorption
- More easily digestible
- Contains more healthy fiber
- Free of artificial flavors
- Free of preservatives

**NOT THAT**

Processed grains block mineral and nutrient absorption
Promotes heart disease and type 2 diabetes
Spikes blood sugar levels
Typically contains mono- and diglycerides
Typically made with artificial flavors
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Here are many good recipes to build your bowel flora and immunity.

**Easy, Fast Kimchi Recipe {Mak Kimchi}**

**Ingredients**
- 3-8 pounds napa cabbage
- 2 bunches green onions (trimmed of the root bits)
- 2-3 large carrots (peeled, thinly juliened)
- 1/2 cup kosher salt
- 1/2 cup korean chili powder

1. Trim ends of cabbage and chop any way you want – thin or thick strips is fine. Chop the daikon radish and scallions as well.
2. Add the salt to the veg, simply crush and squeeze the water out of the veggies with your hands.
3. In a food processor, blend the garlic, ginger, paprika and chili flakes into a paste.
4. Thoroughly with gloves or a spoon mix the cabbage, radish, scallions and optional fish sauce with the paste in a bowl.
5. Pack mixture into glass mason jars with some sort of kitchen tool with a blunted end. Press mixture firmly into jars until the water level starts rising. This is the key! It’s this anaerobic salty brine solution in which the magic of fermentation happens. Bad bacteria can NOT form in this brine solution. Continue pressing until everything is submerged under the water. Leave at least an inch between the top of the water and the top of the jar. Put the lids on and leave the jars at room temperature for 2-7 days. Open the lids every day to release the gasses If the vegetables rise above the level of the water, pack them back under the water. Taste the kimchi after 2 days. It should taste pleasantly sour. If not, continue to let it ferment and taste it every day until you find the taste acceptable. Transfer to the fridge where it will continue to ferment (and the taste will change!) albeit at a much slower pace.

**Take a green step...**

- **Pumpkin Seeds**

  - sleep aid
  - heart healer
  - blood builder

**Contains...**
- vitamin C
- vitamin A
- magnesium
- potassium
- zinc
- fiber

**The health benefits of pumpkins are in the seeds.**

Pumpkin seeds are rich in easily digestible proteins which maintain healthy blood sugar. Healthy blood sugar is key in weight loss. They are high in magnesium which is great for the heart, and is also a natural relaxant.

**Men’s Health**

Pumpkin seeds are high in zinc, which is very good for the prostate. Great snack for men!**
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**Slow Cooker Split Pea Soup with Bone Broth**

**Ingredients:**
- 1 cup yellow onions diced
- 2 cloves garlic minced
- 1/2 teaspoon dried oregano
- 1 1/2 teaspoons kosher salt
- 1 teaspoon ground black pepper
- 2 cups carrots diced
- 1 cup red potatoes diced
- 1 cup celery diced
- 1 pound dried split peas
- 8 cups Bone Broth

**Instructions:**
Place all ingredients in a 4-quart (or bigger) slow cooker. Cover and cook on low for 8-10 hours. Taste to adjust the flavor by adding more salt if desired. Ladle into serving bowls and top with hicama pieces and fresh cilantro leaves before serving. Enjoy!

**Detox Lentil and Split Pea Soup**

**Lots of Fiber**

**Prep Time:** 10 mins  
**Cook Time:** 50 mins  
**Total Time:** 1 hour  
**Serves:** 8-10 servings

**Ingredients**
- 2 tablespoons olive oil
- 2 cups butternut squash (peeled and cut into 1/2 inch cubes)
- 2 cups carrots (peeled and diced)
- 2 cups sweet potatoes (peeled and cut into 1/2 inch cubes)
- 2 cups celery (diced)
- 1 cup green lentils
- 1/2 cup yellow split peas (or just use more lentils)
- 1 onion, (chopped), 3 cloves garlic (minced)
- 8-10 cups vegetable or chicken broth
- 1 teaspoon salt (more to taste), fresh ground pepper
- 2-3 cups kale (stems removed, chopped)
- parmesan cheese for serving, optional

**Instructions**
Heat oil in a large soup pot over medium heat. Add onions and sauté until soft and translucent, about 5-7 minutes. Add garlic and cook for 2 more minutes. Add carrots, celery, squash and potatoes and cook, stirring often, until vegetables are soft, about 10 minutes.

Add lentils, split peas and broth, salt and pepper and bring to a boil. Reduce to a simmer, partially cover and cook until legumes are soft, about 40 minutes.

Place about 4 cups of soup in a blender. Pulse gently until semi-smooth and creamy-looking and add back to the pot and stir to combine. Stir in the kale. Turn the heat off, adjust seasonings and let sit. The taste gets better with time and so does the texture.

Serve in bowls with a sprinkle of parmesan cheese.
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**Chile Chicken Stew**

This is my favorite chicken dish because of its bold flavors. It's a hit any time you want to celebrate something special.

**INGREDIENTS**
- 2 pounds chicken thighs
- 1 onion, thinly sliced
- 4 cloves garlic, minced
- 2 tablespoons olive oil
- 1 can (14 ounces) diced tomatoes
- 1 can (10.5 ounces) chicken broth
- 1 teaspoon cumin
- 1 teaspoon coriander
- Salt and pepper to taste

**RECIPE**
1. In a large pot, heat the olive oil over medium heat. Add the chicken, onion, and garlic. Cook until the chicken is browned on all sides.
2. Add the cumin and coriander to the pot. Stir to combine.
3. Pour in the diced tomatoes and chicken broth. Bring to a boil, then reduce heat to low and simmer for 30 minutes.
4. Serve with rice and garnish with cilantro.

**Prep the Meat**

Thin the chicken thighs so they're easy to cut into small pieces.

**Prep the Veggies**

Thin the chicken thighs so they're easy to cut into small pieces.

**Improved Pancakes**

This delicious pancake is usually served with a dipping sauce. Here's how you can make it at home.

**INGREDIENTS**
- 1 cup all-purpose flour
- 1 egg
- 1 cup milk
- 1/2 teaspoon baking powder
- 1/4 teaspoon salt
- 1/4 cup sugar

**RECIPE**
1. In a mixing bowl, combine the flour, egg, milk, baking powder, salt, and sugar. Mix until smooth.
2. Heat a griddle or skillet over medium heat. Pour about 1/4 cup of batter onto the griddle.
3. Cook for 2-3 minutes, or until the edges are dry. Flip and cook for another minute.
4. Serve with your favorite dipping sauce.
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**Easy Kimchi**

*(Mak Kimchi)*

This is an easy, modified kimchi recipe for beginners. You can use more or less of the Korean red chile flakes, depending on your taste.

**Ingredients**
- 4 pounds napa cabbage
- ½ cup kosher salt
- 2 cups water
- 4 green onions, green and white parts
- 1 (1-inch) piece fresh ginger, peeled
- 10 large cloves garlic, peeled
- 1 ½ pounds daikon radish
- 1 large carrot, peeled
- ½ cup Korean red chile flakes
- 5 tablespoons fish sauce
- 3 tablespoons saeujeot (tiny salted fermented shrimp)
- 2 tablespoons sugar

**Prep Time:** 1 hour  
**Fermentation Time:** 1 day  
**Makes:** 12 cups

*Food prep gloves highly recommended!*

**First:**
- Cut the cabbages lengthwise into quarters.
- Then cut the quarters into bite-size pieces.

**Second:**
- Rinse the cabbage in cold running water, then drain. Sprinkle the salt all over the cabbage, then pour the water over it, and mix well.
- Set aside for 45 minutes and toss the cabbage once in a while for even salting.
- Crush the ginger and garlic together. I like to use the butt of the knife.

**Meanwhile**
- Let’s make the seasoning. Cut the green onions on the diagonal.
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Julienne the radish and carrot.

Mix the scallion, garlic, ginger, carrot and radish with chili flakes, sugar and fish sauce.

THE MARINADE is Ready!

Back to the salted napa cabbages.

You will notice the volume of the cabbage has been reduced to half. Remove the excess salt by rinsing it with cold running water 3 times.

Gently squeeze the water out of the cabbage and put them in a big mixing bowl.

Pack the mixture into the glass jar, leave about an inch on the top and close the lead tightly. Wrap the jar with a plastic bag in case the juice overflows during fermentation. Leave the jar in room temperature for a day then refrigerate.

Finally.

It's time to put the gloves on!

Mix in the marinade evenly to the napa cabbage.

ENJOY!
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ZUCCHINI NOODLES - Zoodles
First, what are zucchini noodles? They are simply zucchini that has been spiralized + cooked. We call them zoodles. Spiral or string cut zucchini, then lay 15 min in oven 350 degrees F.

Garlic & Tomato Zucchini Noodles

Italian Zucchini Noodles with Garlic, Tomato and Parmesan

5 ★★★★★ (4) • 15 min • Yield: 3 servings
So quick and easy. A great summertime meal.

Ingredients
1 1/2 lbs. Zucchini (spiralized (2-3 medium zucchini))
2 Tablespoons Olive Oil or Butter (divided)
4 cloves Garlic (minced)
1 cup Cherry Tomatoes (halved)
Salt (to taste)
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Mediterranean Baked Zucchini Sticks
5 ★★★★★ (3) · 30 min · Yield: 8 servings

...Recipe is crunchy oven roasted zucchini with feta cheese, fresh parsley and no breading.

Ingredients
4 zucchini, medium
1 cup red bell pepper, finely chopped
1/2 cup tomatoes, finely chopped
1/2 cup Kalamata olives, finely chopped
3 large garlic cloves, minced

Chickpea Salad
4.9 ★★★★★ (40) · 10 min · Yield: 4

This healthy, summer Chickpea Salad with cucumbers and tomatoes is great for lunch or as a side dish...

Ingredients
2 1/4 cups diced cucumbers (partially peeled)
1 cup diced (seeded tomato)
1/4 cup diced red onion
2 tablespoons fresh lemon juice
1/2 tablespoon minced fresh parsley
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Mediterranean Quinoa Salad

A side dish recipe with quinoa, fresh cucumber, seasoned tomatoes, olives and feta cheese

Ingredients
1 cup white quinoa, uncooked
1/2 teaspoon salt
1 cup diced, seeded, unpeeled cucumber
1 can (14.5 oz each) Hunt's® Diced Tomatoes with Basil, Garlic
1 can (2.25 oz each) sliced ripe olives, drained

How to Make It
Step 1
Place flaxseed, Worcestershire sauce, 1/4 teaspoon kosher salt, cumin, pepper, mushrooms, half of the beans, egg, and garlic in a food processor; process 1 minute or until almost smooth. Place bean mixture in a bowl; stir in remaining half of beans and panko.

Step 2
Heat oil in a large cast-iron or nonstick skillet over medium-high. Fill a 1/2-cup measure with bean mixture; add to pan. Repeat procedure 3 times to form 4 patties. Flatten patties slightly with the back of a spatula. Cook 2 to 3 minutes on each side or until browned.

Step 3
Combine remaining 1/4 teaspoon salt, juice, and avocado in a bowl, mashing with a fork. Stir in yogurt and 1 tablespoon water. Divide patties among bottom halves of buns; top evenly with avocado mixture, cabbage, and top halves of buns.

Black Bean and Mushroom Burgers

Ingredients
1 tablespoon ground flaxseed
1 tablespoon Worcestershire sauce
1/2 teaspoon kosher salt, divided
1/2 teaspoon ground cumin 1/2 teaspoon black pepper
2 ounces cremini mushrooms
1 (15-oz.) can unsalted black beans, rinsed, drained
1 large egg, lightly beaten 1 garlic clove, smashed 1/3 cup whole-wheat panko (Japanese breadcrumbs)
1 tablespoon canola oil- 1 1/2 teaspoons fresh lime juice
1 ripe avocado, peeled and pitted
2 tablespoons plain 2% reduced-fat Greek yogurt
1 tablespoon water 4 whole-wheat hamburger buns, toasted
1/2 cup finely shredded red cabbage

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Prof. Desi’s anti-cancer sprout salad:

¼ cup broccoli and ¼ mustard seed sprout
¼ cup carrots
¼ cup onions
¼ cup peppers
¼ cup sprouted peas
¼ cup sprouted red kidney bean
¼ cup sprouted soybean
¼ cup sprouted snow peas
¼ cup other misc sprouts
Lettuce, kale,
¼ cup mushrooms (you may substitute based on availability of ingredients)

4 ounces tofu, diced fine

Seasonings: choose from fresh ginger, basil thyme, oregano, parsley, cilantro, scallions, garlic, shallots use Prof. Desi salad oil combo from above with cider vinegar as a dressing

Experts estimate that there can be up to 100 times more enzymes in sprouts. The Quality of protein, vitamins, fiber, essential fatty acids, mineral absorption, and the energy in the body are all increased dramatically with sprouts.
Snacking Popcorn & Chia Seed Recipe

On a Bowl of Hot Air Pop Corn Sprinkle Flax Seed Oil and half a handful of Chia Seeds
Prof Desi's Healthy

BEAN SOUP or BEAN DIP

1 large red onion, chopped
3/4 cup thinly sliced celery
1 teaspoon dried minced garlic
3 cups defatted chicken broth
1 tablespoon Worcestershire sauce
1 tablespoon kelp
2 teaspoons tamari soy sauce
1/8 teaspoon pepper
1/8 teaspoon ginger

45-ounces of beans, rinsed, germinated and drained

Use kidney bean, jack bean, black bean, soybean, pea, snow pea, lentil, sesame seed

Brown onion. Add celery and garlic. Cook one more minute. Add rest of ingredients. Simmer 15 minutes. Remove from Dutch oven and puree in a food processor or blender.

Return to Dutch oven. Simmer 30 more minutes. Serve over brown rice and top with chopped onion. Serves four to six.

" Heating destroys some nutrients so vegetables cooked more quickly and thus exposed to heat for a shorter time retain more nutrition. Steaming and stir-frying help to retain the heat sensitive nutrients"
"In stir-frying, a Chinese cooking technique called chao, a small amount of oil is used at high temperatures to quickly sear or steam the food. Vegetables and small pieces of meat, seafood, or tofu used in this technique retain much less oil, less heat, more nutrition".

Prof. Desi’s stir fry:

1 teaspoon olive oil or sunflower oil
1 teaspoon low-sodium soy sauce
1/4 cup broccoli
1/4 cup carrots
1/4 cup onions
1/4 cup peppers
1/4 cup peas
1/4 cup red kidney bean
1/4 cup soybean
1/4 cup snow peas
1/4 cup sprouts

1/4 cup mushrooms (you may substitute based on availability of ingredients)

4 ounces tofu, diced fine

Seasonings: choose from fresh ginger, basil thyme, oregano, parsley, cilantro, scallions, garlic, shallots

Stir fry in very hot skillet. Serve over 2/3 cup rice or legumes. Makes one serving.

Cumin Seed Health Spread or Dip

Ingredients
4 carrots, 1 cup celery, 1 apple,
2 cloves garlic, 2 tbsp mustard,
2 tbsp lime juice
6 tsp black cumin seeds

Just Blend and Eat
Prof. Desi’s immune stim cookie

1/6 pound tofu
1 cup apple smoothy
½ cup berries or ½ piece of fruit (banana, peach, or other)
16 ground germinated almonds
2 oz sambucca berries, strawberries, blueberries or other
3 tablespoons of wheat germ
15 tablespoons germinated sesame seeds, black cumin seeds
15 tablespoons of fine apple sauce (might add healthy honey)
5-ounces of sprouts, rinsed, germinated and drained
Use kidney bean, jack bean, black bean, soybean, pea, snow pea, lentil, sesame seed -- sprouts

Mince ingredients and blend pour on a cookie pan and cook at 250 degrees for twenty minutes. Serve as cookies.
Prof. Desi’s Health Stim Salad Oil:

to get all of your fatty acids you must use cold processed oils of many types. Blend sesame, safflower, soybean, sunflower, olive, and avocado oil in equal parts, to get some of the high end fatty acids soak finely crushed nutmeg, cloves, mustard seed and parsley in canola oil or sesame oil. Let it sit in the sun for 2 days. Blend this into the oil and this will make a fine source of all your fatty acids. If you can get nutmeg, goji berry, parsley, mustard, or clove oil all the better then you won’t have to make it.

This is important for all diseases and for maintaining health. Any nervous disease, degeneration, and immunity disease will respond much better if the patient takes some of this oil. A small quantity is all that is needed. Just put some on bread, or a salad

Whether you’re shopping for yourself, your family, or for elderly relatives or friends, choosing foods that support a healthy gut microbiome is much more important than stockpiling toilet paper. Managing your mental health, staying physically active and getting enough sleep will also help to keep your immune system in good shape. And don’t forget to wash your hands!
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Canada Removes Dairy!

Eat a variety of healthy foods each day

- Have plenty of vegetables and fruits
- Eat protein foods
- Make water your drink of choice
- Choose whole grain foods

@PlantsWillSaveUs

Coming soon to the meat aisle